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Welcome to YRYLA!

2011 YRYLA Teams

Rolo Cuadrado	Chair
Alex Wood	Head Counselor
Ruben Gonzalez	Head Counselor
Craig Essex	Chief of Staff
Beka Bewley	Counselor Staff
Mark Yee	Counselor Staff
Jim Hoops	Experiential Learning
Wayne Markel	Photographer

<u>Team</u>	<u>Counselor</u>	<u>Rotarian</u>
A	Stefan Folkesson	Stephanie Katz
B	Alex Brandenburg	PJ Dyon
C	Emily Goodman	Nan Jarvis
D	Sami Slenker	Doug Armbrust
E	Rhys Williams	Christa Dryjanski
F	Stefani Messick	Lloyd Thomas
G	Sheridan Sutton	Kim Phipps
H	Kate Shields	Rob Phipps
I	Katie Cochran	Melvin Grusing
J	Kaylyn White	Mike Hitchcock
K	Kinleigh Jones	Marion Trummer
L	Kyrstin Kempf	Mikaila Way

Counselors

Stefan Folkesson



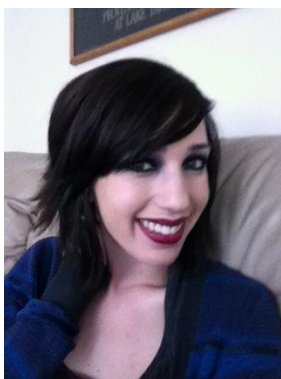
Hey there! I live in Evergreen, Colorado and am currently going into my second year of college at the University of Colorado Denver. I love all sports and being active in general although my favorite activities include basketball, soccer and pole vaulting (though pole vaulting doesn't happen very often). I love meeting new people and I know nothing about being shy. When I'm not being active or meeting new people I enjoy music of every variety as well as drawing and just hanging out. So come chat me up, learn something new or just get to know me better because I can't wait to meet you all!

So, Alex Brandenburg is an amazing guy. This is his first year being a JC and his second year involved with YRYLA and he is very excited to have his own team this year. Which is Team B. B for Beast. He likes brownies, he acts like he can dance, can make a tidal wave with his fingers (yes, please ask.), likes music, crazy funny stuff like rolling down hills in tractor tires (don't attempt this), and writing in third person. Third person is beast!.... as in Team B! P.S. I'm excited to meet all of you! Oh, and I'm a cook at a restaurant in my hometown and attend CSU as an English Education Major. CSU!

Alex Brandenburg



Emily Goodman



I'm Emily Goodman and this is my second year at Young RYLA, but my first year as a junior counselor. I graduated early from Chatfield Senior High School and will be attending CU Boulder. I will be studying International Affairs and Political Science. Dancing seems to be my life as well as helping children with disabilities. I love to meet new people and get thrown into new situations. My true passion is helping people and attempting to make a difference in their lives while they make a difference in mine. My mixture of Blue and Orange has me always providing support for those in need while trying to explore the world with my best friend. I am excited to journey on this new adventure with all of you as we strengthen the inner leaders within us!!

Hey! I'm Sami and I am so excited to be back for my second year as a JC at YRYLA this year. I am a sophomore at Colorado State University studying International Relations. I am constantly listening to music, I'm a bit nerdy, and I love being outdoors whenever I can. I cannot wait to get to know each and every one of you and look forward to an incredible week full of sunshine, incredible friends, and lots of YRYLA love! :)

Sami Slenker



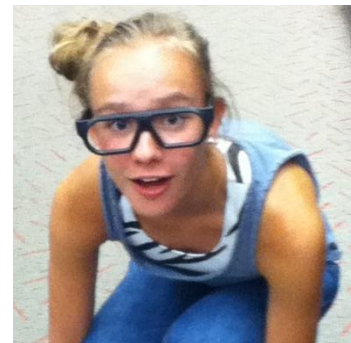
Rhys Williams



I am Rhys! This is my first year as a Junior Counselor. I will be a senior at Denver East High School next year. My prospective colleges are Puget Sound and NYU. I enjoy acting and theater very, very much. I have acted in many plays and have done backstage work for many more. I love the outdoors and have been on more camping trips than I can count. I've climbed almost all the 14ers in Colorado and I will eventually climb all of them. I also enjoy traveling, meeting people, surfing, snowboarding, and video games. I am mostly orange and blue with a little bit of green and gold where it counts. I am more excited for the week to commence than words can express. YRYLA 2012!!!

Stefani Messick

My name is Stefani and I am from Berthoud, CO. I am most definitely a Colorado girl, because I love to be outdoors any chance I get! When I am not studying, reading, or drawing, you will find me out running, hiking, playing soccer, or seeking adventure. My dream is to be a published writer one day, and I also want to run a marathon. My major hobbies include laughing, smiling, cuddling, and jumping in puddles. I am spontaneous, spunky, zany, and driven. I have faced many challenges in my life, but am letting each adversity teach me something and make me stronger. I absolutely can't wait to experience YRYLA!! It will be a blast!



Sheridan Sutton



Hey! My name is Sheridan, and I play softball for Standley Lake High School and United. I coach little kids t-ball and attended both Young RYLA and Senior RYLA. I can't wait to be a counselor this year because RYLA was important in helping me develop into who I am today. I'm excited to help everyone discover who they are and grow.

Kate Shields

Hello all! My name is Kate Shields and I am from Mead, Colorado (a really tiny town near Longmont), and I am going to be a senior in High School. I love softball, camping, boating/tubing, reading, and hanging out with all of my magnificent friends! I like pickle juice, and watching movies is my hobby. My favorite TV shows are Pretty Little Liars and Phineas & Ferb, and I want to be a teacher when I'm older. This year is my first year as a counselor, but I am so excited to be a part of it all because YRYLA is the 8th wonder of the world, and I cannot wait to see everyone grow as leaders and to be a part of all the fun we'll have this week!



Katie Cochran



I'm Katie, this is my first year as a counselor at YRYLA and I am very excited to meet everyone! I just finished my first year at the University of Oregon and I am looking forward to spending my summer in Colorado. Next year I will be attending the University of Colorado at Denver and intend to major in psychology. I love the mountains and everything about Colorado. I enjoy being outdoors, hiking and exploring new places. I also spend time swimming, reading and practicing photography. This week is going to be amazing, and I look forward to spending it with all of you!

Kaylyn White

Hey guys! My name is Kaylyn, and I'm super pumped for this week! I live in Fort Collins, Colorado and I'll be a senior at Fort Collins High School next year. I've done gymnastics my whole life, and I also do diving and track. After high school I plan on studying neuroscience at CU. I love spending time with my friends and family, and my black lab Kota. I love all types of music, but my favorite band is the Red Hot Chili Peppers. I also really enjoy spending time outside and hiking, and I love to draw too. I believe that being happy and enjoying life is a choice, so find your happiness and do what you love! I hope you guys enjoy your time at YRYLA this week!



Kinleigh Jones



My full name is Kinleigh Teri Jones, and I graduated from high school this last spring and will attend University of Oregon in the fall. At University of Oregon I hope to go into pre-law, but also minor in dance. I attended RYLA Summer of 2011, and fell in love with the RYLA program and want to forever be a part of it. At my high school I was the President of Interact Club and Art club and an active member in garden club. I dance almost full time at my studio Room to Dance where I dance and assistant teach. I am extremely excited for YRYLA, and look forward to being a part of a change in the minds of youth.

Hello, I'm Kyrstin I just finished my junior year in high school. I hope to study international business once I get to college. I have a fascination for languages and cuisine. This week is going to be a blast! I'm a great listener so if you have anything to tell me do! I love to play soccer; however, I've just started playing tennis. I have a secret obsession with the television show New Girl and for pasta! I am gold partly green and I can't wait to discover the colors of others! I can't wait to meet you guys!

Kyrstin Kempf



Rotarians

Stephanie Katz



I am Stephanie Hindin Katz, and to start in the present and work backwards, my passion in life is getting as many books as possible into the hands of as many children as possible. Until Borders Books went bankrupt, I was a children's lit manager and the store's liaison for corporate and educational sales. I loved it. It was my dream job second only to my primary dream job of mothering my two boys (now 26 and 22 yrs. old). Before that, I owned a textile design business and held several board positions including president, for a non-profit, state-wide crafts organization in New Jersey. I have been married for a long time to my best friend and husband, Stan.

PJ Dyon

Paulette (PJ) Dyon has over 25 years of banking experience, most recently in regulatory compliance. Most of her life was spent in and around the Chicago area. She is a 1989 graduate of DePaul University's College of Commerce with a BA in Service Operations Management. In 2009, both PJ and her husband, Dr. Doug Hambley, moved to Lakewood, CO. They both joined the Rotary Club of Golden, CO. PJ's years in banking have given her a strong understanding of sound business principles, high ethical standards and a sense of great customer service. Her farming roots give her a strong team work ethic. PJ's hobbies include gardening, cooking, enjoying her three cats and two dogs (all of which are rescues) and the joys of giving back to her community.



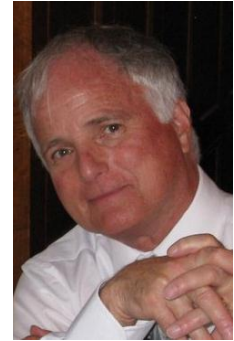
Nan Jarvis



I am Nan Jarvis, a 4'11" white haired 67 year old grandma and former middle school teacher. However before I scare you away, I happen to love middle schoolers, have more energy than most people, enjoy nature and the outdoors, and have a good sense of humor. I have been very active with Rotary at the club and district level for 12 years. My granddaughter Hailey was a participant at YRYLA last summer and had such a wonderful experience that she suggested I volunteer to be a SC this year. Once she had seen the "magic", she wanted me to share in it. Her only regret is that she can't come back a second year! I love to read, hike, explore, learn, and spend time with family and friends.

Doug Armbrust

I am husband, father, grandfather, son, brother, nephew, uncle. I am friend, American, citizen, physician, Vietnam veteran, Rotarian, Rylarian. I am serious. I am fun. I am old. I am young. I want to be FOREVER YOUNG! I am a believer. I BELIEVE . . . I should try to be all I can be . . . The most important thing in life is life itself and what you do with it . . . Life is fun . . . Life is too serious to be taken too seriously . . . I am a role model . . . at all times . . . just like everyone. You can sometimes make your own luck . . . I have been extremely lucky, and thank God. I have NO REGRETS. See how lucky I am! I wish you much luck . . . Make your own!



Christa Dryjanski



Christa Dryjanski is so excited to be coming back to young RYLA as a senior counselor. When she was a freshman in college she had the amazing opportunity to be the head junior counselor at the first ever young RYLA conference. Currently Christa resides in San Jose, California where she works as an IT project manager for Stryker, where she has been for 7 years. In her spare time, she likes to watch live theatre, travel to adventurous places like Nepal and Peru, train for half marathons - she just completed one with her sister in 2

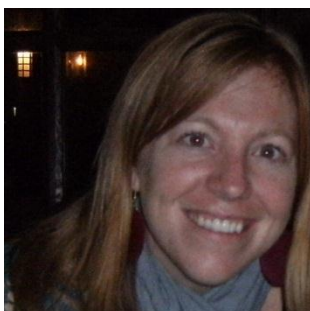
hrs and 14 mins., a personal best - and spend time with her fiancé and friends. She will be getting married this October in California and is having a ball planning the wedding.

Lloyd Thomas

I have been an SC for RYLA or YRYLA for the past 12 consecutive years (counting this year). I am a licensed clinical psychologist and life coach. For over 30 years, I have written a weekly newspaper column titled, "Practical Life Coaching." I am the co-author of the book, "Total Life Coaching" published in 2005 by W.W. Norton. I enjoy camping, skiing, hiking, working with young people, coaching and writing. I also love my wife, Darcy, my adult children and my 6 grandchildren.



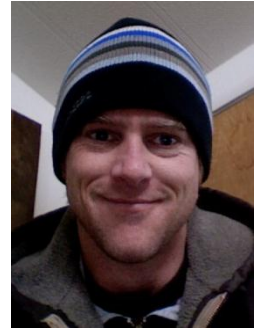
Kim Phipps



I was born in Grand Rapids, MI and grew up spending my summers at the big lake. After graduating college from the University of Michigan, I moved to Breckenridge, CO, to enjoy a season of skiing, one season that soon turned into ten. I am now married to Rob Phipps and teach math at Summit High School. I'm happy to be the Interact Club sponsor at Summit High School. I spend my summers hiking and mountain biking with my awesome dog Chewbacca.

Rob Phipps

Originally from Southern California. Moved to Breckenridge 12 years ago by way of Buffalo, NY- Joplin, MO- Davis-Monthan AFB, AZ - Al Jaber AB, Kuwait - Scottsdale, AZ - and finally Mesa, AZ where I worked in a ski shop. Yes, a ski shop in Arizona. One day some friends said, "We're moving to Breckenridge, wanna come?" So I did. I am a mechanic and have recently opened a small engine repair shop. My wife & I met in Breckenridge, she is a Geometry teacher at Summit High School. Looking forward to working with some exceptional young people.



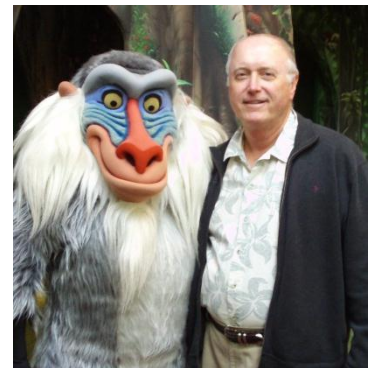
Melvin Grusing



I am Mel Grusing, this will be my second year as an SC. Last year I enjoyed seeing all of the campers find the gifts they have within them so I had to return. I remember the hikes, the dancing the small group and the zip line. Wow what fun. Although I am a grandfather I like hiking, skiing, yoga (it keeps me limber) and photography. I am looking forward to a fabulous time with everyone.

Mike Hitchcock

I started my journey with RYLA last year as a SC at Estes Park and had a great time. This year I'm looking forward to Young RYLA with some old friends and hopefully some new friends. After becoming a professional student, I practiced neurosurgery in the South Denver area for about 25 years and retired. Then I went back to do some of the things I never had time to do like getting a degree in astronomy and volunteering at the Denver Museum of Nature and Science. Also I have been active in Rotary and recently we've just returned from a trip to Nepal to look at some projects and tour India a bit. I have a lovely wife Anne and a son Peter, his wife Molly and two above average and good looking grandchildren, Piper and Parker (ie. MP3). My motto in life is, "never take yourself too seriously, no one else does."



Marion Trummer



I'm Marion, a returning SC. I am excited for another Young RYLA. I learn so much from each of you. I love gardening and cooking. I even grow my own herbs. I love to read and always have at least 2 books going at the same time. Traveling and meeting new people is one of my favorite things. I bring home souvenirs from my travels, but my best souvenirs are the memories of the people I meet. In reality, I collect people of all ages and nationalities. I am not very computer savvy, but I have learned to text so I can keep in touch with my grandkids.

Mikaila Way

The Rocky Mountain RYLA bug snatched Mikaila as a junior at Conifer High School, since then she has enjoyed staying involved with Young RYLA as a junior counselor and head counselor. After growing up in the mountains of CO, you're more likely to find Mikaila outside rather than inside! Fresh off the skillet from graduation at Pacific University (Forest Grove, OR), she studied environmental science, peace and social justice. Beyond the classroom, Mik has enjoyed learning by leading trips with the outdoor programs, working on the school's permaculture farm, exploring places and people, and running around on the lacrosse field. Mik hopes you can be fully present at Young RYLA for our generations are in need of creative and compassionate leaders like you!



Staff

Alex Wood - Head Counselor



Welcome to Young RYLA, the best week of your life! My name is Alex Wood, and I am one of your two Head Counselors. I'm a junior at New York University studying environmental science and how to have a good time. YRYLA has been a HUGE part of my life for the past three years. My hobbies include puzzling out the great mysteries of life and kissing huge frogs in the hope that they will turn into even bigger frogs. So far no luck :/ I'm a gargantuan nerd, and a few of my favorite things are

my family and friends, globetrotting, rocks, Modern Family, zombie movies and dinosaurs. YRYLA has been a life changing experience for me and I cannot wait to experience that magic with all of you!

Ruben Gonzalez - Head Counselor

HELLO!!!! Welcome to the greatest week of your life! My name is Rubs! I grew up in Greeley Colorado, where I love to hang out with friends and family. I have been "a part of" YRYLA for 3 years. I am so excited to share this week of my life with this group of people. Thank you for allowing everyone to partake and be a part of this wonderful experience. Have questions???? Ask me anything!



Rolo Cuadrado - Chair



I'm Rolo, and I LOVE Young RYLA. It's a privilege to be Chair this year. I've been a Senior Counselor here since 2008, and this is my favorite week of the year! When I'm not at Rocky Mountain Young RYLA, I am working with Rotary International to help expand RYLA throughout the world. I live in Frisco, near Breckenridge, but I'm a lousy skier. My wife Paulina and I have three teenage kids. I enjoy traveling and eating. Find me on Facebook (Rolo Cuadrado) if you need help with starting an Interact Club at your school.

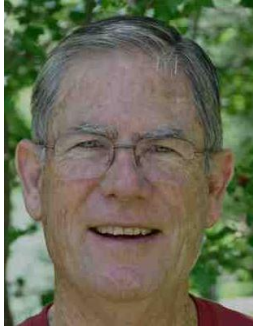
Craig Essex - Chief of Staff

Hello Young RYLARIAN's! I look forward with great anticipation to once again being involved in Young RYLA. I have the hope that you will leave after a week of learning new skills, making new friends, and taking your ideas out into the world with enthusiasm. I moved to Denver from Canada with my family in 1991. My wife Beverly and I have been married for 34+ years, and have I two daughters, Lindsay and Adriene. Career wise I am a Network Architect (Cisco Certified Internet Expert (CCIE) & Computer geek) with Great-West Life. In 1997 I was invited to join Rotary and it changed my



life! I have had the honor of serving, and continuing to serve in many capacities, including the last four years with YRYLA. In my spare time I practice Hot Yoga, and love everything technical.

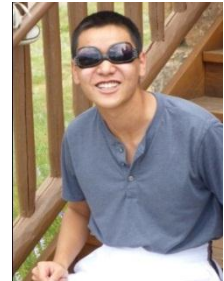
Jim Hoops - Guru



I am a partially retired high school and middle schoolteacher of 37 years, an experiential facilitator, photography teacher, past president of the Denver Cherry Creek Rotary Club and football coach (3 state championships along the way). I am president of the Board of Directors for Rocky Mountain RYLA and was part of a team of Rotarians who developed the Young RYLA curriculum. I am married (47 years) and have 2 sons and 4 grandchildren. I love to hike, bike and read. Rotary has been a big part of my life since joining. Trust the process of YRYLA.

Hi everyone, I'm Mark! I'm super excited to be a staff member this year! I live in Boulder and I will be starting my senior year at Boulder High School this fall and my favorite subject at school is math. I love listening to music, playing the piano, volunteering, and being silly. When I hang out with my friends, we usually spend our time studying, listening to music or just joking around. The highlight of my summer is definitely Young RYLA and I hope you enjoy it even more than I do!

Mark Yee



Beka Bewley



Hey, guys! I enjoy everything that happens outside. I love to hike, rock climb, camp, and fall into streams. I also enjoy reading and hugging. I believe there is no such thing as too much travel, and that routines are over-rated. Oh, and I am just now getting through the Harry Potter series, so there better be no spoilers at YRYLA! :)

Wayne Markel - Photographer/Technician

I'm a Kansas farm boy who worked for IBM for 30 years as a computer tech and finally as a network consultant. After leaving IBM, my wife and I moved back to Kansas where we owned and operated a lumberyard and two hardware stores for eight years. About two years ago we moved to Parker to be near our daughter, son-in-law and three grandchildren ages 2, 5, and 6. The most important jobs in my life have been foster parent, guardian ad litem, high school mentor in Ft. Walton Beach, FL, and camp photographer for YRYLA 2009. As a member of the Cherry Creek Valley Rotary, I am involved in projects with Parker Task Force, SECOR, Trick or Treat on Mainstreet, and other programs. Last September we unofficially adopted a single mom and four kids who were a day or two away from living on the street in Pensacola, FL. The kids are 10, 7, 5, and 2 years old and now in school in Parker and doing sports in Parker. The 10 year old recently got his first lawn mowing job.



Welcome to Young Rotary Youth Leadership Awards

Established in 2002 for students entering 8th grade

Welcome to Young-RYLA! At this conference you will be participating in activities which focus on eight developmental assets to help you build a foundation for your personal leadership: **Caring, Integrity, Honesty, Responsibility, Resistance Skills, Peaceful Conflict Resolution, Personal Power, and Self Esteem.** We hope that you will adopt these values and skills as you travel on your journey to become a successful leader.

OBJECTIVES:

- To provide an effective training experience for practiced and potential youth leaders.
- To encourage leadership of youth by youth.
- To publicly recognize young people who are rendering service to their schools and communities as leaders.

Rules and Regulations

You have been honored as a recipient of a Rotary Youth Leadership Award, and, in turn, you must honor and obey ALL applicable rules.

EXPECTED behavior includes:

- Respect the property of others, both public and private.
- Respect the privacy, needs and personality of others.
- Respect for Staff, Speakers, Counselors and Rotarians. Their decisions regarding rule infractions and discipline shall be final.
- ATTEND and BE ON TIME for all sessions and scheduled activities.
- Most importantly, HAVE FUN!

If you exhibit any unacceptable behavior which violates the rules, you will be sent home.

UNACCEPTABLE behavior includes:

- Use of alcohol, tobacco or drugs
- Stealing, gambling or lying
- Possession of guns or knives
- Leaving the camp without permission of your Counselor
- Use of ANY cell phones or pagers
- Use of ANY i-pod or similar device

Stay away from anyone who demonstrates unacceptable behavior and report him or her to a Counselor immediately.

Young-RYLA Lingo

(What happens at Y-RYLA every day?)

Wake Up

Everyone is expected to be out of their rooms to participate in the morning activities that are led by the Counselors and Rotarians.

Word of Focus

This is a story presented by a Counselor to give a little bit of inspiration from their personal perspective, usually before a scheduled speaker, activity, or session.

Goofy Olympics

A collection of "Goofy Games" which tests a team's ability to work together to accomplish mental, physical or team strengthening activities. These games are facilitated by the Counselors and are guaranteed to be goofy!

Comedy Club

Teams will present a prepared skit to the entire camp, based on their experiences at Y-RYLA and the Leadership 101 program. You'll have fun coming up with solutions to leadership problems which can be used when you return home from Y-RYLA.

Reflection Time

This is an allotted amount of personal time for you to reflect on the day's activities or to fill in your reflection worksheets (in your binder). This will prepare you for the discussions you will have in your team's Twilight Time.

Twilight Time

Is held every night after the final session to discuss the day's events, speakers, discussions, and give important information on the next day's activities. It is also a great time for team bonding!

Galaxy Galley

Evening snacks during your team's evening Twilight Time

Warm-Fuzzies

Caring notes of cheer, respect, and admiration which you will receive in a warm-fuzzie bag of your own design, and that you will write to others and place in their warm-fuzzie bags, ideally each day.

Lights Out

Twilight Time will end at 10:15pm, which will give you a chance to wind down from the day before falling into bed at 10:30pm. Remember, you need your sleep!

Expected Conduct

Respect for property, privacy, the needs and personality of others, the Counselors, Rotarians and Speakers. On-time attendance at each activity is mandatory.

Ponderosa Map

Ponderosa Retreat and Conference Center

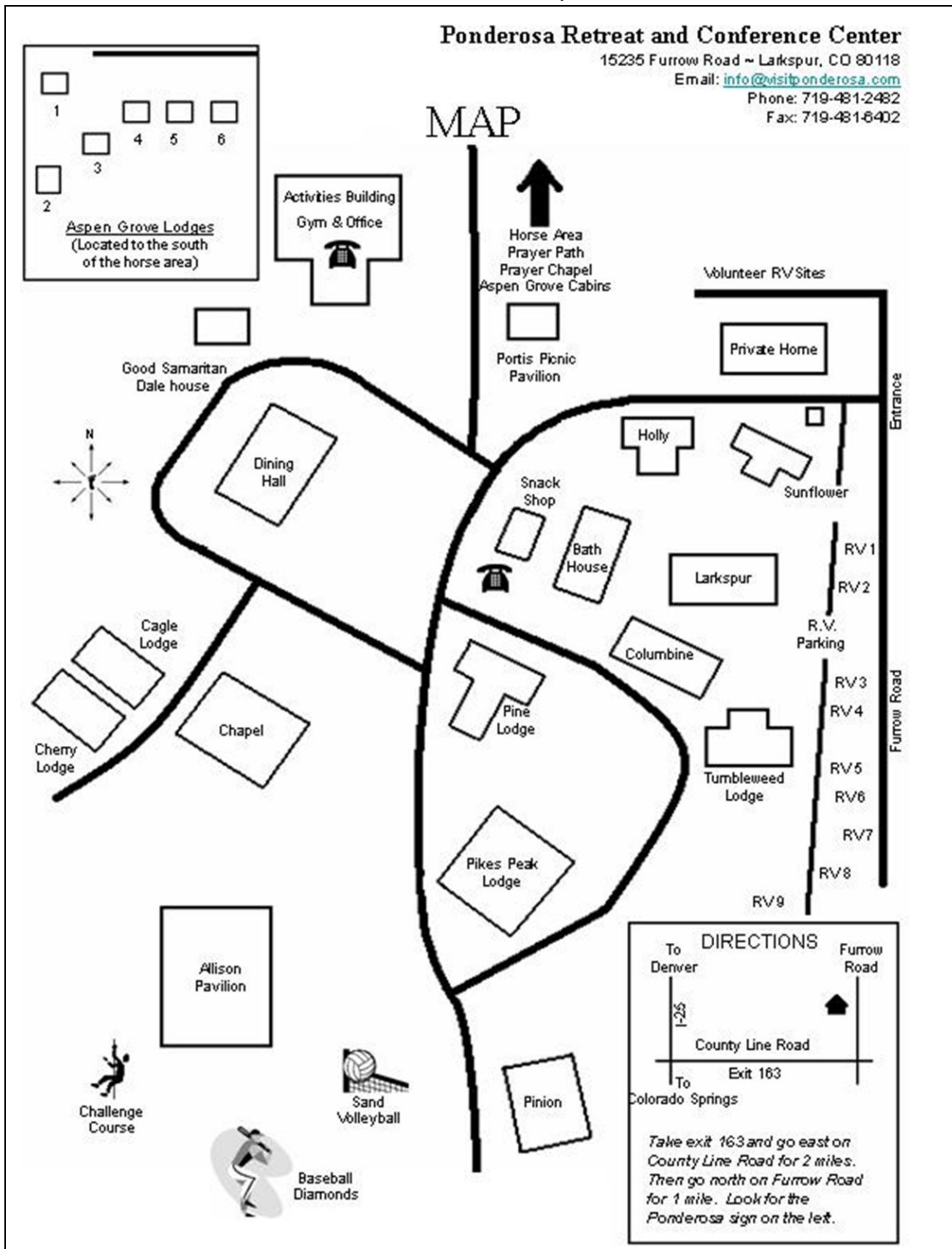
15235 Furrow Road ~ Lakspur, CO 80118

Email: info@visitponderosa.com

Phone: 719-481-2482

Fax: 719-481-6402

MAP



Making a Difference - The Starfish Story

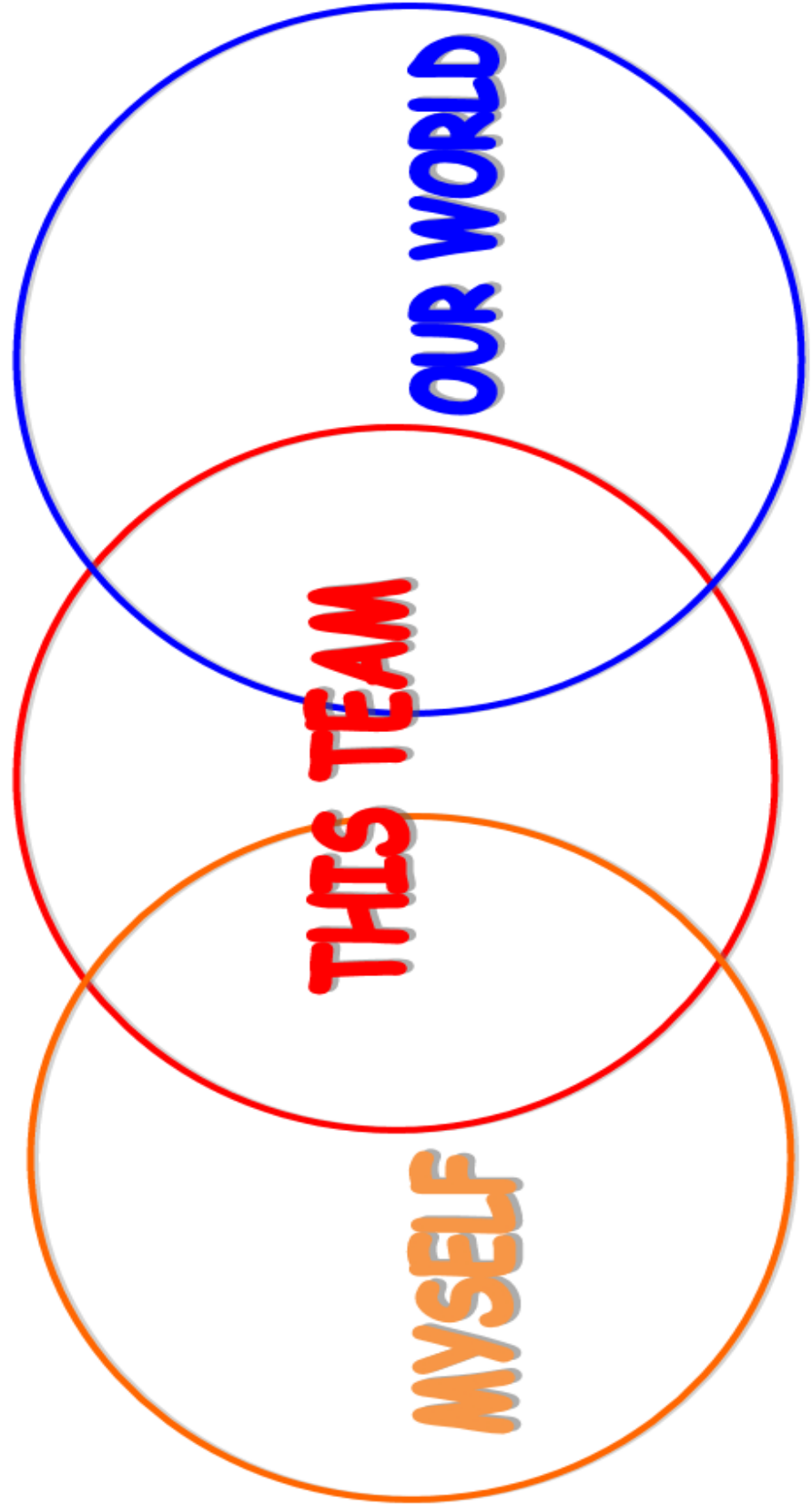
A man was jogging down a beach early one morning. The sun had been up for approximately two hours and it was starting to get hot. The tide was receding and all along the beach were thousands and thousands of starfish. Stranded at high tide the starfish were all going to die on the beach, as the sun rose higher by the minute. The seagulls had spotted the opportunity for an easy morning breakfast and were starting to swoop down on the helpless starfish.

As the man ran down the beach he noticed a young boy in the distance walking back and forth between the high tide mark and the water. As he got closer to the boy he observed that the boy was picking up starfish and throwing them back into the water. The man slowed his jog to a walk and approached the young boy.

The man stopped and asked the young boy what he was doing. The boy replied, "The tide is going out and these starfish are going to die, so I am helping by putting them back in the water." The man commented to the boy, "There are thousands maybe even a million starfish on this beach. Your efforts cannot make a difference." The young boy picked up another starfish from the beach, walked to the water's edge tossed it into the ocean and turned to the man and said, "It made a difference to that one."

This is also ... The Power of One!

Three Hoop Theme



Three Hoop Questions

Throughout your week at Young RYLA you will be learning skills that are relevant to each portion of the continuum above. In order to be a leader you need to have a good understanding of each part and of your role in each circle. As you learn throughout the week add phrases, skills and activities that fit each specific circle and the ones that overlap as well.

Every day you are given infinite opportunities to be leader. In order to be the best leader you can be it is important to discover the answers to these three questions:

1. What kind of leader are you?
-What are your strengths/weaknesses?
2. How do you lead when you are part of a team?
-Are you vocal or passive? Are you a planner or an implementer?
3. How can you use your leadership abilities to influence the world?
-What do you want to change in the world? What special talents do you have that you can use to help change the world?

Sunday July 22nd

Allison Pavilion

3:00 pm Registration

4:00 pm Welcome

Young RYLA Chair, **Rolo Cuadrado**

District 5440 District Governor, Mary McCambridge

Introduction of Counselor Teams

Head Counselors **Alex Wood** and **Ruben Gonzalez**

4:30 pm Meet Your Teammates!

Ball Field

5:00 pm Circle of Support

Experiential Leader: Rotarian Jim Hoops

Dining Hall

5:30 pm Dinner

Allison Pavilion

6:30 pm Leadership 101

YRYLA Counselors

8:00 pm Word of Focus

Team Spots

8:15 pm Reflection Time

8:30 pm Twilight Time and Galaxy Galley

Dorms

10:30 pm Quiet Time

10:45 pm Lights Out

A Formula for Effective Debriefing

Remember that the debriefing process has a sequence. It works best when you begin with simple ideas and then work the group into more difficult and abstract debriefing topics. Try thinking of the debriefing process as a three-step process - or just three (3) leading question headings:

What? So What?Now What?

What?

- What actually happened?
- What was observed?
- Who said what?
- What did you see done?
- What did you see?
- What did you hear?
- What did you think?

So What?

- So what was learned?
- So what skills or talents were demonstrated and by whom?
- So what feelings arose? When did they arise? What thoughts promoted them?
- So why did the team's plan work or not work?
- So what would have made it work more effectively?
- So how would you rate your current level of teamwork?
- So what resentments, apologies, requests or acknowledgments would you like to make before moving on?

Now What?

- Now what plans, techniques or strategies do we want to keep?
- Now what plans, techniques or strategies do we want to avoid?
- What new skills do we want to develop or practice before going on?
- How does anything we have learned so far apply to our daily lives?
- What skills and talents have you used effectively today that you would like to use more often in your daily lives?
- What knowledge or skills are you willing to bring to the next activity?

These and the suggested debrief ideas with each activity are only a guide to start discussion. As a facilitator, you then have the opportunity to uncover what the team learned by doing the activity. Do not shut off active, positive discussion by team members in order to complete the list of suggestion.

Leadership 101

Don't forget the ways to be BrainWise!

1. Wizard brain vs. Lizard Brain

In order to stop and think, you must engage the section of the brain where problems are assessed and analyzed before responding (the frontal cortex). Otherwise, the reptilian or "lizard" part of the brain - the section housing emotions and the fight or flight response (hypothalamic system) - takes over, triggering impulsive, non-thinking responses.

2. Red Flags

Emotions are not necessarily a good thing or a bad thing; they work as signals indicating how you feel. They are good for telling you if you are upset or happy, frustrated or angry, but they do NOT force you to act. Watch out for "Red Flags" when a small voice in your head tells you that something is not right! Use the red flags to make choices with your Wizard Brain over your Lizard Brain.

3. Making Decisions

People who use their Lizard Brain react one way, believing they have no other choices. This creates a feeling that their lives are controlled by fate, luck, chance or powerful others. Wizard Brain thinkers recognize that they have more than one choice, and use thinking skills to assess and analyze all their choices so they make the best choice possible. Wizard Brain thinkers are aware of the consequences of their choices. Use your thinking skills to help assess and analyze the consequences of your choices now, the consequences later (CNL), and the consequences affecting others (CAO).

4. Set Goals and Plan for Action

Want to know the secret to making things happen and taking control of your life? Set a major goal, and then break it down into little goals, or little pieces of the pie. Small, easily accomplished goals will lead you to your HUGE goal, because it is MANAGABLE on a daily basis.

5. Communicate Effectively

The way you talk and joke with your friends at lunch should be different than the way you talk to your 92 year old great grandmother, which is different than how you speak to a teacher. To communicate effectively, take time to notice your surroundings and plan a strategy that will best accomplish your goals for the conversation. Articulate your words and speak passion!

6. "Surround Yourself With Excellent People"

A. Choose your friends wisely. Usually you mimic the behavior of those around you, make sure they demonstrate qualities you'd like to emulate. Toxic people (jerks) are usually

focused on the negative and make you feel worse after hanging out with them. Supportive friends are positive and upbeat and help you accomplish your goals.

B. Recognize positive mentors. As our friend Lloyd Thomas has said, "choose your heroes/heroines wisely". As a child you have little, if any choice about the adults around you, take the opportunity to take a look around their world and find those positive mentors. Mentors are people who guide you in academics, sports, clubs, or at home. Choosing who you look up to plays a huge role in your life, but also take time to understand why they are a mentor to you, because they care!

7. Ask for Help when you need it

Asking for help, rather than showing weakness, demonstrates self-awareness and humility. Though you may be an expert in some things, there's no way you know everything better than everyone around you. Asking for assistance from an expert is the best way to learn and grow, so much easier than making mistakes when you insist on doing it yourself. Knowing when to ask for help is also part of using your Wizard Brain!

Personal Reflection Questions
Sunday July 22nd, 2012

What do you expect from Young-RYLA?

What does leadership mean to you?

What does it mean to be a leader?

Which of the Leadership 101 methods do you most often see used in school?

Y-RYLA Notes for Sunday, July 22nd, 2012

Lined area for taking notes, consisting of multiple horizontal lines.

Monday July 23rd

Dorms

6:45 am Wake Up

Out and About

7:00 am Morning Activities

Dining Hall

7:30 am Breakfast

Allison Pavilion

8:00 am Word of Focus

8:15 am True Colors

Rotarian John Ahlenius

9:15 am Team Building Activities

10:45 am Real Rabbits

Corey Ciocchetti

Dining Hall

12:15 pm Lunch

Allison Pavilion

1:00 pm Word of Focus

1:15 pm My Life List and Swept Away

Rotarian Dave Boon

3:00 pm Four Way Test

Gymnasium

4:15 pm Towers

Chair Rolo

Head Counselors Alex and Ruben

Dining Hall

5:30 pm Dinner

Allison Pavilion

6:30 pm Word of Focus

6:45 pm Rotarian Passion to Action

7:00 pm Counselor skit

Team Spots

7:15 pm Skit Prep time

8:15 pm Reflection Time
8:30 pm Twilight Time and Galaxy Galley

Dorms

10:15 pm Quiet Time
10:30 pm Lights Out

True Colors Handouts

WE HAVE ALL FOUR OF THE TRUE COLORS IN SOME VARIATION.
WE USE TRUE COLORS AS A TOOL TO EXPLAIN BEHAVIOR,
NOT EXCUSE IT.
WE ARE NOT TRYING TO STEREOTYPE OTHERS OR LIMIT OURSELVES.
EVERY COLOR HAS STRENGTHS & CHALLENGES.

Copyright of True Colors
Adapted by Emily Prascher

WORD CLUSTER



True Colors-Word Cluster

Rank each grouping to the highest priority of your life. Give a 4 for the highest and a 1 as the lowest. Don't use a number twice! When you are finished, add the numbers in each column to determine your style of personality. The highest numbered column is your dominant True Color!

Active	<input type="checkbox"/>	Organized	<input type="checkbox"/>	Nice	<input type="checkbox"/>	Learning	<input type="checkbox"/>
Variety	<input type="checkbox"/>	Plan	<input type="checkbox"/>	Helpful	<input type="checkbox"/>	Science	<input type="checkbox"/>
Sports	<input type="checkbox"/>	Neat	<input type="checkbox"/>	Friends	<input type="checkbox"/>	Privacy	<input type="checkbox"/>

Fun	<input type="checkbox"/>	Clean	<input type="checkbox"/>	Caring	<input type="checkbox"/>	Curious	<input type="checkbox"/>
Action	<input type="checkbox"/>	On-time	<input type="checkbox"/>	People	<input type="checkbox"/>	Ideas	<input type="checkbox"/>
Contests	<input type="checkbox"/>	Honest	<input type="checkbox"/>	Feeling	<input type="checkbox"/>	Questions	<input type="checkbox"/>

Playful	<input type="checkbox"/>	Helpful	<input type="checkbox"/>	Kind	<input type="checkbox"/>	Independent	<input type="checkbox"/>
Quick	<input type="checkbox"/>	Trustworthy	<input type="checkbox"/>	Understanding	<input type="checkbox"/>	Exploring	<input type="checkbox"/>
Adventuresome	<input type="checkbox"/>	Dependable	<input type="checkbox"/>	Giving	<input type="checkbox"/>	Doing well	<input type="checkbox"/>

Busy	<input type="checkbox"/>	Follow rules	<input type="checkbox"/>	Sharing	<input type="checkbox"/>	Thinking	<input type="checkbox"/>
Free	<input type="checkbox"/>	Useful	<input type="checkbox"/>	Getting along	<input type="checkbox"/>	Solving Problem	<input type="checkbox"/>
Winning	<input type="checkbox"/>	Save Money	<input type="checkbox"/>	Animals	<input type="checkbox"/>	Challenge	<input type="checkbox"/>

Exciting	<input type="checkbox"/>	Pride	<input type="checkbox"/>	Nature	<input type="checkbox"/>	Books	<input type="checkbox"/>
Lively	<input type="checkbox"/>	Tradition	<input type="checkbox"/>	Easing going	<input type="checkbox"/>	Math	<input type="checkbox"/>
Hands-on	<input type="checkbox"/>	Do things right	<input type="checkbox"/>	Happy ending	<input type="checkbox"/>	Making sense	<input type="checkbox"/>

Total Orange	<input type="checkbox"/>	Total Gold	<input type="checkbox"/>	Total Blue	<input type="checkbox"/>	Total Green	<input type="checkbox"/>
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WHEN I AM GREEN...

I seek knowledge & understanding.

Analytical - Global - Conceptual

I live life by my own standard.

Cool - Calm - Collected

I need explanations & answers.

Inventive - Logical - Perfectionistic

I value intelligence, insight, fairness and justice.

Abstract - Hypothetical - Investigative

I am a natural non-conformist, a visionary and a problem solver.

Green May Perceive Self As:

- Confident
- Mentally Tough
- Logical, Rational
- Visionary, Inventive
- Self-Controlled
- Enjoying One's Own Company
- Good at Analysis/Objective
- Having Ability to Reprimand
- Having High Expectations
- Respecting Knowledge
- A Deep Thinker

Others May Perceive Green As:

- Arrogant, Know It All
- Cold, Hard
- Insensitive
- Head in the Clouds
- Cool, Aloof, Unfeeling
- Afraid to Open Up
- Critical, Fault-Finding
- Lacking Compassion
- Unappreciative of Others
- Intellectually Demanding
- Argumentative
- Absent Minded

Greens Are Stressed Out By:

- Not Being In Charge
- Lack of Independence
- Subjective Judgment
- Elaborate Use of Adjectives
- Emotional Displays
- Small Talk
- Routine
- Social Functions
- Lack of recognition of their abilities
- Incompetence

WHEN I AM BLUE...

I need to feel unique and authentic.
Enthusiastic - Sympathetic - Personal

I look for meaning and significance in life.
Warm - Communicative - Compassionate

I need to contribute, to encourage and to care.
Idealistic - Spiritual - Sincere

I value integrity and unity in relationships.
Peaceful - Flexible - Imaginative

I am a natural romantic, a poet and a nurturer.

Blue May Perceive Self As:

- Having Feelings
- Compassionate
- Romantic
- Idealistic
- Empathetic
- Caring
- Seeing the Best in Others
- Nurturing
- Liking to Please People
- Wanting Harmony
- Great Communicator
- Valuing Feelings

Others May Perceive Blue As:

- Very Emotional
- Overly Sensitive
- Mushy
- Too Tender-Hearted
- Easily Persuaded
- Too Nice
- Too Trusting
- Smothering
- Too Soft, Too Giving
- Weak
- Talking Too Much
- Illogical

Blues Are Stressed Out By:

- Broken Promises
- Too Much Negative
- Not Being Involved
- Lack of Social Contact
- Clock Watching
- Being Compared to Others
- Lying
- Rejection
- Insincerity
- Completing Paperwork
- Placing the System Before People
- Conflict

WHEN I AM GOLD...

I follow the rules and respect authority.

Loyal - Dependable - Prepared

I have a strong sense of what is right and wrong in life.

Thorough - Sensible - Punctual

I need to be useful and to belong.

Faithful - Stable - Organized

I value home, family and tradition.

Caring - Concerned - Concrete

I am a natural preserver, a good citizen and helpful.

Gold May Perceive Self As:

- Consistent
- Providing Structure
- Goal-Oriented
- Very Traditional
- Knowing Right From Wrong
- Loyal to Organization
- Realistic
- Decisive, Seeking Closure
- Dependable
- Concerned About Security
- Follower of a Routine
- Having Leadership Ability

Others May Perceive Gold As:

- Rigid, Inflexible
- Controlling, Bossy
- Too Serious
- Resistant to Change
- Opinionated
- System-Bound
- Lacking Imagination
- Judgmental
- Boring
- Uptight
- Predictable
- Autocratic

Golds Are Stressed Out By:

- Incomplete Tasks
- Disorganization
- Irresponsibility
- Changing Details
- Lack of Direction
- Waste
- Non-Conformity
- Lack of Structure
- Haphazard Attitude
- Too Many Things Going On At Once
- People Who Don't Follow Through
- Ambiguous Tasks

WHEN I AM ORANGE...

I act on a moment's notice.

Witty - Charming - Spontaneous

I consider life as a game, here and now.

Impulsive - Generous - Impactful

I need fun, variety, stimulation, and excitement.

Optimistic - Eager - Bold

I value skill, resourcefulness, and courage.

Physical - Immediate - Fraternal

I am a natural trouble-shooter, a performer, and a competitor.

Orange May Perceive Self As:

- Flexible, Easy-Going
- Having a Playful Attitude
- Exploring New Possibilities
- Clever, Good Negotiator
- Open to Change
- Having Many Interests
- Able to Do Many Things
- Adventurous, Courageous
- Valuing Freedom
- Bold, Assertive
- Fun-Loving, Enjoying Life
- Independent

Others May Perceive Orange As:

- Irresponsible
- Goofing Off Too Much
- Manipulative
- Unable to Stay On Task
- Scattered
- Taking Unnecessary Risks
- Resisting Closure or Decisions
- Obnoxious
- Immature
- Self-Centered

Oranges Are Stressed Out By:

- Repetition
- Following Detailed Directions
- Routine
- Deadlines
- Inactivity
- Lack of Fun
- Lack of Variety
- Too Much Responsibility
- Rules and Regulations
- Being Stuck at a Desk
- Abstract Concepts
- Reading Manuals
- Imposed Structure
- Personal Criticism

Lizard and Wizard Brain Behaviors

GREEN

"Lizard Brain" Behaviors

- Behaves indecisively
- Refuses to comply or cooperate
- Extreme aloofness and withdrawal
- "Snobbish" put-downs and sarcastic remarks
- Refuses to communicate, the silent treatment
- Perfection ties to performance anxiety
- Highly critical towards self and others

"Wizard Brain" Behaviors

- Questions and explores ideas
- Considers others ideas
- Works independently
- Pleasant but not very social
- Thrives on own work and ingenuity
- Strives for improvement
- Has high expectations

BLUE

"Lizard Brain" Behaviors

- Attention-getting behavior
- Lying to "save face"
- Fantasizes, day-dreams excessively
- Overly expresses emotions
- Behaves in passive, resistant ways
- Cries often & appears depressed

"Wizard Brain" Behaviors

- Appreciates everything, everyone
- Behaves with honesty & integrity
- Creates things to make life better
- Strives for peace & harmony
- Contagiously enthusiastic
- Cooperative & encouraging

GOLD

"Lizard Brain" Behaviors

- Complains & behaves with self-pity
- Exhibits anxiety & worry
- Is depressed & acts fatigued
- Expresses psychosomatic problems
- Malicious in judgment of self & others
- Exhibits "blind herd" mentality
- Exhibits phobic reactions

"Wizard Brain" Behaviors

- Task & structure focused
- Serious attitude
- Likes to do things to help
- Cares for own body & health
- Direct but cautious
- Respects authority
- Is dependable & reliable

ORANGE

"Lizard Brain" Behaviors

- Acts rude & with defiance
- Breaks the rules on purpose
- Runs away, drops out
- Involved with alcohol, drugs
- Acts out boisterously
- Lying & cheating behavior
- Violent behavior

"Wizard Brain" Behaviors

- Acts boldly & is direct
- Risk-taking behavior
- Acts impulsively & spontaneously
- Seeks reasonably "safe" adventures
- Has high expectations
- Wants "hands-on" activities
- Is assertive & to the point

True Colors - Blue Character Traits

Values: Honesty, Friendship, Sensitivity, Harmony, Compassion

Joys: Romance, Family, Friendships, Music, Affection

Strengths: Communication, Creativity, Nurturing, Sincerity, Listening

Needs: Harmony, People, Understanding, Love, Affection

Stresses/Frustration: Disharmony, Uncaring, Time limits, Insincerity, Lack of romance

Life Philosophy: "To Thine Own Self Be True"

Nicknames: Catalyst/Energizer

Leadership Strengths: Creates enthusiasm and energy, Finds potential in others, Natural democratic leader

Keys to Leadership Success: Authenticity, Harmony, Uniqueness, Self-actualization, Cooperation, Personal relationships

Keys to Personal Success: Devotion to relationships, Making a difference in the world, Seeking harmony, Self-searching

Team Contributions: Ensures group participation, Brings inspiration and enthusiasm, Values open and honest communication

How it helps to understand blue friends: Spend quality time, one-on-one with them. Be aware that they wear their hearts on their sleeves. Listen to them as they listen to you and be supportive. Share your thoughts and feelings and praise their imagination and creativity.

How it helps to understand blue teachers: Respect their concern for the feelings of students. Get along with other students in the class. Offer your ideas and feelings and give the teacher positive feedback. Appreciate their warmth and caring attitude. Be dramatic and expressive.

How it helps to understand blue parents/adults: Respect their need to know about you. Be truthful, sincere, helpful, open and communicative. Take a creative approach to problem solving and cooperate with other family members. Show that you value them through thoughtfulness.

True Colors - Green Character Traits

Values: Intellectual (achievements), Logic, Knowledge, Competency

Joys: High achievement, Recognition of ideas, Personal achievement, Meeting challenges, Investigation

Strengths: Confidence, Analysis/Analytical, Logic, Problem-solving, Determination

Needs: Challenge, Need to understand, Autonomy, Truth and Facts, Accuracy

Stresses/Frustration: Rules, Unfairness, Incompetence, Confusion, Nonsense rules

Life Philosophy: "Knowledge is Power"

Nicknames: Visionary/Architect

Leadership Strengths: Excellent analytical skills, Enjoys complicated theories and models, Comfortable with rapid change

Keys to Leadership Success: Clarity, Competence, Intelligence, Logic, Ideas, Critical Thinking

Keys to Personal Success: Using precise language, Exploring ideas, Abstract thinking, Striving for competence

Team Contributions: Can see the "big picture", Can see potential barriers, Not afraid to challenge the process

How it helps to understand green friends: Be aware of their curiosity about life. Respect their need for independence and know that they are caring even though they may not show their feelings easily. Reinforce their new ideas and concepts.

How it helps to understand green teachers: Be curious, observing, and ask lots of questions. Be open to their ideas and praise their competence and knowledge. Be original in your assignments. They like to say it once, so pay attention the first time.

How it helps to understand green parents/adults: Respect their preoccupation with wisdom, knowledge, ideas and logic. Help them with the day-to-day details and praise their ingenuity and intelligence. Think ahead because they are future-oriented.

True Colors - Gold Character Traits

Values: Loyalty, Dependability, Honestly, Responsibility, Perfection

Joys: Time for family, Home, Job satisfaction, Order, Sense of family

Strengths: Organization, Commitment, Consistency, Responsibility, Dependability

Needs: Stability, Time, Consistency, Organization, Appreciation

Stresses/Frustration: Lack of control, Change, Disloyalty, Money insecurity, Inconsistency

Life Philosophy: "Be Prepared"

Nicknames: Stabilizer/Traditionalist

Leadership Strengths: Establishes and follows policies, procedures and rules, Meticulous attention to detail

Keys to Leadership Success: Tradition, Dependability, Loyalty, Discipline, Trustworthy, Decisiveness

Keys to Personal Success: Work ethic, Predictability, Sense of history, Home and family

Team Contributions: Stabilizing force, Gets the job done

How it helps to understand gold friends: Try to be organized, efficient, dependable and loyal. Remember to be on time. They are generous and like things to be returned. Respect their need for security and do what you say you will do.

How it helps to understand gold teachers: Pay attention to details and be neat and orderly. Respect their need for rules and regulations. They value their position as a teacher, so follow directions carefully. Make an extra effort to be on time for class.

How it helps to understand gold parents/adults: Respect their need for tradition and stability. Be loyal, dependable and truthful. Be up front with them and understand their desire for structure and security. Be clean and neat in appearance.

True Colors - Orange Character Traits

Values: Freedom, Adventure, Fun/Play, Variety, Spontaneity

Joys: People, fun, Adventure, Excitement, Performing

Strengths: Independence, Flexibility, Energy, Taking action, Optimism

Needs: Freedom, Variety, Money, Recognition, Expression

Stresses/Frustration: Being on time, Waiting, Lack of money, Unnecessary routine, Rigidity

Life Philosophy: "Forget the torpedoes, full speed ahead!"

Nicknames: Troubleshooter, Negotiator

Leadership Strengths: Welcomes change and taking risks, Excels in crisis situations, Flexible, yet practical

Keys to Leadership Success: Action, Variety, Performance, Fun, Freedom, Spontaneity

Keys to Personal Success: The impulse to really live, Testing limits, The need for variety, Spontaneous relationships

Team Contributions: Quickly diagnoses problems, works well under pressure, Sees opportunities

How it helps to understand orange friends: Be active with them and do not slow down. Be energetic and ready to go. Be adventurous, optimistic, spontaneous, and fun. Compete in fun when appropriate. Do not play heavy.

How it helps to understand orange teachers: Because they like students to solve problems and to move quickly, be open and ready to wing it. Be willing to work on your hands-on activities. Respect their changes of directions and fast pace. Get actively involved in class.

How it helps to understand orange parents/adults: Compliment their generosity and sense of humor. Use a direct, right-to-the-point approach. Get involved in physical activities with them. Respect their lack of structure and need for spontaneity.

Swept Away and Staying On Top

On January 6, 2007 Dave Boon, his wife June and a friend of the family, 13-year-old Gary Martinez who attended the 2006 YRYLA, were driving up Berthoud Pass on Highway 40 for two days of skiing at the Winter Park - Mary Jane ski area. As we started the steep climb after the turn toward the summit of Berthoud Pass the song, *Affirmation* by Savage Garden started to play on the CD player. Stanley Mountain rising to a height of 12,524 feet was on our left as we saw the first "Avalanche Area - No Stopping" signs.

I was marveling at the gorgeous deep blue ski when something caught my eye about twenty yards ahead of our car and to the left a small cloud of power came down onto the road. Both of my hands were on the steering wheel and this little white puff of powder was the only warning we got. Less than a second later our car was literally blown out of control and slammed into the guard rail by a blast of air and snow. It was a total white out and I could not see past my windshield and I could hear snow and ice hitting our car as if being blown by a 120mph wind. One moment I was going 45 mph looking at royal blue sky and now something very wrong was going on - my mind knew I had not hit a car, I wasn't in an accident, I just thought, "What is going on."

The next instant we were hit by an incredible force - one I can only describe as being hit by a freight train. The impact caused the car to flip into the air - then I knew what it was. We had been swept away by an avalanche - a massive avalanche. Everything went dark and we flew into the air. Over and over we went in total darkness. We must have flipped several times in the air before we hit the ground and started to roll. We had driven this road hundreds if not a thousand times and I thought about the steepness of the slope the avalanche was going down - with us in it. The slope must be 30-40° so we were going for quite a wild and long ride. We rolled over and over. Everything was black, we couldn't see anything. We just kept rolling. Then we hit something and the car starting spinning upside down. We started slowing down and as we did, June shouted, "Make an air space. Make an air space." Then the car came to a stop.

Everything was dark - we were upside down and we were buried alive.

1. What are the things in life that knock you off your Highway 40 (the highway to accomplishing your dreams and goals)? List all the things you can think of that slow you down or keep you from staying on a positive path in life. Post these negative influences on "post-its" and place them on the wall.

Staying On Top - If you are ever in an avalanche get rid of everything that can bring you down - get rid of your pack, ski poles, skies or snow shoes, -- then try and swim with the mass of moving snow trying your best to keep your head up and staying on top. If you do get below the surface and as the snow slows down try and pack the biggest air-space you can in front of your mouth - it may be the only air you have.

2. Now list all the things you can do to "stay on top" and not get buried or swept away or away by bad influences. Again, put them on "post-its" and place them on the wall.
3. As a group discuss what sweeps you off your highway of life and what you can do to "stay on top." Have any of these things happened to you or your friends? Could you have used some of the techniques or ideas for staying on top? Will you be better prepared next time to stay on top and not get swept away?

"My Life List"

When John Goddard was 15 years old, he overheard his parents friends say, "I wish I were John's age again, I would do things differently." Something about that remark seemed to have touched a nerve inside the boy. He took out a yellow legal pad and wrote the words, "My Life List" across the top. He began writing down goals. The list grew to 127 items. Today, John has accomplished all but 13 of those original goals. The ones not accomplished by June 2006 are designated with an (*).

Explore:

1. Nile River
2. Amazon River
3. Congo River
4. Colorado River
5. Yangtze River, China
- *6. Niger River
- *7. Orinoco River, Venezuela
8. Rio Coco, Nicaragua

Study Native Cultures In:

9. Congo
10. New Guinea
11. Brazil
12. Borneo
13. Sudan
14. Australia
15. Kenya
16. Philippines
17. Tanganyika (now Tanzania)
18. Ethiopia
19. Nigeria
20. Alaska

Climb:

- *21. Mount Everest
- *22. Mount Aconcagua, Argentina
- *23. Mount McKinley
24. Mount Huascaran, Peru
25. Mount Kilimanjaro, Africa
26. Mount Ararat, Turkey
27. Mount Kenya
- *28. Mount Cook, New Zealand
29. Mount Popocatepetl, Mexico
30. The Matterhorn
31. Mount Rainer
32. Mount Fuji
33. Mount Vesuvius
34. Mount Bromo, Java
35. Grant Tetons
36. Mount Baldy, California

Swim In:

Study/Learn:

37. Carry out careers in medicine and exploration
- *38. Visit every country in the world (30 to go)
39. Study Navaho and Hopi Indians
40. Learn to fly a plane
41. Ride horse in a Rose Bowl Parade

Photograph:

42. Iguacu Falls, Brazil
43. Victoria Falls, Rhodesia
44. Sutherland Falls, New Zealand
45. Yosemite Falls
46. Niagara Falls

47. Retrace the travels of Marco Polo and Alexander the Great

Explore Underwater:

48. Coral Reefs of Florida
49. Great Barrier Reef, Australia
50. Red Sea
51. Fiji Islands
52. The Bahamas
53. Explore Okefenokee and Everglades

Visit:

- *54. North and South Poles
55. Great Wall of China
56. Panama and Suez Canals
57. Easter Island
58. The Galapagos Islands
59. Vatican City
60. The Taj Mahal
61. The Eiffel Tower
62. The Blue Grotto
63. The Tower of London
64. The Leaning Tower of Pisa
65. Sacred Well of Chichen-Itza
66. Climb Ayers Rock, Australia
67. Follow River Jordan from Sea of Galilee to the Dead Sea

- | | | | |
|--------------------|--|-------|--|
| 68. | Lake Victoria | 101. | Run a mile in 5 minutes |
| 69. | Lake Superior | 102. | Weigh 175 (still does) |
| 70. | Lake Tanganyika | 103. | Perform 200 sit-ups and 20 push ups |
| 71. | Lake Titicaca, Peru | 104. | Learn French, Spanish, and Arabic |
| 72. | Lake Nicaragua | 105. | Study dragon lizards of Komono Island |
| Accomplish: | | | |
| 73. | Become an Eagle Scout | 106. | Visit birthplace of grandfather Sorrenson |
| 74. | Dive in a submarine | 107. | Visit birthplace of grandfather Goddard |
| 75. | Land on and take off from an aircraft carrier | 108. | Ship aboard a freighter as a seaman |
| 76. | Fly in a blimp, hot air balloon, glider | *109. | Read the entire Encyclopedia Britannica |
| 77. | Ride and elephant, camel, ostrich and bronco | 110. | Read the Bible cover to cover |
| 78. | Skin dive to 40 feet, hold breath
2.5 minutes underwater | 111. | Read the works of Shakespeare, Plato,
Aristotle, Thoreau, Poe, Rousseau, Bacon,
Hemingway, Dickens, Twain, Burroughs,
Conrad, Talmage, Tostoi, Longfellow, Keats,
Whittier and Emerson |
| 79. | Catch a 10 lb lobster and ten-inch abalone | 112. | Become familiar with the compositions of
Bach, Beethoven, Debussy, Ibert,
Mendelssohn, Lalo, Rimski-Korsakov,
Respighi, Liszt, Rachmaninoff, Stravinsky,
Toch, Tshcikovsky, and Verdi |
| 80. | Play a flute and violin | 113. | Become proficient in the use of a plane,
motorcycle, tractor, surfboard, rifle, pistol,
canoe, microscope, football, basketball, bow
and arrow, lariat and boomerang |
| 81. | Type 50 words a minute | 114. | Compose music |
| 82. | Take a parachute jump | 115. | Play Clair de Lune on the piano |
| 83. | Learn water and snow skiing | 116. | Watch fire-walking ceremony in Bali |
| 84. | Go on a church mission | 117. | Milk a poisonous snake |
| 85. | Follow the John Muir Trail | 118. | Light a match with a 22 rifle |
| 86. | Study native medicines, bring back useful ones | 119. | Visit a movie studio |
| 87. | Bag camera trophies of elephant, lion, rhino,
cheetah, cape buffalo and whale | 120. | Climb Cheops' Pyramid |
| 88. | Learn to fence | 121. | Become a member of the Explorers' Club
and the Adventures' Club |
| 89. | Learn jujitsu | 122. | Learn to play Polo |
| 90. | Teach a college course | 123. | Travel the Grand Canyon (by foot and boat) |
| 91. | Watch a cremation ceremony in Bali | 124. | Circumnavigate the globe (4 times) |
| 92. | Explore the depths of the sea | *125. | Visit the moon |
| *93. | Appear in a Tarzan movie | 126. | Marry and have children (has 5 kids) |
| *94. | Own a horse, chimp, cheetah, ocelot and coyote
(Chimp and cheetah to go) | 127. | Live to see the 21 st Century |
| *95. | Become a ham radio operator | | |
| 96. | Build own telescope | | |
| 97. | Write a book | | |
| 98. | Publish article in National Geographic | | |
| 99. | High jump 5 feet | | |
| 100. | Broad jump 15 feet | | |

Your Life List - So, what's on your life list? Have you ever sat down and created your own life list? If so, how long ago was that and have you continued to add to the list? ***A My Life List***, exercise is a great way to set a plan into action for creating an exciting and successful future.

Here is the path:

1) Creating your life list, 2) make sure you have the "vision" of what you want clearly in your mind, 3) take action through personal initiative, 4) attract and find people (mentors) to help you achieve these goals, and 5) persevere by never, never, never giving up. Have a "great future of success!" As John would say, "This conversation is to be continued."

John Goddard recently published a book titled, ***The Survivor: 24 Spine-Chilling Adventures on the Edge of Death*** (Health Communications, Inc.) which further describes his Life List, many additional goals beyond the original 127 and how he achieve them. Check it out - it's a good read!

My Life List

At Least What I Can Think of Today

Name _____ *Date* _____

The Four-Way Test

Location: Allison Pavilion

Day: Monday

Time: 3:00 pm

Of the things we think, say or do

- **Is it the Truth?**
- **Is it Fair to all concerned?**
- **Will it build Good Will and Better Friendships?**
- **Will it be Beneficial to all concerned?**

From the earliest days of the organization, Rotarians have been concerned with promoting high ethical standards in their professional lives. This has never been more important.

Ethics is not merely a trendy buzzword. In today's scandal-plagued world, ethics have become an everyday concern for each one of us. A strong ethical framework provides strength to our families, our friendships, our business relationships, and the daily encounters we have with people in our community. Character, respect, and trust have never been more important, and they are highly predictive of individual success in every aspect of life.

Written by Herbert Taylor in 1932, the Rotary Four-Way Test has stood the test of time. It was adopted by Rotary International in 1943, has been translated into more than 100 languages, and Herbert Taylor became President of Rotary International in 1954-55.

The Four-Way Test is a simple but remarkable tool. Its purpose is to help us make better choices and decisions in our interactions with others. It does not automatically give us the answer to an ethical dilemma, but it causes us to think more deeply about what is right! Using The Four-Way Test as a guide will positively impact the quality of your life and the quality of your personal performance!

Personal Reflection Questions

Monday July 23rd, 2012

Which Leadership 101 Lesson do you think you'll use most of the seven? Which one will you use least of the seven?

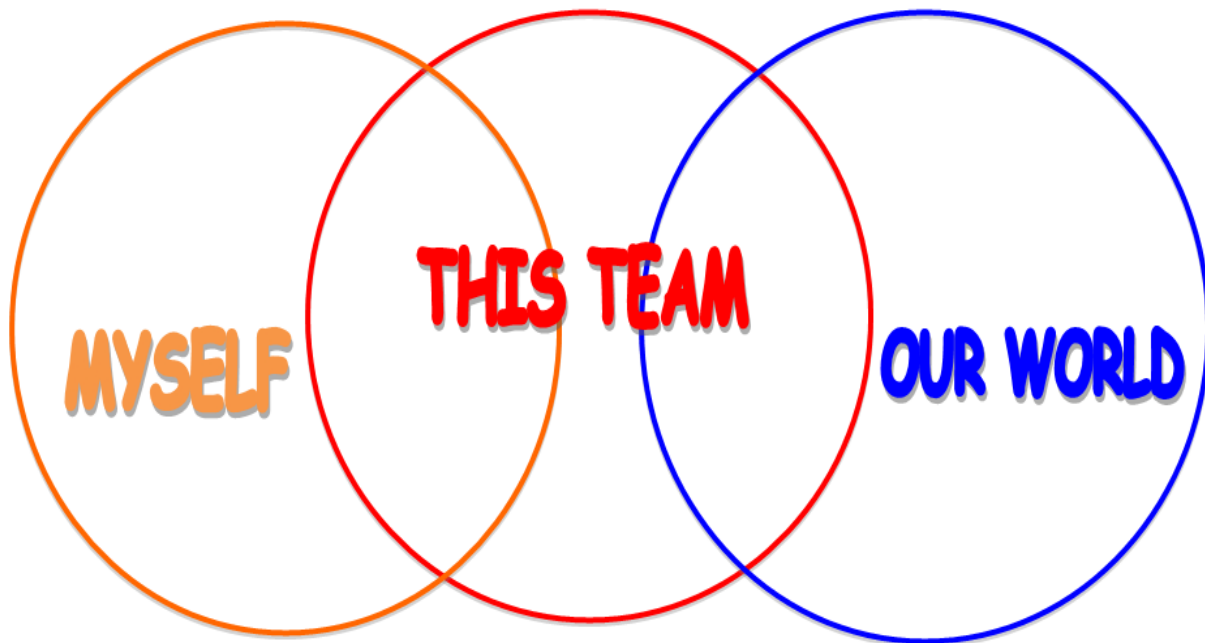
What is the easiest goal on your Life List? What is the most exciting?

How has developing your skit helped your team form a bond?

What lessons did you learn from Corey Ciocchetti's talk about Real Rabbits?

What are your true colors? How can these help you to work with others?

Where did today's activities fit into the three hoop theme? What did you learn about yourself? What did you learn about working as a team??



Tuesday July 24th

Dorms

6:45 am Wake Up

Out and About

7:00 am Morning Activities

Dining Hall

7:30 am Breakfast

Allison Pavilion

8:00 am Word of Focus

8:15 am Matrix – Part 1

Team	A	B	C	D	E	F	G	H	I	J	K	L
8:15-9:15	AA	ZL	StP	CV	TW	CA	EI	LS	FMV	CH	CC	SP
9:15-10:15	SP	AA	ZL	StP	CV	TW	CA	EI	LS	FMV	CH	CC
10:15-11:15	CC	SP	AA	ZL	StP	CV	TW	CA	EI	LS	FMV	CH
11:15-12:15	CH	CC	SP	AA	ZL	StP	CV	TW	CA	EI	LS	FMV

(Key on page 51)

Dining Hall

12:15 pm Lunch

Allison Pavilion

1:00 pm Word of Focus

1:15 pm Matrix – Part 2

Team	A	B	C	D	E	F	G	H	I	J	K	L
1:30-2:30	FMV	CH	CC	SP	AA	ZL	StP	CV	TW	CA	EI	LS
2:30-3:30	LS	FMV	CH	CC	SP	AA	ZL	StP	CV	TW	CA	EI
3:30-4:30	EI	LS	FMV	CH	CC	SP	AA	ZL	StP	CV	TW	CA
4:30-5:30	CA	EI	LS	FMV	CH	CC	SP	AA	ZL	StP	CV	TW

Dining Hall

5:30 pm Dinner

Allison Pavilion

6:30 pm Word of Focus

6:45 pm Movie: We Bought A Zoo

Team Spots

8:45 pm Reflection Time

9:00 pm Twilight Time and Galaxy Galley

Dorms

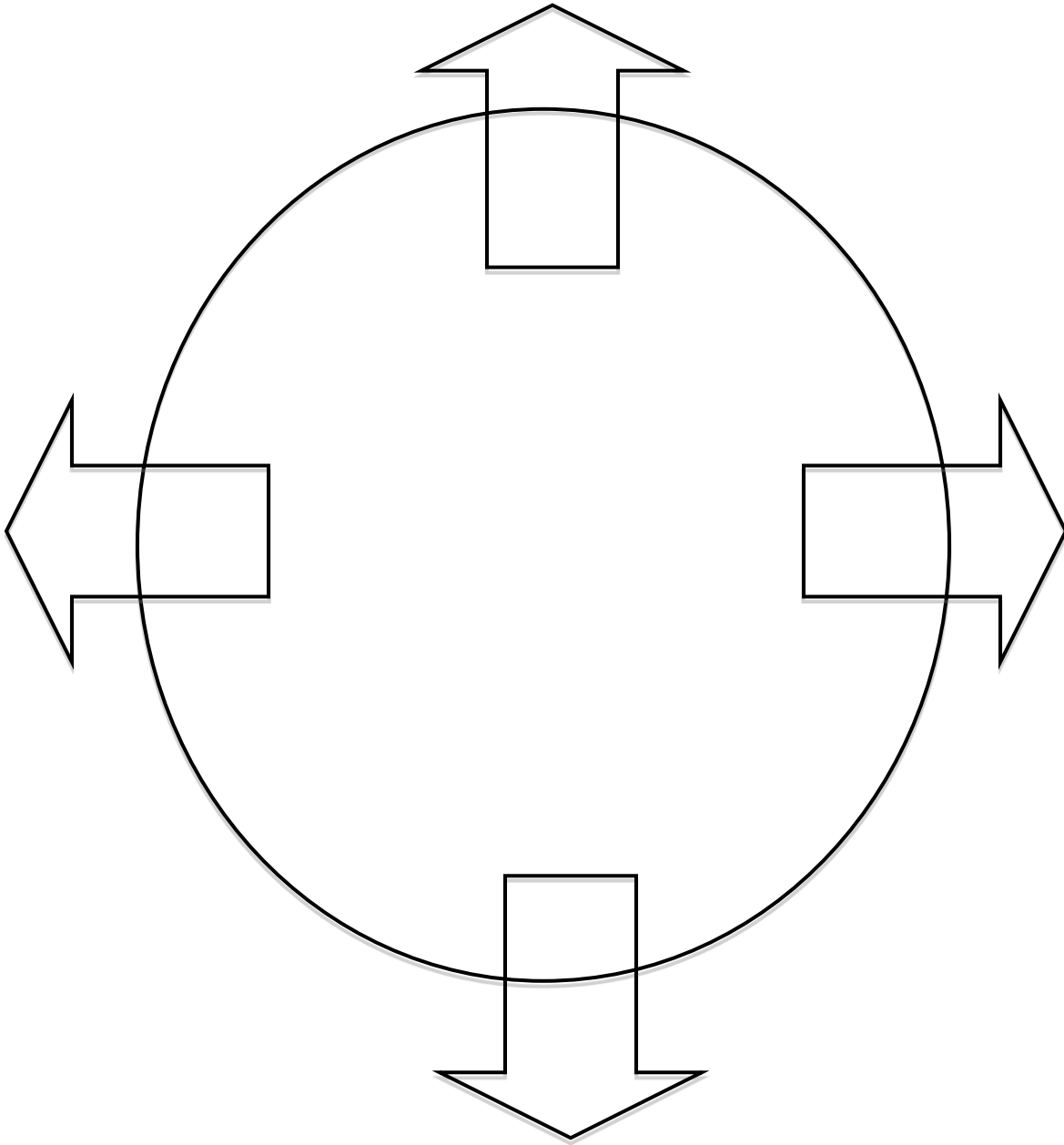
10:15 pm Quiet Time

10:30 pm Lights Out

Decoding the Young RYLA Matrix

ACTIVITY		LOCATION
AA	All Aboard	Outside of Allison
CC	Challenge Course	Ponderosa Challenge Course
CA	Castaway	Pine Meeting Room
CH	Choices	Allison
CV	Core Values - Activity on page 53	Pike's Peak 1 st Floor
EI	Ebola Initiative	Junior's Forest
FMV	Finding My Voice	Pike's Peak Attic
LS	LeaderShape	Volleyball Court
SP	Service Project - Instructions on page 55	Cagle Basement
StP	Star Prep	Cagle Meeting Room
TW	Trust Walk	Jim's Meadow
ZL	Zip Line	Ponderosa Zip Line

Core Values
My Inner Compass



What are values?

What makes someone's character?

Think of the values of your role models, teachers, friends, parents, siblings, leaders, etc. Use the following list to help get you started and then create a list of values that are important to you as a team. Then choose those four that are most important to you and write them into your compass. This will be your version of the Rotarians Four Way Test. How can you implement these values into everyday life?

Love
Caring
Thoughtfulness
Kindness
Compassion
Tolerance
Courtesy
Cooperation
Self- Discipline
Determination
Will Power
Restraint
Obedience
Perseverance
Effort
Confidence
Endurance
Service
Purpose
Responsibility
Helpfulness
Harmony
Optimism

Cooperation
Enthusiasm
Forgiveness
Compassion
Mercy
Understanding
Gratitude
Generosity
Sharing
Thankfulness
Concentration
Devotion
Calmness
Focus
Purity
Perfection
Simplicity
Innocence
Restraint
Accountability
Good Intentions
Integrity
Truthfulness

Honesty
Courage
Sincerity
Balance
Moderation
Inner Peace
Faith
Trust
Hope
Patience
Humility
Modesty
Sincerity
Gentleness
Acceptance
Freedom
Contentment
Discernment
Self-Awareness
Courage
Awareness
Receptivity
Grace

BLANKETS OF LOVE PROJECT

No-sew Fleece Blanket

Supplies:

1. 1 1/2 yards quality fleece (60 inches wide)
2. Scissors

Instructions:

Step 1. Mark a line 5" in from raw edges on all sides.

Tip:

Because fleece is difficult to mark with a pencil or chalk, use masking tape instead. This will insure accuracy when cutting the fringe and can be easily removed without harming the fabric.

Step 2. Trim away a 5" square at each corner.

Step 3. Cut 1" wide fringe along all edges.

Step 4. Tie 2 strips together using a double knot. Continue tying 2 strips together along all sides to make the fringe.

Linus Blanket Directions



Cut -> 5" Square from corn

Personal Reflection Questions

Tuesday July 24th, 2012

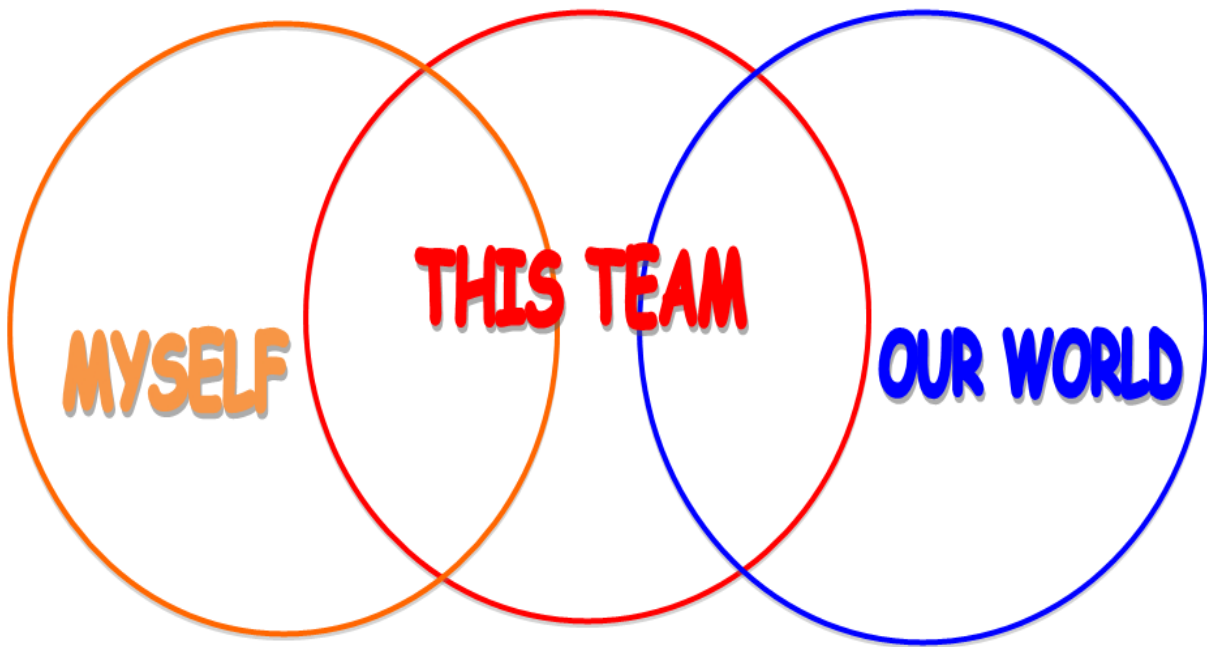
How can you use what you learned from the Matrix activities you completed today to take action on a problem at home or at school?

What was the most challenging part about today? How did you overcome that challenge?

What was your favorite part about today?

What did you learn from the movie, *We Bought A Zoo*?

Where did today's activities fit into the three hoop theme? What did you learn about yourself? What did you learn about working as a team??



Wednesday July 25th

Dorms

6:45 am Wake Up

Out and About

7:00 am Morning Activities

Dining Hall

7:30 am Breakfast

Allison Pavilion

8:00 am Word of Focus

8:15 am Matrix – Part 3

Team	A	B	C	D	E	F	G	H	I	J	K	L
8:15-9:15	TW	CA	EI	LS	FMV	CH	CC	SP	AA	ZL	StP	CV
9:15-10:15	CV	TW	CA	EI	LS	FMV	CH	CC	SP	AA	ZL	StP
10:15-11:15	StP	CV	TW	CA	EI	LS	FMV	CH	CC	SP	AA	ZL
11:15-12:15	ZL	StP	CV	TW	CA	EI	LS	FMV	CH	CC	SP	AA

(Key on page 51)

Dining Hall

12:15 pm Lunch

Allison Pavilion

1:00 pm Word of Focus

1:15 pm Camp Hike

3:15 pm Global Leadership

Head Counselor Alex, Team Counselors and Rotarians

4:15 pm Rotarian Passion to Action

4:30 pm Walk of Possibilities

Rotarian Wally Van Sickle

Dining Hall

5:30 pm Dinner

Allison Pavilion

6:30 pm Word of Focus

6:45 pm Take a Look Around

8:15 pm Dance Break

Team Spots

8:30 pm Reflection Time

8:45 pm Twilight Time and Galaxy Galley

Allison

9:45 pm Letting Go

Dorms

10:30 pm Quiet Time

10:45 pm Lights Out

Take a Look Around

What: Take a Look Around is an activity that was created to help eliminate the "stereotypes" that people place on each other. It is an opportunity to sit back and listen to what a particular group has to say. Based on their responses, we will gain more understanding and empathy for the individuals in that particular group - so make sure to "take a look around."

How It Works: During the exercise, those who feel they fit the "stereotype" will be asked to come up on stage. The Head Counselors will ask those on stage three questions and the audience will listen to the responses.

Questions:

1. What do you want people to know about you?
2. What do you never want said about you?
3. How can others support you?

Rules:

1. Individuals on stage may only speak ONCE PER QUESTION.
2. People in the audience cannot speak (or respond) to the answers given.
3. "Take a look around" and realize that you are not alone.

Learn as much as you can about your fellow Y-RYLarians without judgment and with tolerance for all.

What does this mean in terms of LEADERSHIP?

Personal Reflection Questions

Wednesday July 25th, 2012.

What was your greatest accomplishment on the challenge course today (or yesterday)?

During what activities today were you the leader? In what activities were you the follower?

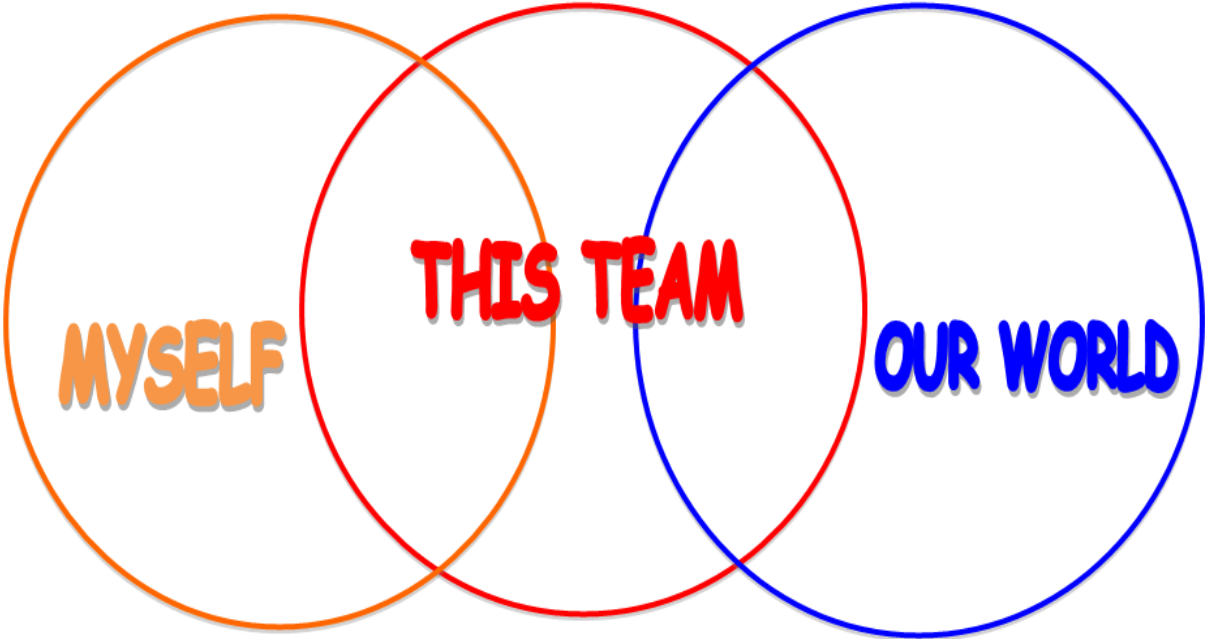
How can you apply the Walk of Possibilities to your everyday life?

What did you learn from the activity, "Take a Look Around"?

What was your favorite region you learned about during the *Global Leadership* presentation? What similarities do you have with other cultures and what differences? Why is it important to be knowledgeable about other cultures?

Who was your favorite leader you learned about during the Global Leadership presentation? In what ways is that person inspiring?

Where did today's activities fit into the three hoop theme? What did you learn about yourself? What did you learn about working as a team? What did you learn about the world, different cultures, and your place in the world?



Too Busy for a Friend? I'm not.

In the space below write each of your team member's names, and the nicest thing you could say about them.











Handwriting practice lines consisting of four sets of four solid lines and one dotted line each, arranged vertically down the page.

Thursday July 26th

Dorms

5:30 am Wake Up

Out and About

5:45 am Sunrise Hike

Dining Hall

7:30 am Breakfast

Allison Pavilion

8:00 am Word of Focus

8:15 am Rotarian Passion to Action

Ball Field

8:30 am All Conference Picture

9:00 am RYLA Ball

Allison Pavilion

10:15 am Word of Focus

10:30 am Parade of Stars & Comedy Club

Dining Hall

12:00 pm Lunch

Allison Pavilion

12:45 pm Word of Focus

Ball Field

1:00 pm RYLA Ball

Allison Pavilion

2:00 pm Rotary Youth Programs

3:00 pm Goofy Olympics

4:15 pm Call to Action (activity sheet on page 78)

5:15 pm Word of Focus

Dining Hall

5:30 pm Dinner

Team Spots

6:30 pm Reflection Time

6:45 pm Twilight Time

Allison Pavilion

8:00 pm Dance & Ice Cream Social

Dorms

10:15 pm Quiet Time

10:30 pm Lights Out

Parade of Stars and Comedy Club

Each team is given 2 minutes to present their team star and 5 minutes to present their skit using ALL the props given at the beginning of the week. The props may not be used for their intentional purpose, (i.e. hairbrush can't be used to brush hair, a hat can't be worn as a hat...) After the 7 minutes is up, time will be called and the team must exit the stage.

Schedule of Appearance!

Team H

Team D

Team J

Team B

BREAK

Team L

Team F

Team K

Team A

BREAK

Team E

Team C

Team G

Team I

Rotary Youth Programs

Young-Rotary Youth Leadership Awards (Y-RYLA)

A leadership training program sponsored by Rotary International that promotes, encourages and rewards outstanding young people. An all-expenses paid five-day camp that brings together a special group of boys and girls from Northern Colorado, Wyoming and Western Nebraska to share ideas about becoming better leaders. An action-packed program of activities that help build confidence and leadership skills (like problem solving games, challenge course, zip line, skits, group discussions and teambuilding activities). An adventure that might change your life! This is what you are at!

Rotary Youth Leadership Awards (RYLA) is a life-changing leadership training program for young men and women where leadership skills and principles are learned, developed and enhanced in an atmosphere of trust and respect. The purpose of RYLA is to encourage and assist current and potential youth leaders in methods of responsible and effective leadership. Many past RYLArians have said, "It was the best week of my life!" Any high school sophomore or junior may apply.

Interact - Interact is Rotary International's service club for young people ages 14 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting. Club membership varies greatly. Clubs can be single gender or mixed, large or small. They can draw from the student body of a single school or from two or more schools in the same community. Each year, Interact clubs complete at least two community service projects, one of which furthers international understanding and goodwill. Through these efforts, Interactors develop a network of friendships with local and overseas clubs and learn the importance of: developing leadership skills and personal integrity, demonstrating helpfulness and respect for others, understanding the value of individual responsibility and hard work, and advancing international understanding and goodwill. As one of the most significant and fastest-growing programs of Rotary service, with more than 10,700 clubs in 109 countries and geographical areas, Interact has become a worldwide phenomenon. Almost 200,000 young people are involved in Interact.

Rotaract - Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are either community or university based, and they're sponsored by a local Rotary club. This makes them true "partners in service" and key members of the family of Rotary. As one of Rotary's most significant and fastest-growing service programs, with more than 7,000 clubs in about 163 countries and geographical areas, Rotaract has become a worldwide phenomenon. All Rotaract efforts begin at the local, grassroots level, with members addressing their communities' physical and social needs while promoting international understanding and peace through a framework of friendship

and service. Rotaractors may also: assist in organizing Interact clubs or mentor Interactors, participate in Rotary Youth Leadership Awards, become Rotary Foundation Ambassadorial Scholars or Group Study Exchange team members, and seek membership in their local Rotary club.

Rotary Youth Exchange Programs - Whether you participate in Rotary's long-term or short-term Youth Exchange programs, you'll learn a new way of living, a great deal about yourself, and maybe even a new language. You'll also be an ambassador, teaching people you meet about your country, culture, and ideas. You can help bring the world closer - and make some good friends in the process. More than 8,000 young people each year have experiences like these through Rotary Youth Exchange. All students ages 15-19 are eligible. Find out what countries participate by contacting Rotarians or the Youth Exchange chair in your area.

- **Youth Year Long Exchange** - As a Rotary Youth Exchange student, you'll spend up to a year living with a few host families and attending school in a different country. To gain a greater understanding of your host country's culture, you will live with at least two, preferably three, host families during your stay. The host Rotary club will conscientiously screen and select your host families. You will make friends and get to know the area where you're living.
- **Youth Summer Exchange** - Short-term exchanges are available to qualified students and vary in length from several days to several weeks. Although participants in short-term exchanges generally don't attend school in their host country, they may be able to tailor their exchange to match their interests or to include tours of specific places or regions.

Starting an Interact Club 101

The most exciting and sometimes most challenging part about coming to Young RYLA is going back to school and spreading the leadership skills and passion that you learned here. An amazing way to do it is by starting an Interact club at your school!

What is Interact? A club for 12-18 year olds that focuses: developing leadership skills and personal integrity, demonstrating helpfulness and respect for others, understanding the value of individual responsibility and hard work and advancing international understanding and good will.

Here are 5 steps to starting an Interact at your school.

1. **First, you need to find a Rotary Sponsor-** write down 1-3 Rotarians that you know and would be able to help you. They can be from your club or even your SC here at RYLA who can help you to get in touch with a Rotarian in your club.
2. **Find a school sponsor-** write down the names of 3 teachers who might want to help you.
3. **Think of 5 friends who might want to be in your club-** from there you can grow your club through friends of friends and advertising around school.
4. **Next, you need to fundraise,** write down 3 fundraising ideas that you could use to make money for your club.
5. **Finally, think of some projects your club could do.** Write down three service projects that your club could take on!

Now you are set to go home and start a club that will make a difference in your town and eventually in the world, the last step in our three step theme here at Young RYLA. If you have questions work together with your teammate and know your counselors are always here to help you! Good luck!

Call To Action

1. What is the topic we are focused on and looking for solutions to?
2. How has the problem been addressed in the past, what kind of solutions have people attempted?
3. What goal are we trying to reach in working towards a solution and what project will we implement to reach this goal?
4. How many people will we need to help with the project and who are specific people who can help (teachers, Rotarians, friends, parents, etc.)?
5. What is the timeline of the project? How long will preparation take? How long will it be in action? When will we start?
6. What supplies will we need?
7. What are the costs of this project?
8. What fundraising methods can we use to raise the money?
9. How will we measure the success of this project?
10. What will be the long term effect of the project and how can we continue to work for solutions after this project comes to an end?

Looking for a project?

Some ideas to get you started!

- Contact your local Rotary club. Tell them you want to help!
- Volunteer at a local nursing home
- Local hospitals usually have great programs set up for kids
- Like animals? Try Humane Societies!
- Join the Girls Scouts or Boy Scouts of America
- Call up your old elementary school and ask if they need volunteers to read aloud to the younger kids.
- Volunteer at the library!
- Call soup kitchens in the Denver area
- Donate to or work at local Food Bankswhat ideas do you have?

Some Helpful Hints

➤ **Be CREATIVE!**

You don't have to do a service project that everyone else is doing
Just because there isn't an organization doing a project doesn't mean it's impossible.
Start the organization yourself!

➤ **Find something that you are PASSIONATE about!**

- If you love to swim, volunteer as a swim teacher's aid. If you love dogs, work with the local humane society or Dumb Friends League
- If you enjoy doing a service, you're going to do it more often and you're going to get a lot more out of it.

➤ **Find some HELP**

- You don't have to do everything yourself. Having an adult (parent, sibling, neighbor, teacher, counselor, etc.) who supports you is a big help!
- It's hard to get started! Having people who are passionate right along with you makes your projects easier and more fun!

➤ **STICK to it!**

- If it's important to you, chances are it's important to someone else...go for it!
- Don't give up on the first try, if for some reason a project doesn't happen, just change your approach and try again!

➤ **AGE DOESN'T MATTER!**

- You can do anything, no matter what your age, no matter what your budget as long as you want to help someone else.

Ana Dodson

A Y-RYLA Teen Making a Difference Through a Passionate Call to Action



Dave Boon met Ana when she attended the 2005 Young RYLA at the Ponderosa Resort and Conference Center. He was giving a presentation on how to make your dreams come true - how to set goals, take action, find people to help and never give up. He was telling the story of Ashley Schuler, a young lady who at the age of 15 started her own now-profit organization (AfricAid) to help educate Masai girls in Tanzania. Ana raised her hand and quietly informed Dave that she knew Ashley. "How do you know Ashley," Dave asked. "She dated my brother", she replied, "and she inspired me to start my own non-profit."

Ana was an orphan in Peru when she was adopted by the Dodson family of Golden, Colorado. On a trip back to Peru to visit where she had grown up Ana became passionate about helping other orphans that had not been as lucky as her. She was concerned about the health and well-being of these children so she took personal initiative and started Peruvian Hearts (www.peruvianhearts.org) at the age of 12 years! Peruvian Hearts is a non-profit organization whose goal is to help provide education and enriched opportunities for children living in orphanages in Peru. The organization helps children by giving the additional resources needed to provide them with an environment that promotes and nurtures them physically, emotionally, spiritually, and educationally.

Ana's personal initiative and dedication to Peruvian Hearts has won her numerous awards. She won the Gloria Barron Young Hero Award and the Prudential Spirit of Community Award. The Spirit of Community Award was given to Ana for being one of the top 10 youth volunteers in the United States. The recognition came with a cash award which Ana used to start a scholarship fund for the girls in the orphanage to further their education. She named the scholarship, "Maria's Gift" in honor of her birth mother who never learned to read or write. Here are just a few of the things that Ana and Peruvian Hearts are doing to make a difference.



Vitamin Project - The Vitamin Project has made a significant difference in the quality of life for these children at the orphanage. One multiple vitamin a day can make the difference between malnutrition and good health for the young children. Young people all over the country collect vitamins for the children in Anta Cusco. As a result, they have been able to supply the 16 girls at the orphanage and an additional 80 children that are fed daily at the Comidor Infantil. Malnutrition is a big problem in this part of the world and making a difference can be as simple as a daily vitamin. Your help can make a difference!

Good Health For All Project - Peruvian Hearts has arranged eye, dental, and medical exams for all of the children living at the orphanage. Last year, Evergreen Dentist, Dr. George Kachidurain worked on the 16 girls teeth and examined, X-Rayed, and treated fillings, several extractions and provided fluoride treatment for all - imagine all that for just \$550!



HEARTSTRONG - Peruvian Hearts has embarked on a new fundraising project.

The idea was developed by Danny Dobson. Peruvian Hearts is purchasing wristbands embossed with the word HEARTSTRONG along with a symbol of a heart. They will say Peruvian Hearts on the inside and are available in a variety of colors and styles. They will be sending them out to Peruvian Hearts "Street Team" members across the country to support fund raising drives in schools, churches, synagogues, and communities.

How Can You Get Involved? Go to the Peruvian Hearts web site and get involved -- they have something for everyone. They have a Kids Page, a Teachers' Page with lessons, and an area to inspire you to help out by start a Peruvian Hearts Club at your school. Go ahead and make a difference!

Peruvian Hearts
24918 Genesee Trail Rd.
Golden, CO 80401
(303) 526-2756
Email: info@peruvianhearts.org
Web Site: www.peruvianhearts.org

PS: Ana Dodson attended the 2009 RYLA in Estes Park!

Personal Reflection Questions
Thursday July 26th, 2012

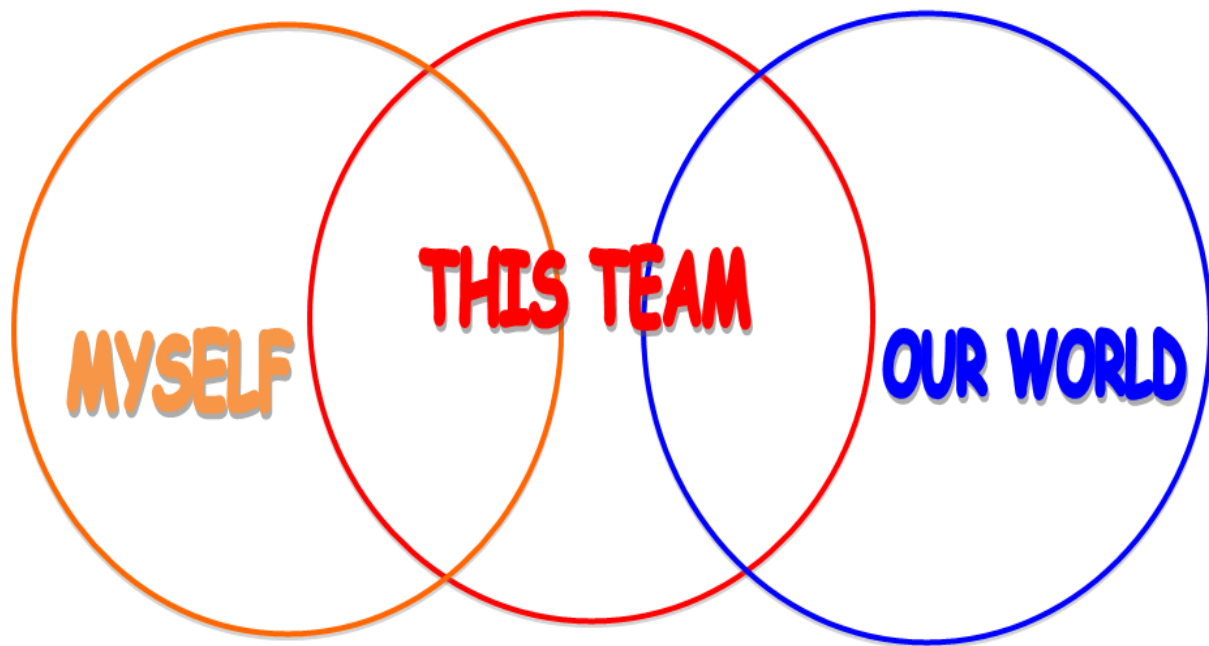
What has been the best moment at Young-RYLA so far?

What is one skill/or ability that you are most confident in as a result of Young- RYLA?
How can you use that skill or ability to support your school or community?

What project did your team come up with for Call to Action? What challenges will you face? Why is this project important?

What is challenging about putting passion into action? What are some other projects you can do outside of that which you created with your team?

Where did today's activities fit into the three hoop theme? What did you learn about yourself? What did you learn about working as a team? What did you learn about your role as a leader in our world?



What is the most difficult thing to overcome at Y-RYLA? WHY?

Friday July 27th

Dorms

- 6:45 am** Wake Up
- 7:00 am** Pack Up & Clean Up

Dining Hall

- 7:30 am** Breakfast

Allison Pavilion

- 8:15 am** Word of Focus

Ball Field

- 8:30 am** River Crossing
- 9:15 am** Circle of Friends

Allison Pavilion

- 10:30 am** Closing Speakers
- 11:30 am** Slide Show
- 12:00 pm** Closing Remarks
 - Chair Rolo
 - Head Counselors Alex and Ruben
- 12:30 pm** Check out with Teams
2012 Young RYLA Adjournment

Personal Reflection Questions
Friday July 27th, 2012

What will you remember most about Young-RYLA?

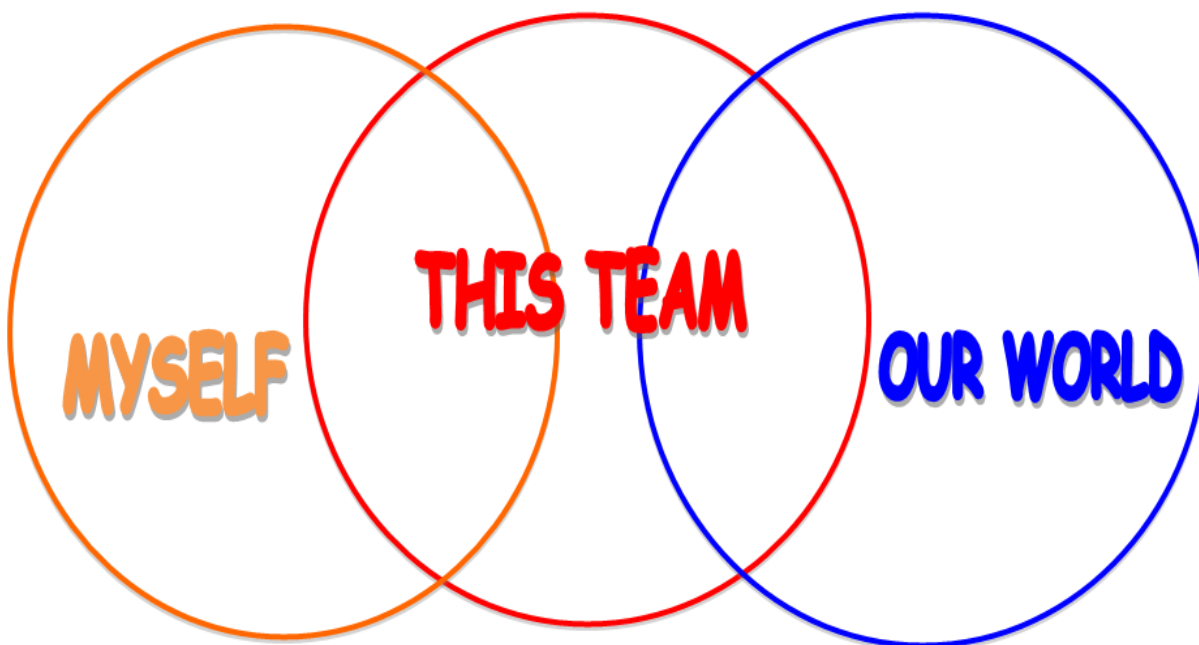
How have you personally changed as a result of this Young-RYLA?

What does the "Power of One" mean to you?

How do you plan on continuing the spirit of RYLA at home?

How will you continue to put passion into ACTION?

How did the three hoop theme come together throughout the week? How did different activities relate to it? Why do you need to know yourself before being able to work in a team? Why do you need to be able to work in a team before having an influence on the world? What hoop do you feel most knowledgeable about? Which hoop do you need to work on?



Extra Resources

Successful Leadership Character Qualities

By Lloyd J. Thomas, Ph.D.

Very few of us aspire to be followers in everything we do. It might be useful therefore, to identify some personal character qualities of competent, ethical and successful leaders.

Self-discipline. Any person who leads others needs to do so by example. If you expect those who follow you to be self-disciplined, you must be so yourself. Self-discipline is a willingness to do what needs to be done, even when you don't want to do it. Practice self-control to accomplish your objectives...step by step.

Fairness. Without a highly developed sense of justice, no leader will ever be respected by those she or he wishes to lead. If you treat everyone, including yourself, with fairness and respect, you will be emulated and receive the same in return from those who follow you.

Courage. You must have the courage to confront personal fears and take reasonable risks. When we confront common fears like rejection, others opinions, public speaking etc., they usually diminish. Most of our fears are around non-dangerous, anticipated events. Courage to take reasonable risks is like stealing second base in a baseball game. You can't expect to succeed at it unless you risk taking your foot off first base. No intelligent follower will follow a wimp. Leaders who lack self-confidence rarely risk anything.

High moral values. A study by Harvard Business School a few years ago indicated that the primary characteristic needed most by top-level executives was integrity. The next one was a desire to serve the common good. Whatever happened to those character qualities? Dishonesty, undependability, lack of caring for those less fortunate, greed and an unwillingness to sacrifice self in the service of others may characterize some people, but certainly not long-term successful leaders.

Awareness and understanding of other points of view. A competent leader must listen much more than talk. Only through observing and listening with the intention to understand does anyone become aware of another's perceptual world.

Willing to assume full responsibility. The genuine leader assumes responsibility for the mistakes and shortcomings of his/her followers. Blaming or trying to shift responsibility always undercuts one's personal power and ability to take action to correct mistakes.

Attentiveness to people, the organization and to details. Leaders must have a mastery of detail. Efficient action requires detailed organization, strategic plans, and persistence.

Doing more than required. Finally, doing more than the minimum required. Leaders pursue their goal-attainment with focus and a willingness to do "whatever it takes" within their moral and ethical standards, to reach their envisioned goals. Minimum effort attains only minimum results.

If you ever find a company in which the leadership has most of the above personal characteristics, you have found a leading company. If you develop those personal character qualities yourself, you will be, by definition, a leader of character.

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Character Traits of Leaders

List from participants at Previous YRYLA Conferences

Work hard	Are learners	Are good role models
Follow through	Are trustworthy	Are fair
Have courage	Are inclusive	Set high expectations
Challenge the team	Have visions	Believe in the vision
Strong	Caring	Get the team to see vision
Persistent	Open minded	Honest
Respectful	Knowledgeable	Good listeners
Non-judgmental	Take calculated risks	Works well with team
Have charisma	Loyal	Well rounded
Inspiring	Values self	Values others
Empowers others	Energized	Motivated
Motivates others	Creates excitement	Believes in self
Believes in the team	Use "us" and "we"	Gives credit to team
Responsible	Quick on their feet	Organized
Poised	Creative	Humble
Problem solvers	Are teachers	Believes in service
Have empathy	Live passionately	Can take feedback
Are sincere	Are committed	Supporting
Proactive	Patient	Have a sense of humor
Visionary	Energizer Bunny	Personal Integrity

All For You

- Sister Hazel

(Chorus:)

Finally I figured out,
But it took a long long time
Now there's a turnabout,
Maybe cause I'm tryin'
There's been times, I'm so confused
Down my road, will it lead to you?
Just can't turn and walk away
It's hard to say what it is I see in you
Wonder if I'll always be with you
Words can't say it, I can't do
Enough to prove, it's all for you

And I'd thought I seen it all,
Cause it's been a long long time
Oh bothered that we'll trip and fall,
Wonderin' if I'm alive
There's been times, I'm so confused
Down my road, will it lead to you?
I just can't turn, and walk away

It's hard to say what it is I see in you
Wonder if I'll always be with you
Words can't say, and I can't do
Enough to prove it's all for you

Rain comes pourin' down,
Fallin' from blue skies
Words give out a sound,
comin' from your eyes

(Chorus)

Well it's hard to say what it is I see in
you
Wonder if I'll always be with you
Words can't say, I can't do
Enough to prove, it's all for you

Hard to say
Hard to say, it's all for you

My Wish

- Rascal Flatts

I hope that the days come easy and the
moments pass slow,
And each road leads you where you want
to go,
And if you're faced with a choice, and you
have to choose,
I hope you choose the one that means the
most to you.
And if one door opens to another door
closed,
I hope you keep on walkin' till you find
the window,
If it's cold outside, show the world the
warmth of your smile,

But more than anything, more than
anything,

(Chorus:)

My wish, for you, is that this life
becomes all that you want it to,
Your dreams stay big, and your worries
stay small,
You never need to carry more than you
can hold,
And while you're out there getting where
you're getting to,
I hope you know somebody loves you, and
wants the same things too,
Yeah, this, is my wish.

I hope you never look back, but ya never
forget,
All the ones who love you, in the place you
left,
I hope you always forgive, and you never
regret,
And you help somebody every chance you
get,
Oh, you find God's grace, in every
mistake,
And you always give more than you take.

But more than anything, yeah, and more
than anything,

(Chorus 2x)

This is my wish

I hope you know somebody loves you
May all your dreams stay big

~ A Splash of Inspiration ~

"Go confidently in the direction of your dreams. Live the life you imagined."

-**Thoreau**

"Three grand essentials to happiness in this life are something to do, something to live, and something to hope for." - **Joseph Addison**

"The only people who never fail are those who never try." -**Iika Chase**

"To the world you may be just one person, but to one person, you may be the world." -
Josephine Billings

"Only those who risk going too far will ever know how far they can truly go."

-**Unknown**

Lesson #1: The Cleaning Lady

During my second month of college, our professor gave us a pop quiz. I was a conscientious student who had breezed through the questions, until I read the last one, "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson. I also learned her name was Dorothy.

~Unknown

~ A Splash of Inspiration ~

"No act of kindness, no matter how small, is ever wasted." -**Aesop**

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor souls who neither enjoy much more suffer much, because they live in the gray twilight that knows neither victory nor defeat." -**Theodore Roosevelt**

"A ship is safe in the harbor, but that is not what a ship is built for."
-**William Shed**

"In order to succeed, you must know what you are doing, like what you are doing and believe what you are doing." -**Will Rogers**

"There are many things in life that will catch your eye, but only a few will catch your heart; pursue these." -**Michael Nolan**

Lesson #2: Ice Cream Sundae

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, the little boy couldn't get the sundae because he had to have enough money left to leave her a tip.

~Unknown

~ A Splash of Inspiration ~

"The future belongs to those who believe in the beauty of their dreams."

-Eleanor Roosevelt

"Take a lesson from the grass. No matter how many times it's cut or trampled on, it rises again and continues. So get back up my friend, get back up and rise again."

-Unknown

"Opportunity dances with those already on the dance floor." -Jackson Brown, Jr.

"The greatest leaders don't rule—they inspire." -Robert Mondavi

"Every day is filled with opportunities to live." -Unknown

"What the caterpillar thinks as the end of the world...The butterfly knows only as the beginning." -Unknown

Lesson #3: To Take Risks

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing. The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, love...live. Chained by his certitude, he is a slave; he had forfeited freedom. Only a person who risks is truly free.

~Unknown

~ A Splash of Inspiration ~

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." -**Margaret Mead**

"Do not go through life, grow through it." -**Erin Butterworth**

"We define ourselves by the best that is in us, not the worst that has been done to us." -**Edward Lewis**

"When you build bridges you can keep crossing them." -**Rick Pitino**

"One tragic thing I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows today." -**Dale Carnegie**

"To accomplish great things, we must not only act, but dream; not only plan, but also believe." -**Anatole France**

"Do not go where the path may lead, go instead where there is no path and leave a trail." -**Ralph Waldo Emerson**

Lesson #4: The Obstacle

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand. Every obstacle presents an opportunity to improve our condition.

~Unknown

~ A Splash of Inspiration ~

"Always be a first rate version of yourself, instead of a second rate version of someone else." -**Judy Garland**

"The greatest oak was once a little nut who held its ground..." -**Unknown**

"The first step towards getting somewhere is to decide that you are not going to stay where you are." -**John Pierpont Morgan**

"Learn as if you were going to live forever. Live as if you were going to die tomorrow." -**Gandhi**

"Whatever you can do, or dream you can, begin it. Boldness has genius, Power, and magic in it." -**Goethe**

Lesson #5: State of Mind

If you think you are beaten, you are.
If you think you dare not, you don't.
If you think you'd like to win, but you can't
It's almost a cinch you won't.
If you think you'll lose, you've lost.
For out in the world you'll find
Success begins with a person's will—
It's all in the state of mind.

Full many a race is lost
Ere even a race is run,
And many a coward fails
Ere even their work's begun.
THINK BIG and your deeds WILL GROW
Think small and you fall behind.
Think that you can and you will,
It's all in that state of mind.
~Unknown