

2013 YRYLA Teams

Marion Trummer	Chair
Sami Slenker	Head JC
Stefan Folkesson	Head JC
Marlee Snyder	Staff JC
Triston Harvey	Staff JC
Michelle Maddex	Head Staff
Wayne Markel	Photographer

Team	Counselor (JC)	Rotarian (SC)
A	Kate Shields	Wayne Markel
B	Kaylyn White	David Preaus
C	Kinleigh Jones	Susannah Carroll
D	Rhys Williams	Jan Keyton
E	Sheridan Sutton	Doug Armbrust
F	Mark Yee	Kay Davis
G	Maddie Zenk	Craig Essex
H	Mekinzi Douglas	John Kenyon
I	Austin Bradfield	Mikaila Way
J	Tanner Baird	Joni Ellis
K	Keenan Mai	Christa Levine
L	Jamie Orth	Nan Jarvis

Counselor Bios: JCs!

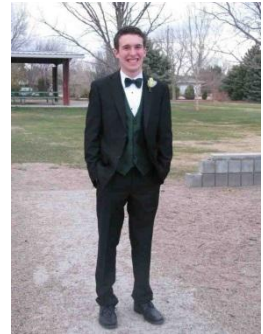
Mark Yee

Hey! It's time for YRYLA!!!! My name is Mark and I am from Boulder, Colorado. I am super excited to be a JC this year. This fall, I will be starting my freshman year at UC San Diego and I'll be majoring in math (because I'm a nerd!) When I'm not studying, I enjoy listening to music, playing the piano and spending time with my friends. In general, I'm a goofball: I like to have fun and I love a good joke. I am so excited to experience YRYLA with you! It will be AMAZING!!!



My name is Tanner Baird and I'm from good old Nebraska! (Gering, Nebraska to be more precise) I enjoy long walks on the beach... I'm just kidding there aren't beaches in Nebraska. We do have very pretty sunsets though! (On account that there aren't any mountains to block them!) In all seriousness though I'm a Gering High School grad and I am majoring in History at Wayne State College! I have been involved in Theatre and competitive speech, as well as writing for my school paper. My goal is to help all of you feel the YRYLA spirit and hopefully help you throughout the rest of your adolescence! Let's have a great week! DFTBA (Don't Forget To Be Awesome)

Tanner Baird



Kaylyn White

Hello! I'm Kaylyn and I'm so excited to be here at Young RYLA with you all! I'm a second year JC and YRYLA is one of my greatest passions! I just graduated from Fort Collins High School and will be attending the University of Colorado Boulder in the fall to study neuroscience. I've been doing gymnastics for my whole life, and I was also involved in track and field and diving. I love music, friends, and being outdoors in our beautiful state of Colorado. I also love drawing and art. You'll rarely catch me without a smile on my face, and I can't wait to get to know each one of you! Get ready for one of the best weeks of your life!



HELLO!!! Welcome to the greatest week of your life! My name is Kate and this is my second summer being a YRYLA JC! I'm going to be a Freshman at University of Northern Colorado in Greeley, and I'll be majoring in Elementary Education. I am so excited to share this week with such an incredible group of people. I love hanging out with my friends and being spontaneous, my favorite music is country music, I'm a horrid dancer and summer is my favorite time of year. I also love talking to people about anything and everything so come find me and say hi!

Kate Shields



the
an

Maddie Zenk



Hey there! My name is Madison Zenk but you can call me Maddie! I was born and raised in smelly but beautiful Greeley, CO. I love playing volleyball, basketball, and soccer and I'm a "Sundays are reserved for football" kind of girl. (Peyton Manning is my hero) I love having a good time and I live for random acts of spontaneity. A couple things you should know about me: my favorite color is pink, I love the smell of rain, I believe small acts of kindness are the best way to make the world a more peaceful and loving place, I love to travel, and publishing my own book is on the top of my bucketlist. I'm also incredibly social and outgoing and am very eager to meet each and every one of you, so come and say hello!! Prepare yourself for a fantastic and life-changing week!!

Austin Bradfield

Hey guys! I'm Austin Bradfield your local giver of bear hugs and lover of good food! I'm a big fan of most kinds of music, but my favorites are jazz and rock. I've performed in most types of ensembles, from marching bands to symphony orchestras to jazz combos, and I love to play my tenor saxophone. Next year I'll be a freshman at CSU where I'll be studying chemical engineering and performing in the marching band. Comics, books, and movies are my favorite pastimes, and if you ever want to discuss the inner workings of Iron Man, I'm the guy to talk to.



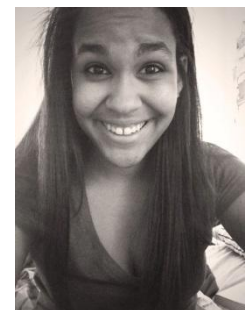
Jamie Orth



Jamie Orth here, coming to you from a land far, far away, where cattle vastly outnumber humans, and the nearest Walmart is six towns away! From Julesburg, CO, I'm a farmer and teacher's daughter, the middle child of two sisters, and my best friend in the whole world is my dog, Poky! I am a complete Harry Potter nerd, and my second favorite place on Earth behind RYLA, is Disney World (I guess I have a thing for magic!) "Work hard, strive to be the best, and if in doubt, work harder" is my motto. RYLA has profoundly changed my life and made me a more kind, driven person. You will love your time here at RYLA and will make the best friends of your life... I sure did! Please come talk to me, I want to meet each one of you!

Mekinzi Douglas

Well hey there! My name is Mekinzi Douglas but most people call me Kinzi or Kinz! I was born raised in Colorado and wouldn't have it any other way! I love playing Volleyball, I'm even playing in college! Most people say I can rarely be taken out in public because I'm just so weird. But I just say that's only one my best qualities! I love to watch movies and read books. I enjoy cruisin' around in my little blue bug and watch as people laugh at me jammin' out in it! I am very outgoing and love to have fun. My all-time favorite place to be is RYLA of course! I can't wait for an amazing week of laughs, leadership, and ugly faces (you'll find out soon enough).



Keenan Mai

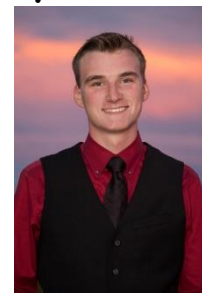


know more just come say hi.

I was born and raised in Greeley, Colorado where I grew up with my dad, mom, and my brother and sister. I spend most of my time in the great outdoors. I love trips to the mountains with my friends and family. Im a really outgoing guy who is always open to try something new. My life long dream is to be a stand up comedian because I love seeing people laugh. My daily goal is to at least make one person laugh. My passion in life is the game of soccer. Also, I once had a voluptuous mullet but was sadly forced to cut it off by my mother. Well that's me so if you want to

I am Rhys! This is my second year as a Junior Counselor. I just graduated from Denver East High School. 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 2013!!!!

Rhys Williams



Sheridan Sutton



I went to Standley Lake High School, and played softball there. I was a peer mentor at school, and a LINK leader. I have an older brother, who I am very close to, and a rather large family that I play slow pitch softball with every Friday night. Im all about family and friends, and just like everyone else, I'm figuring out my life, one step at a time.(: I love new experiences, and pushing to new limits! I'm a returning JC and I can't wait to get to know each and every one of you, to learn and teach, and take all that I grow with to college and just improve everyone's lives. Let's have a fantastic week, shall we?

Kinleigh Jones

I am 19 years old, and will be attending my second year at the University of Oregon. I am hoping to study dance or history as I progress through college. Dancing and teaching dance to kids is my passion and I have been dancing with my studio for 4 years. I am very excited to be here at YRYLA this year and to see all your bright smiling faces!!



Counselor Bios: SCs!

Joni Ellis



I am Joni and returning for a 2nd time as Senior Counselor at YRYLA. I live in a log home in Silverthorne at almost 9000 feet above sea level. I love to raft, hike, bike, ski in the back country and *Make Good Things Happen* with the Rotary Club of Summit County. I'm currently president of our club, but by the time you read this I will be the past president. For the first time, this June, I am attending the Rotary International Convention which is being held in Lisbon, Portugal. I will tell you all about it at RYLA because I'll have just recently returned. Lastly, I work with my husband, Pat, at our home inspection business. We've also owned a rafting company and a snowmobile tour company. We like to grow small businesses. Sell. Then grow another one! We also love being with our two kids Hawk and Abbey who both live in Broomfield and work in Boulder.

John Kenyon

I was born in northern California and grew up in Santa Barbara, California. I met my wife in 1970 at the Santa Barbara, California Outdoor Education School where we were both Naturalists. I taught elementary school and college photography. I was a graphic artist; I bucked hay for a feedlot, drove a train for a sugar beet factory and owned a franchise business in California. I have three adult children and two grandchildren. I've been an active Rotarian since 1991, on Rotary International trips to Guatemala, and Bangladesh and to India and Nigeria, working on Rotary's polio eradication campaigns. I have found the trips difficult in terms of illness and comfort; but, paradoxically, that difficulty has made the trips even more fulfilling, We lived with Indian and Nigerian host Rotarians and experienced regular power outages, house guards with bows and arrows and children singing at our bedside. Experiencing Rotary families and their dedication to polio eradication changes one's life.



Christa Levine



Christa Levine is so excited to be coming back to Young RYLA as a 2nd year senior counselor. When she was a freshman in college she had the amazing opportunity to be the head junior counselor of the first ever Young RYLA Conference. Currently Christa resides in San Jose, California with her husband, Josh. She works for a medical device company, Stryker, as an IT project manager and has been there for eight years. In her spare time she likes to watch live theater, travel to adventurous places like Nepal, New Zealand and Peru with her husband, stay active by running half marathons and spend time with her family and friends.

David Preaus

David Carrington Preaus. Born in New Orleans but have lived in Summit County since 1992 after graduating from Rollins College in Winter Park Florida. Happily married to my wife Susan for over 13 years and proud father of three boys Theodore (9), Noah (7) and Hamilton (4). Member of Summit County Rotary since 2005. I enjoy camping, fly fishing and cooking.



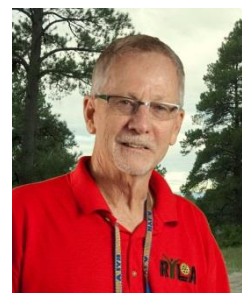
Jan Keyton



I have been a Rotarian for thirteen years, active in all aspects of our club and community service. I have been the Club Secretary for five years and remain as Recording Secretary. I am involved in the interview selection process for RYLA and YoungRYLA. I served two years on our Club's Foundation Board and also two years on our Club Board. I have organized and run our Club's annual Peach & Pear Sale for the past twelve years, administered our Club's GSE program involvement for three years, participated in our dictionary project for several years, along with many community service projects and fund raisers. My family has hosted six exchange students and three GSE Team members. My most enjoyable Rotary experience has been serving our youth as an SC at both YoungRYLA & RYLA for the past four years including behind the scenes work with the Chief Registrar last year which I look forward to jumping into action again this RYLA year!!

Wayne Markel

I'm a Kansas farm boy who worked for IBM long enough to see my hair turn about six shades of gray. I had many great experiences and made many great friends before leaving as a network consultant and author of technical books. 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 five 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 staff for YRYLA five times starting in 2009. As a Rotarian, I have been involved in projects with Parker Task Force, SECOR, Trick or Treat on Mainstreet, and other programs. This summer will be my first year as a Senior Counselor and I am absolutely PUMPED UP!



Susannah Carroll



Susannah Carroll currently serves as National DEC's DEC Network Services Director. In this role, Susannah is working to raise national awareness about the problem of drug endangered children; developing and sustaining a national network of experts and professionals who can provide accurate advice and information regarding the many needs of drug endangered children; and providing support, information, and resources to the state alliances.

Prior to joining National DEC, Susannah served as the deputy director of the Colorado Association of Families and Children's Agencies, Inc. In this capacity, she managed over forty-five child welfare agencies providing research and advocacy. She testified at the legislature and worked on passing bills that would benefit Colorado's children and families. She also worked as an advocate for refugees seeking asylum at the Human Rights Advocacy Center at the University of Denver. Susannah received her Master's in International Human Rights from the University of Denver and her Bachelor's degree in Creative Writing from Capital University. In addition, she has more than nine years of experience in marketing, proposal writing and design.

Nan Jarvis

I am Nan Jarvis, a 4'10" white haired 68 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, district, and international level for 13 years. My granddaughter Hailey attended YRYLA two years ago and insisted that I apply to be a SC so I could experience the "magic". Well, I did and am back for a second year. I look forward to meeting you all. I love to read, hike, explore, learn, and spend time with family and friends



Doug Armbrust



They're all special. Just like **LIFE** . . . It's special . . . filled with special people . . . like my family . . . and friends . . . and Rotarians . . . and Rylarians. That's what makes it special . . . People like all of you. I am a believer. I believe I should try to be all I can be. I am old . . . and yet I am young . . . Forever Young. I live **LIFE**. I love **LIFE**. **LIFE** is too serious to be taken too serious. I am serious . . . and I am fun. **LIFE** is fun! The most important thing in **LIFE** is **LIFE** itself and what you do with it. I am husband, father, grandfather, son, brother, nephew, uncle. I am friend, American, citizen, physician, Vietnam veteran, volunteer, Rotarian, Rylarian, Paul Harris. That's what I've

done with my **LIFE**. I have **NO REGRETS**. What are you going to do with *your LIFE*? How are you celebrating your birthdays?

Craig Essex

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 35+ 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 Financial. 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 five years with YRYLA. In my spare time I practice Hot Yoga, love everything technical, and recently began taking banjo lessons (it was on my Life List!).



Mikaila Way



Born and raised in the mountains outside Denver, Mikaila is a mountain-loving, tree-climbing, dirt-digg'n gal. Over the past seven years, the Rocky Mountain RYLA family and programs have been transformative for her outlook on life and understanding of her passions. It all started by attending Senior RYLA in 2007 as a conferee from Conifer High School, from there it has progressed to being a junior counselor, a head junior counselor, a senior counselor and facilitator ..and now she's back for more! A recent graduate of Pacific University focusing in Environmental Science, Peace and Social Justice, and experiential learning. Over the past year, Mikaila has been splitting her time between Colorado and Oregon working on a variety of projects and jobs. She is really looking forward to meeting all of you and sharing the experience of Young RYLA.

Kay Davis

I am a new Rotarian, as of September, 2012, so this is my first year at YRYLA. I am so excited about being around amazing people!! I have been married to my husband Dan for 52 years, have 3 children, 12 grandchildren, and 5 great grandchildren. I retired last year after 37 years as a CPA. Love camping with Dan and grandchildren, reading, and just being retired.



Counselor Bios: Staff!

Sami Slenker - Head Counselor



Hello!! And welcome to the best week of your LIIIIIFE! My name is Sami and I just finished up my sophomore year at Colorado State University. I am a Wildlife Biology major and am obsessed with animals, hiking, biking, or really anything outdoors! So basically I'm your average college student outside of one thing...I LOVE YRYLA! There are not enough words in the English dictionary to explain how excited I am to get to know each and every one of you! Oh...and always remember...Today is the first day of the REST OF YOUR LIFE! ☺

Stefan Folkesson - Head Counselor

Hey guys I'm Stefan i go to college at CSU and just love to have a good time. I love the outdoors and meeting people (perfect for this week!) so come say hi and get to know me because I want to meet all of you!



Marion Trummer - Chair



I am excited for another Young RYLA. I learn so much from each of you. I enjoy gardening and cooking. I even grow all my herbs and some vegetables. I love reading and often have several books going at a time. Traveling and meeting new people is one of my favorite things. I like to bring home souvenirs, but the best souvenirs are the memories of the people I meet. In reality, I collect people of all ages and nationalities. I love entertaining my old and new friends in my home. I have 4 children, 8 grandchildren and 3 great grandkids. We are a loud crazy bunch and have lots of fun

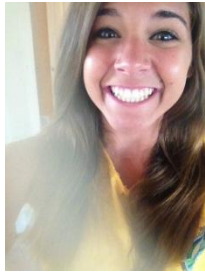
Michelle Maddex - Head Staff

Michelle just graduated from Santa Clara University with a double major in Sociology and International Development. She is home for the summer and so excited to get to be a part of Young RYLA once again as it has such a huge place in her heart and has been vital to who she is today. After Young RYLA she will be moving to El Salvador for a year to work with students who are studying abroad at the same program that was absolutely life changing for her. She loves to be outside, spend time with people, go out of her comfort zone, travel, sing and dance like a crazy



person, and get to know the wonderful Young RYLA conferees. Michelle is very blue and loves all things that have to do with love, hugs and talking about feelings :). She could not be more excited to be back and get to know you all!

Marlee Snyder



KNOCK KNOCK! (who's there) MARLEE! (Marlee who?) I am not the dog from the movie Marley & me. But like the movie, I will make you cry... with my jokes because their that funny! I am a spontaneous theater kid from the luxurious yet cow enchanting lands of Greeley, CO! In my free time I enjoy longs walks on the beach, a good leather-bound book, and all things fabulous. I may be fun sized but have a HUGE PERSONALITY; some may even say I have five! I love magic tricks and aspire to attend Hogwarts as a wizard. Aside from being a part time wizard, I participate in many activities, getting involved and making a difference in any way I can. I am so overjoyed to be here this week! I will be working with my handy dandy side kicks (Michelle and Triston) to make this week run by smooth and breezy! I love meeting new people so if we haven't met come introduce yourself; it will be my absolute pleasure to meet you! It is great to have you apart of the RYLA family! I WELCOME YOU TO THE GREATEST PROGRAM ON THIS PLANET. The fun begins now... THIS.IS.RYLAAAAAA!

Hello all of my wonderful conferee's! It feels like only yesterday I was sitting in your same position.. Wow. Time flies when you're living the dream! I'm Triston Jay Harvey. I love long walks on the beach, campfires, and...just kidding, but I do love being outdoors, I'd love to actually walk on a beach someday, and I love to have a good time. I'm a Christian, and I would like to be an attorney when I'm older. I love being a helping hand, and feel free to talk to me about anything. I absolutely despise judgmental people, so please feel free to confide in me. I'd never tell your secrets, and I like to think I'm an alright listener. But enough about me, I want to learn about you! If you see me, just grab my arm in passing, and let's have a chat!

Triston Harvey



Welcome to Young Rotary Youth Leadership Award
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 iPod 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 Young-RYLA and Brainwise 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.

Galaxy Galley

Evening snacks during your team's evening 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!

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.

YRYLA 2013

Objectives

For Young RYLArrians to walk away with the following abilities:

1. to be an active participant in a team setting
2. to understand what it means to be a person of integrity and responsibility
3. to be motivated to take action
4. to be willing to push the limits of their comfort zone
5. to have confidence in themselves and others
6. to show empathy and demonstrate respect towards others
7. to gain a realistic appreciation of their own strengths and weaknesses

Combined, the abilities listed above are characteristics of a leader. If everybody that attends Young RYLA can leave having gained these seven abilities, they will leave a better leader.

Here are more details in regards to each of the abilities:

to be an active participant in a team setting

Young RYLArrians should be able to know when to be the 'leader' and when to be the 'follower'

They will also gain an appreciation of how one can 'lead by following'

They will understand the value of cooperation and collaboration

They will improve their abilities to communicate in a team

to understand what it means to be a person of integrity and responsibility

Young RYLarians will walk away with a better understanding of how they can lead their lives and lead others by building a unique set of core values and a moral compass.

They will understand the significance of personal responsibility

to be motivated to take action

Young RYLarians will be inspired not only to be responsible, but response-able. That is, they will be better prepared to respond to various situations

They will be encouraged to take action in the form a service project, and will develop a lifetime commitment to service

Also, they will be able to mold their passions into the kind of project described above

to be willing to push the limits of their comfort zone

Young RYLarians will be more willing to try new experiences

Rather than 'going out of their comfort zones,' Young RYLarians will be encouraged to push out the walls of their comfort zones, so that they begin being comfortable in situations where before they were not

to have confidence in themselves and others

Young RYLarians will be confident enough in themselves, especially in their ability to expand their comfort zone

They will develop the confidence necessary to be present before a large group of people

They will gain the ability to know when to trust those around them and be trusted.

They will be able to expand their appreciation for diverse cultures

to show empathy and demonstrate respect towards others

Young RYLarians will learn the importance of kindness and emotional sensitivity

They will appreciate the value of mutual respect with others

to gain a realistic appreciation of their own strengths, weaknesses, and values and those of others

Young RYLarians will learn how different people approach situations, and will gain an appreciation for different methods

They will learn the value of humility, but also the value of knowing one's strengths

Ponderosa Map

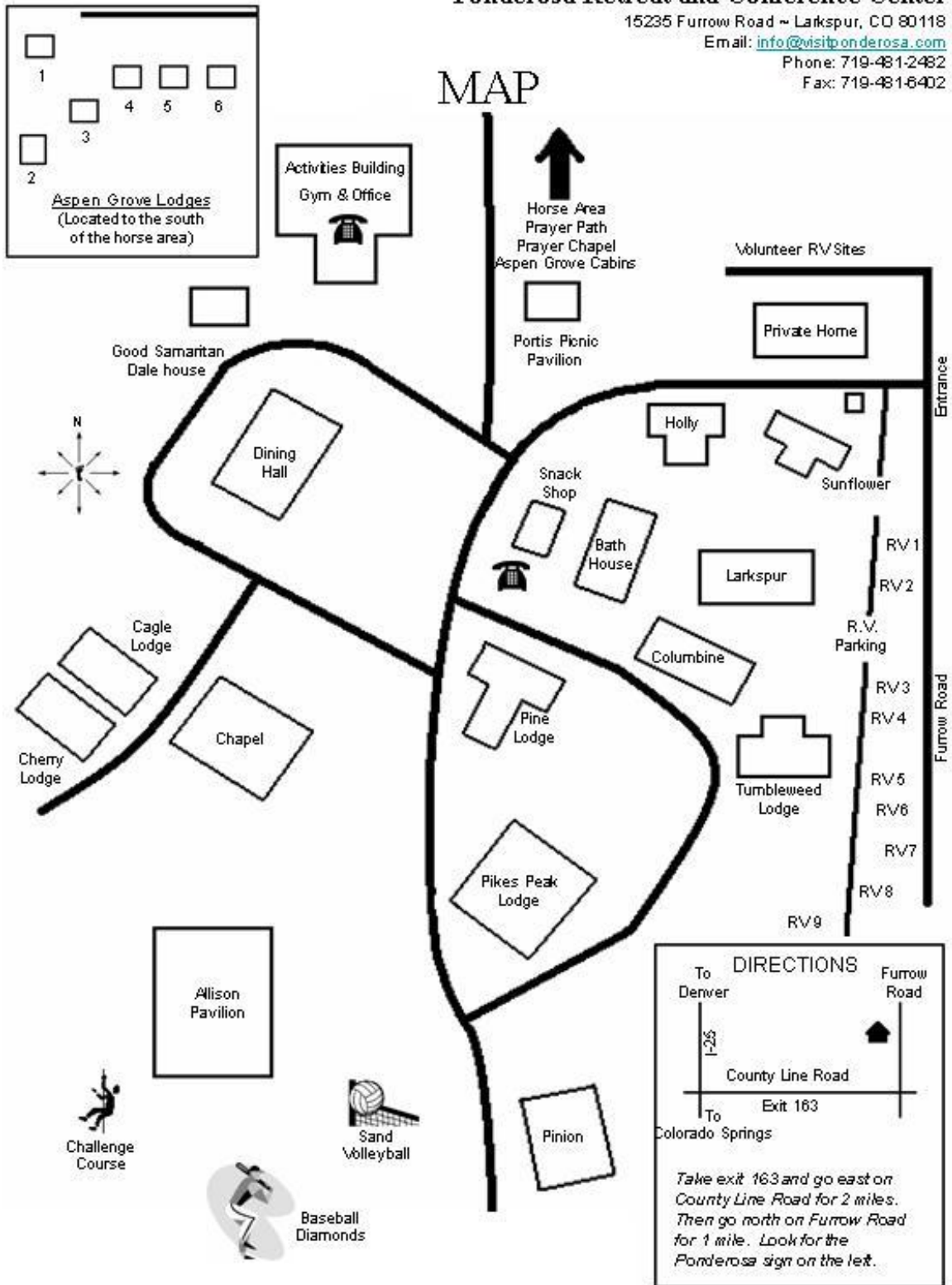
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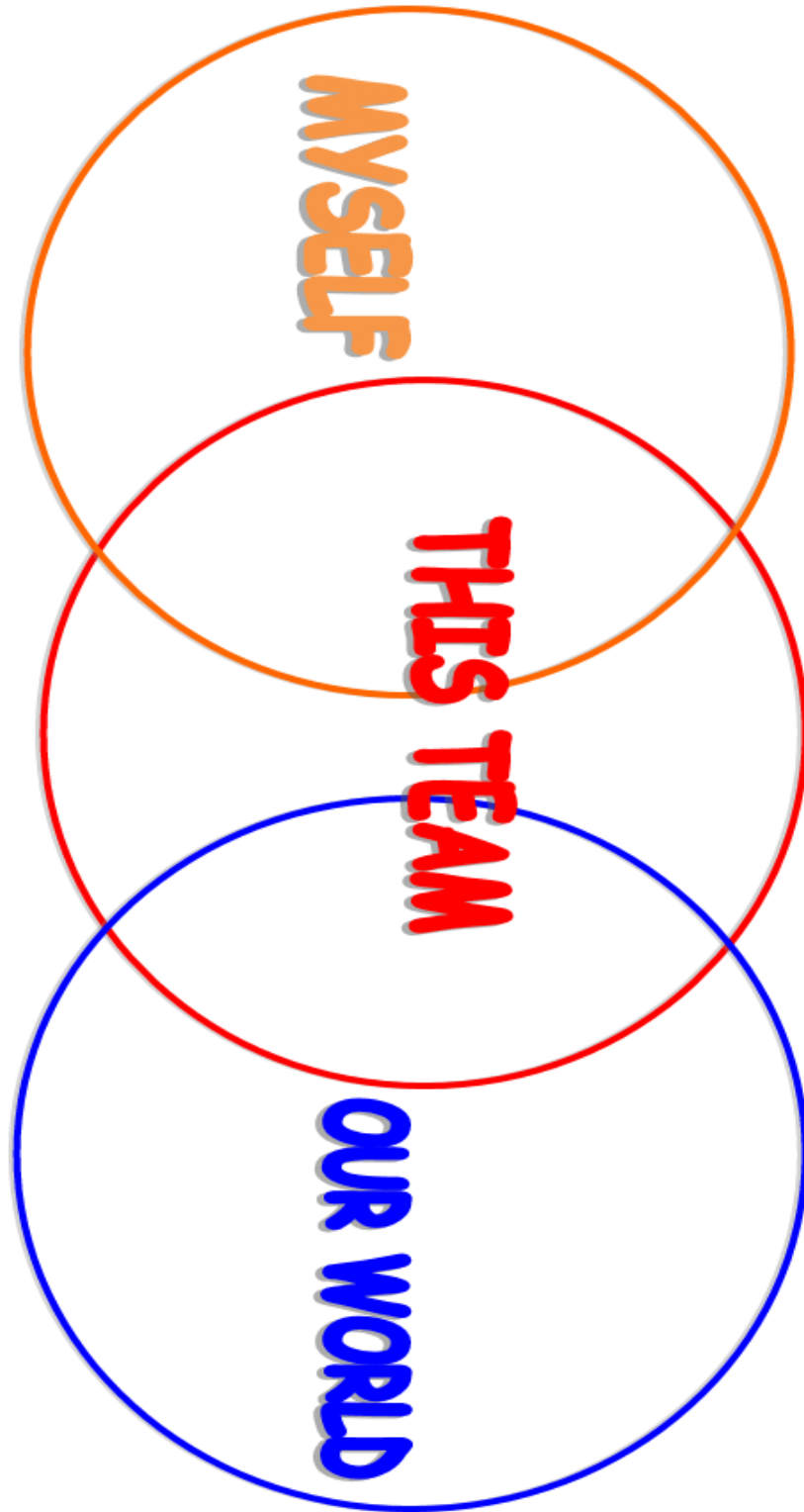


Making a Difference - The Starfish Story

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."



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.

Everyday 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 21

Allison Pavilion

3:00 pm Registration

4:00 pm Welcome

Young RYLA Chair, **Marion Trummer**

, District 5450 and 5440 Governors

Introduction of Counselor Teams

Head Counselors **Sami Slenker** and **Stefan Folkesson**

4:30 pm Meet your teammates

Ball Fields

5:00 pm Circle of Support

Experiential Leader, **Jim Hoops**

Dining Hall

5:30 pm Dinner

Allison Pavilion

6:30 pm Word of Focus

6:45 pm Real Rabbits, **Corey Ciocchetti**

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.

BRAINWISE

Use your Wizard Brain over your Lizard Brain

Build a strong constellation of support

Recognize Internal and External Red Flag Warnings

Separate Fact from Opinion

Ask questions and gather information

Consider the consequences

Set goals and form action plans

Communicate effectively

Aggressive, passive aggressive, passive.

Personal Reflection Questions
Sunday July 21st, 2013

What do you expect from Young-RYLA?

What does leadership mean to you?

What does it mean to be a leader?

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

Monday, July 22nd, 2013

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 Team Building Activities

10:15 am Rotarian Passion to Action

10:30 am Brainwise Skit

Dining Hall

12:15 pm Lunch

Out and About

1:00 pm Hike (in teams)

Allison Pavilion

3:15 pm Four Way Test

Gym

4:15 pm Towers/Newspaper Shelter

Dining Hall

5:30 pm Dinner

Allison Pavilion

6:30 pm Word of Focus

6:45 pm RYLA Colors

8:00 pm Word of Focus

8:15 pm JC Skit

Team Spots

8:30 pm Reflection Time

8:45 pm Twilight Time/Galaxy Galley

THE 4 WAY TEST
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!

WHAT ARE YOUR RYLA COLORS?

Rank each grouping across each row from left to right as to the highest priority in your life or most like you. Give a 4 for the highest down to the 1 as lowest. Don't use a number twice in each row.

Add the numbers in each column to determine the amount of each color in your personality. Calculate the percentage of each color in your personality ((total at bottom of column / 16) X 100)

RANK NUMBERS 1 TO 4 IN EACH CATEGORY

Active Variety Sports_____	Organized Plan Neat_____	Nice Helpful Friends_____	Learning Science Privacy_____
Fun Action Contests_____	Clean On-Time Honest_____	Caring People Feeling_____	Curious Ideas Questions_____
Playful Quick Adventuresome_____	Helpful Trustworthy Dependable_____	Kind Understanding Giving_____	Independent Exploring Doing Well_____
Busy Free Winning_____	Follow Rules Useful Save money_____	Sharing Getting along Animals_____	Thinking Solving Problems Challenge_____
Exciting Lively Hands-on_____	Pride Tradition Do things right_____	Nature Easy Going Happy Endings_____	Books Math Making sense_____
Amount Orange	Amount Gold	Amount Blue	Amount Green
_____ / _____ %	_____ / _____ %	_____ / _____ %	_____ / _____ %

RYLA 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.

RYLA 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.

RYLA 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.

RYLA 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.

RYLA Colors

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

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"
- Withdraws
- 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
- Likes teamwork
- 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

Personal Reflection Questions
Monday, July 22nd, 2013

What Brainwise lesson do you think you'll use most? Which one will you use least?

What are your RYLA 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?

How can you use the four way test in your home life? Your school life?

Tuesday July 23rd, 2013

6:45 am Wake Up

Out and about – see posted schedule

7:00 am Morning Activities

Dining Hall

7:30 am Breakfast

Allison Pavillion

8:00 am Word of Focus

8:15am Matrix – Part 1

Time	A	B	C	D	E	F	G	H	I	J	K	L
8:15– 9:15	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP	EB	SW	RB
9:15 – 10:15	RB	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP	EB	SW
10:15–11:15	SW	RB	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP	EB
11:15–12:15	EB	SW	RB	ZL	TW	CV	CH	CC	RB	AA	FMV	SkP

Dining Hall

12:15 pm Lunch

Allison Pavillion

1:00 pm Word of Focus

1:15pm Matrix – Part 2

Time	A	B	C	D	E	F	G	H	I	J	K	L
1:15 – 2:15	StP	EB	4WT	RB	ZL	TW	CV	CH	CC	RB	AA	FMV
2:15 – 3:15	FMV	StP	EB	4WT	RB	ZL	TW	CV	CH	CC	RB	AA
3:15 – 4:15	AA	FMV	StP	EB	4WT	SP	ZL	TW	CV	CH	CC	SP
4:15 – 5:15	SP	AA	FMV	StP	EB	4WT	SP	ZL	TW	CV	CH	CC

Dining Hall

5:30 pm Dinner

Allison Pavillion

6:30 pm Word of Focus

6:45 pm Movie: **Wreck-It Ralph**

Team Spots

8:45 pm Reflection Time

9:00 pm Twilight Time and Snacks

Dorms

10:15 pm Quiet Time

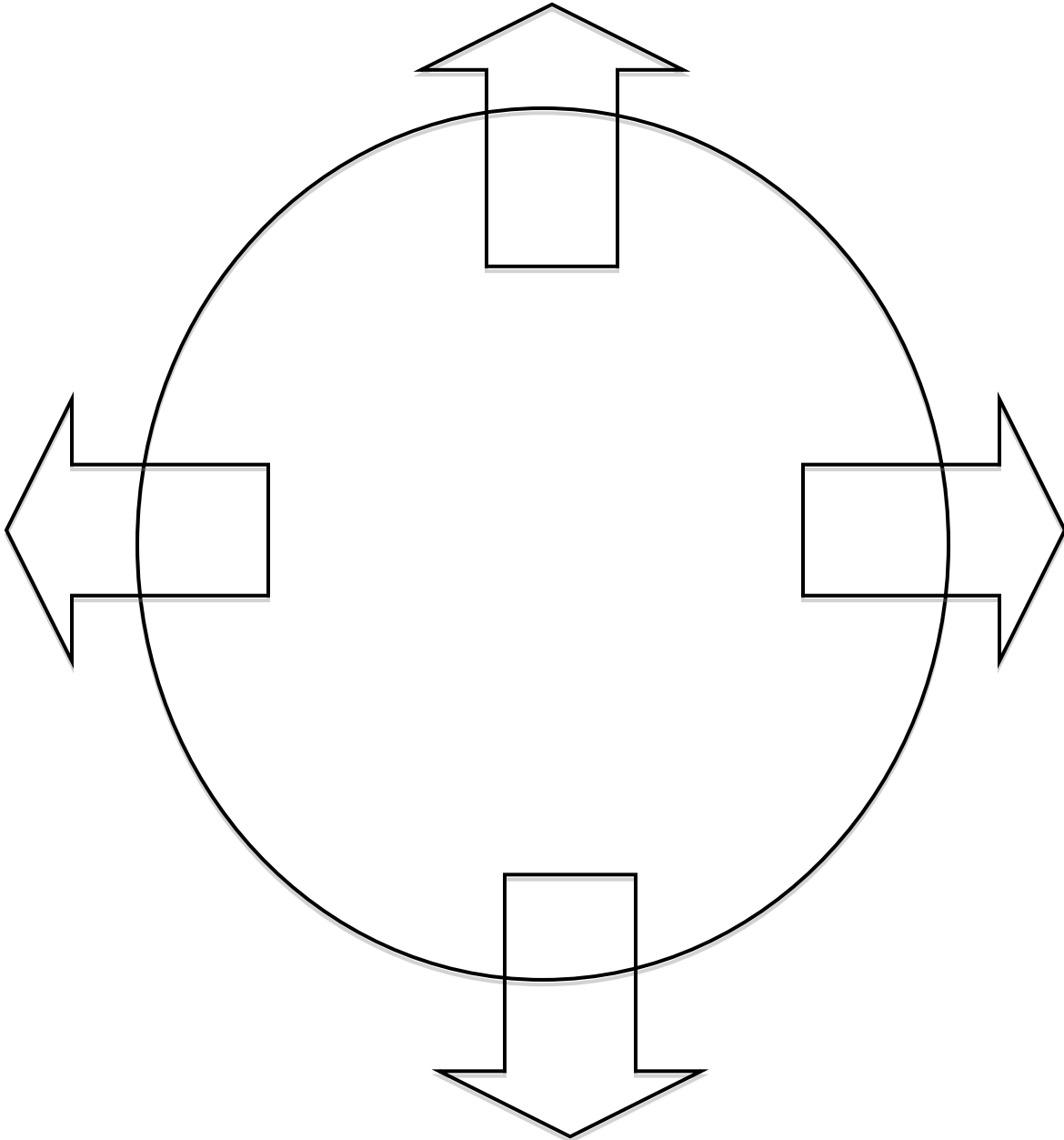
10:30 pm Lights Out

Decoding the Y-RYLA Matrix

Activity	Activity name	Location	Facilitator
AA	All Aboard	Outdoors (TBD)	Staff JCs
CC	Challenge Course	Ponderosa Challenge Course	JCs/Ponderosa Staff
CH	Choices/Castaway	Allison Pavilion	Stefan/Sami
EB	Ebola	Junior's Freaky Forest	Junior Weed-Ziegler
FMV	Finding My Voice	Pike Attic	Brianna Exum
CV	Core Values	Pikes Peak 1st Floor	Team-Led
SP	Service Project	Cagle	JCs
TW	Trust Walk	Jim's Meadow/Woods	Michelle Maddex
RB	RYLA Ball	Ball Fields	JCs
SKP	Skit Prep	Pine Main Lobby	Team-Led
SW	Spiderweb	Outdoors (TBD)	JCs
ZL	Zipline	Ponderosa Zipline	Ponderosa Staff

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

Personal Reflection Questions
Tuesday, July 23rd, 2013

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?

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

Wednesday, July 24th, 2013

Dorms

6:45 am Wake Up

Out and about - see posted schedule

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

Time	A	B	C	D	E	F	G	H	I	J	K	L
8:15- 9:15	CC	SP	AA	FMV	SkP	EB	4WT	SP	ZL	TW	CV	CH
9:15- 10:15	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL	TW	CV
10:15-11:15	CV	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL	TW
11:15- 12:15	TW	CV	CH	CC	SP	AA	FMV	SkP	EB	SW	SP	ZL

Dining Hall

12:15 pm Lunch

Allison Pavilion

1:00 pm Word of Focus

1:15 pm Swept Away/My Life List
Rotarian Dave Boon

Ball Fields

2:45 pm RYLA Ball Tournament

Allison Pavilion

3:45 pm Word of Focus

4:00 pm Rotarian Passion to Action

Gym

4:30 pm Walk of Possibilities

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/Galaxy Galley

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 sky when something caught my eye about twenty yards ahead of our car and to the left a small cloud of powder 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 started 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, skis 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 Huascarán, 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

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. Iguazu 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

Swim In:

- 68. Lake Victoria
- 69. Lake Superior
- 70. Lake Tanganyika
- 71. Lake Titicaca, Peru
- 72. Lake Nicaragua

Accomplish:

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

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 _____

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 24th, 2013

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 Walk of Possibilities to your everyday life?

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

**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.

Lined writing area consisting of multiple sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line, providing a guide for handwriting.

Thursday, July 25th, 2013

Dorms

5:15 am Wake Up for Sunrise Hike

Out and About

5:30 am Sunrise Hike

Dining Hall

7:30 am Breakfast

Allison Pavilion

8:00 am Word of Focus

Location to be determined by Tom Keyton

8:15 am All-Conference Picture

Allison Pavilion

8:45 am Word of Focus

Ponderosa Grounds

9:00 am Scavenger Hunt

Allison Pavilion

10:45 am Rotary Youth Programs

11:45 am Rotary Passion to Action

Dining Hall

12:00 pm Lunch

Allison Pavilion

12:45 pm Word of Focus

Outdoor Team Spots

1:00 pm Team Passion to Action

Junior's Freaky Forest

2:00 pm Goofy Olympics

Allison Pavilion

- 3:45 pm** Word of Focus
- 4:00 pm** Comedy Club/Compass Presentation
- 4:30 pm** Rotarian Passion to Action
- 4:45 pm** Comedy Club/Compass Presentation

Dining Hall

- 5:30 pm** Dinner

Team Spots

- 6:30 pm** Reflection Time
- 6:45 pm** Twilight Time/Galaxy Galley

Allison Pavilion

- 8:00 pm** Dance and Ice Cream Social

Compass Parade and Comedy Club

Each team is given 2 minutes to present their team compass and 5 minutes to present 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 K

Team B

Team L

Team A

BREAK

Team H

Team D

Team F

Team J

BREAK

Team C

Team I

Team E

Team G

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 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 on 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 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 hoop theme here at Young RYLA!

Looking for a project?

Some ideas to get you started!

- Contact your local Rotary club. Tell them you want 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 younger kids
- Volunteer at the library!
- Call soup kitchens in the Denver area
- Donate at or work at local Food Banks ...what 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.

Personal Reflection Questions
Thursday July 25th, 2013

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

What is one skill/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 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 Young-RYLA? Why?!

Friday, July 26th, 2013

Dorms

- 6:45 am** Wake Up
- 7:30 am** Pack and Clean Up

Dining Hall

- 7:30 am** Breakfast

Allison Pavilion

- 8:00 am** Word of Focus

Meadow near Kickball Field

- 8:15 am** River Crossing
- 9:45 am** Circle of Friends

Outdoor Team Spots

- 10:30 am** Closing Team Time

Allison Pavilion

- 11:00 am** Closing Speakers

Slideshow

- 11:30 am** Slideshow

Allison Pavilion

- 12:00 pm** Closing Remarks

Outdoor Team Spots

- 12:30 pm** Check out with Teams
2013 Young RYLA Adjournment

Personal Reflection Questions
Friday July 26th, 2013

What will you remember most about Young-RYLA?

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

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 Hoops 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?

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 any one 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.

Lloyd J. Thomas, Ph.D. has 30+ years experience as a Life Coach and Licensed Psychologist. He is available for coaching in any area presented in "Practical Psychology." Contact him: (970) 568-0173 or E-mail: DrLloyd@CreatingLeaders.com or LJTDAT@aol.com.

Dr. Thomas also serves on the faculty of the Institute For Life Coach Training and the International University of Professional Studies. He recently co-authored (with Patrick Williams) the book: Total Life Coaching: 50+ Life Lessons, Skills and Techniques for Enhancing Your Practice and Your Life! (W.W. Norton 2005) available at your local bookstore or on Amazon.com.

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 vision	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

~ 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 in a safe harbor is safe, 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 ~

"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

~ 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