

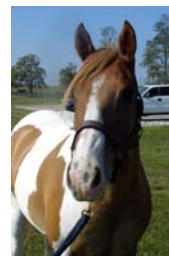


Fall 2007

Life Adventure Center

OF THE BLUEGRASS

ENGAGE, EDUCATE, EMPOWER



Natural Horsemanship

This fall, students in our Home School and After School Programs are learning about natural horsemanship. The students are learning how to communicate with horses in a language they understand. Through various groundwork exercises, the students are learning how to communicate nonverbally with the horses, teaching the horses to respect them, and desensitizing the



Woodford Co. High School student works with Sam to build trust.

horses to unfamiliar objects by building up their confidence. The students are also learning how to be persistent when working through the exercises. They are building trust with their horses by becoming strong, confident leaders. The students can also use these skills when riding, and communicate more effectively with their horses from the saddle.



Sean Quinlan

FRYSC FOCUS

Sean Quinlan is the Director of the Youth Service Center for Foley Middle School and Madison Southern High School in Berea, KY. He began his position in May 2007. Sean has been working in youth development for over 17 years. After graduating from the University of Maryland-College Park with a degree in Criminal Justice, he became involved with the Big Brothers/Big Sisters program where his "eyes were opened to the struggles that youth face". Since then, Sean has worked with youth at Eckerd Youth Alternatives Wilderness Camp, Independent Living, and the Boys and Girls Club of Madison County. According to Sean, "The best part of my job is having students, teachers, and families appreciate my efforts and seeing that what I am doing is helping others." Sean is a firm believer in the power of therapeutic recreation programming and has already begun to use LAC programs in his school. "LAC programs can get through to students that might struggle with traditional classroom learning". We are glad to support Sean in his teaching efforts!

What Others are Saying About Us:

"Both of our daughters have thoroughly enjoyed the Natural Horsemanship lessons. We were excited for the opportunity to have this different approach available. The girls say they can see big changes in some of the horses." - Home school parent

"I think that teaching a horse to have confidence can help you gain confidence yourself, because if your horse believes that he can do it, then you should have confidence too."

- Home school student

Great Gift Idea!



Surprise your child or grandchild with a gift certificate towards an Equine Program or Summer Equine Camp 2008!

Equine Programs –Spring 2008

Home School Program: 16wk.

Age 10+ 9:00a.m.-1:15p.m. \$545

Tuesdays January 29-May 20, 2008

Thursdays January 31-May 22, 2008

2- Hour Home School Program: 16wk. \$260

Mondays 1:00-3:00 All ages January 28-May 19, 2008

Wednesdays 1:00-3:00 Age 10+ January 30-May 21, 08

Junior Program: 16wk. Ages 7-9 \$240

Tuesdays 2:00-3:30 January 29-May 20, 2008

Thursdays 1:30-3:00 January 31-May 22, 2008

Youth Riding Program: 15 wk. \$260

Mondays 4:00-6:00 January 28-May 19, 2008

Saturdays 1:00-3:00 January 26-May 17, 2008

(No classes Feb. 18 Presidents Day & Spring Break March 29-Apr. 5.)

Women's Riding Program: 15 wk. \$260

Saturdays 9:00a.m.-11:00a.m. January 26-May 17, 2008

(No classes March 29 & April 5)

Contact : Hillary Benjamin,

Equine Program Manager

hbenjamin@lifeadventurecenter.org

LAC Welcomes New Full Time Facilitators!



Danielle Hutchins is a new facilitator here at LAC. Danielle graduated from U.K. with a degree in Agricultural Public Service and Leadership. Although a Kentucky native, she has followed her passion for experiential education across the country, working in various programs in Colorado, Alabama, and Tennessee. After returning home to Kentucky, her love of adventure and environmental education brought Danielle to LAC. She loves seeing participants challenge themselves on the ropes course and is excited about helping to develop our new Nature Program. Danielle grew up around horses and loves going to schools with our miniature horse, Amigo!

Jennifer Reenders joined LAC as a full time facilitator in May 2007. Jen graduated from Houghton College in New York with a BS in Outdoor Recreation and Art, and a minor in Environmental Stewardship. She is a native of the Adirondack Mountains in northern New York and was raised to love all types of outdoor adventures. She came to LAC from Peak 3 Ministries, located in the Sangre De Cristo Mountains in Colorado, where she worked as a wilderness adventure guide. Jen has brought experience and new ideas to the Challenge Course and Mobile Unit due to the variety of courses she has worked on in Colorado, Michigan, New York, and Kentucky. She has a passion for the outdoors and experiential education, both of which drew her to LAC. One of her favorite things about the program is the opportunity to teach kids that “they can do it”. She loves to see the joy and pride in their faces after they realize they have accomplished something they never thought they could do!



Former LAC Challenge Course Manager Finishes Ironman Competition!



Former LAC employee, **Kim Kickert Bowman** completed her 2nd Ironman Triathlon in Madison, WI on September 9, 2007. Kim completed the 2.4-mile swim, 112-mile bike ride and 26.2-mile run in 14 hours, 15 minutes, and 31 seconds. Kim, who teaches English as a second language for Henry Moss Middle School in Warren County, completed her first Ironman Triathlon in 2004. Kim is a dedicated athlete and educator who takes training very seriously. In preparing for her race, Kim trained everyday. Since January she has swum 200,000 yards, biked 3,500 miles, and run 800 miles. Kim has been competing in Triathlon's for the last several years after being motivated by her mother, Ruby, who fought and won a battle against breast cancer. Kim hopes to continue to compete and she says that another Ironman Triathlon is in her future! Our staff is proud of her accomplishment and we wish her the best of luck in her future races!

Kim Kickert Bowman determined to finish!

Staff at LAC Grow as a Team Through Mobile Team Challenge “Appreciative Inquiry”

We as a staff at LAC see great value in the process of reflection and application. This is why we chose to take part in a two day workshop entitled “Appreciative Inquiry”. Rainey Weisenberger, co-founder of Mobile Team Challenge, spent two days guiding our staff through a process of reflection and envisioning. This process allowed us to look toward the future with new and empowered eyes. We took time to explore LAC's past and who we were, to consider who we are today, and to envision who we would like to become. Our staff set goals for what we would like LAC to look like in the year 2012. One of our goals is that the statement “LAC, nature's playground, where we live to play and play to learn!” will describe who we have become. As we progressed through the workshop, we began to take ownership over the future of LAC, and were empowered to take the steps necessary to move forward in a positive direction.

Many steps have already been taken in the journey to reach our goals for 2012, including the hiring of another full time staff to help run our expanding challenge course, the development and implementation of phase I of our Nature Program, and creating additional equine programs.



Over 700 Participants on Our Challenge Course Since July!



A Berea College student tackling the high course!

The Challenge Course at LAC has had over 700 participants since July! Groups on the course include schools, athletic teams, church youth groups, scouting groups, and corporate

groups. We are so excited about this and are looking forward to the spring! *We are already booking groups for 2008 so call us to schedule your group today!*



A debrief at the "Sycamore Circle".



A member of the Woodford Co. EMS runs on the "lily pads".

Challenge Course

(Prices based per person.)

Elementary—High School

1/2 day = \$12
Full day = \$20

College—Adult

1/2 day = \$15
Full day = \$25

Corporate

1/2 day = \$40
Full day = \$80



Mobile Unit

6 week sessions (8-15 participants)

4th/5th grade (sixty minutes) = \$240

6th-8th grade (ninety minutes) = \$360

Equine Character Education Program = \$500

Contact: Kelly Tyler,

Challenge Course Manager

kt Tyler@lifeadventurecenter.org

What Others Say About Our Programming:

"The "whale watch" was the best activity because it allowed leaders to become followers and followers to become leaders" - Berea College Student Chaplain

"The climbing wall was a great success because it resulted in ENCOURAGEMENT among peers!" - Bryan Station High School

"The facilitators at LAC were FABULOUS! We all enjoyed bonding as a group" - UK School of Music



Members of the Class of 1951

Life Adventure Center welcomes your group for a visit. Email Tracey Wright at info@lifeadventurecenter.org, or phone (859) 873-3271 to schedule a tour.

Nature Program Phase I Near Completion

With the help of some hard working Eagle Scouts, the trail system at LAC is nearing completion. Trails, bearing names that highlight the center's history and natural diversity, are being marked with signs created from recycled fencing from our farm. Sites for a teaching garden and wildlife viewing blinds have been selected and building designs are being studied. Staff have been busy forming partnerships with Fayette County 4-H to provide facilities for their busy environmental education program.



This fall, explore the trails at Life Adventure Center

As we move into phase II, development of curriculum is underway. The Staff at LAC are creating classes and activities that will help teachers meet the requirements for Kentucky core content. Utilizing our forest and field habitats, ponds, and diverse farm land we can create custom nature activities for your school group.

We invite you to experience our fall colors by hiking our expanding trail system or joining us for a Timber Stand Improvement Service learning day.

How can Life Adventure Center's Nature Program support your curriculum? Contact Danielle Hutchins at dhutchins@lifeadventurecenter.org.



Life Adventure Center
OF THE BLUEGRASS
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Versailles, KY 40383

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*A Program of
The Cleveland Home*

www.lifeadventurecenter.org



WC EMS Excited to Climb!

Photo Gallery



*Big Brothers Big Sisters
Day on the Course!*



*Kingston Elementary tackling
the "Maze".*



*Women's Riding Group enjoying
the beautiful fall weather!*



*Anderson County High School
working to solve a tough chal-
lenge on the low course!*



*A student at Shannon Johnson
Elementary learns how to lead
Amigo.*



*A home school student desensitizing
Doc to a "scary" plastic bag.*