

Eagle View Newsletter

Volume XXIV

Success Oriented Achievement Realized

Spring 2009

Opportunities of Adulthood

By Jonathan Jones, Executive Director

As parents, we present our children with many incredible gifts. Some are tangible, but perhaps the most important are intangible. Arguably, the most valuable are self-esteem, self-confidence, and self-advocacy. As parents, we have the wonderful opportunity of nurturing these gifts in our children. Ironically, these intangibles are communicated through tangibles as simple as an affirming word, a pat on the back, or scheduling a play date with our child. As our children grow, the nurturing becomes more elaborate with instruction in skills and strategies that reinforce these gifts. Each child's strategy set is unique. At the Jones house, the strategy of paraphrasing was critical to our family's success. It eliminates so many sources of confusion while reinforcing a sense of competency.

One gift to remember, particularly in this period of economic stress, is the gift of childhood. Children need nurturing and support - free of the worries of adulthood. They need a listening ear - an ear that recognizes the concerns of a child are sometimes very different than those of an adult. Children need our attention - even though the size of the "attention tank" varies greatly from one child to another. Day to day, they seek attention though either positive or negative behavior as they work to fill their "attention tank". Our opportunity, in this fast paced world, is to slow down just long enough to recognize the positive behavior. Children also need opportunities to develop their gifts and stretch their limits. SOAR has been providing such opportunities for thirty-two years.

I want you to consider giving another gift to your children. The gift I ask you to consider is creating for your child a vision of adulthood. In the United States, our society defines a child's occupation as student and their workplace setting as school. Far too many of youth have learned early they are failures in the workplace. Worse yet, they learn the amount of energy they put into an endeavor at school does not necessarily guarantee a positive result. Why will adulthood be any different? The adult workplace setting provides choices children can only dream about. Adulthood allows the individual to match strengths, talents, and abilities with the workplace setting. I refer to this as finding or creating a "goodness of fit". I work in a field that thrives on movement, divergent thinking, and flexibility. I experience success as an adult because my strengths match the requirements of my profession. Similarly, my grade school experience was negative because of a mismatch between abilities and workplace expectations.

Why create such a vision for your children? It can create a "light at the end of the tunnel" that allows them to persevere, even when the odds seem stacked against them. This vision also has them thinking in terms of their strengths instead of focusing on their challenges. How to create such a vision? Have them interview adults who enjoy their business or profession. Have them go to work with you or one of your friends and "job shadow". Have them visit a college or tech school campus and see first hand all of the potential courses of study. You can even introduce the concept of not having to take classes before 10:00 AM. This will surely get their attention!

May each of us continue to enjoy the many opportunities of adulthood and parenthood. Like SOAR, it will always be an adventure.

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*A Word from
Big John...*
**Director of LD &
AD/HD Services**



***A simple twist of fate and
a homecoming to remember***

In a wonderful twist of fate, I have found myself seeking council from many of the parents I have given advice too. Many of you know I am the proud parent of very AD/HD little boy. He is the apple of my eye, and no that apple did not fall very far from the tree. Like his father, school is difficult for him, and his attention challenges have prevented him from staying on track with his peers. This little first grader will probably repeat the first grade, a decision we are not taking lightly. As I have sought council and guidance, it is the very parents whom have looked to SOAR for so many years for advice, that have come forward with truly sage and wise ideas. As I have always known, you are all experts, and the path that I am now on has been traveled before. Some of my favorite students are now in college, or even further into adulthood and will soon be facing the trials and tribulations they themselves created so long ago. I appreciate your feedback, and will continue to reach out as I navigate the waters of raising resilient children.

Later in this newsletter you will read about Kylie Cyr. Once a student at SOAR, she is now working for us. She is also a product of a remarkable school in Illinois called Brehm. Kylie is helping me work with their student council in developing leadership skills. What a homecoming it has been for her. She shared with me this simple truth "It took me coming back to SOAR and Brehm to realize how unique and special I truly am." Therefore, my gift to those of you that are seeking opportunities to continue nurturing and developing the resilient nature of your children is simply this: help them find the places that give them the chance to realize just how talented, unique, and special they really are.

Summer Preview

By Laura Pate

Although there is snow on the ground at both of our base camps in NC and in WY, we are thinking warm, summertime thoughts – thoughts of SOAR students returning and the excitement of new adventures! This year we are proud to offer two brand new courses with very different experiences.

For those of you who have experienced our 10-day California Standard Course - and for those who haven't yet had the pleasure - we are now launching an 18-day California Expedition Course. This program utilizes the Northern California areas of Monterey Bay, Yosemite, and Lake Tahoe. Students will have the chance to backpack in some of the country's most beautiful wilderness areas, climb & boulder amazing granite faces, raft the American River, bike in Tahoe, and sea kayak at Moss Landing.



Our second new program is SOAR at Vanguard, a 26-day traditional residential camp in Lake Wales, FL. Based out of The Vanguard School, a private boarding school for students with ADHD and LD, campers will be able to experience a

wide-range of activities such as art, drama, athletics, wood-working, music, canoeing on the 3-acre pond, & swimming. On weekends, campers will take day-trips to the surrounding areas and can choose from activities such as tubing on Wekiwa Springs, horseback riding on an eco safari, swimming with the manatee, or just spending a fun day at one of the many theme parks in the Orlando / Kissimmee area. Campers will live in dorm rooms and dine in the school's world-class cafeteria.

In addition to these new programs, SOAR continues to offer a broad range of experiences in NC, WY, FL, CA, and Costa Rica. Visit www.soarnc.org and find the one that best suits you! Have a great spring and we'll see you this summer!



Christmas Keys Review



It's been several years since I've had the pleasure of working on our Christmas Keys course. This year reminded me of how much fun I'd been missing out on! Over the 6-day course, we had 24 Standard and 6 SCUBA course participants. The weather was absolutely perfect and so were each of the groups! The Standard students spent their glorious days jet skiing with JD (the rodeo king), fishing with Dylan (a.k.a., "the fish whisperer"), sea kayaking with nurse sharks and star fish, snorkeling with an enormous goliath grouper, swimming at the pool, exploring tidal pools, searching for key deer, and dining in Key West. The week ended with a New Year's Eve cookout and Scavenger Hunt.

The SCUBA students spent the beginning of their week at Camp Sawyer learning dive charts and safety techniques from JB, the amazing divemaster. A pool session and two open water dives later, we had five successfully certified divers! These group also made a trip to Key West to experience the sunset at Mallory Square and dine out.

As we traveled back to our respective homes, we had "sand in our shoes" and memories galore! Thanks to all of the staff and students who made this experience so much fun for everyone. What a way to wrap up the year "Two Thousand Great"!

- Laura Pate

Spring Semester Update

By Logan Walters

The semester program continues to fly high as we celebrate many exciting accomplishments. We are proud to report that every member of our semester program has earned a certification in either CPR, basic first aid, and/or life-guarding. SOAR is also excited to graduate one of our students, EJ Kornhauser at the end of this semester. He has been with SOAR a number of years, and we have enjoyed witnessing his growth. One of EJ's greatest accomplishments this year was getting an article he wrote on a local high school wrestling match published on the front page of the sports section of the Waynesville Mountaineer! We invite you to follow our semester team's adventures through the semester blog page, found on the web at <http://www.blogger.com/profile/07119021683561764418>

The South West team has named themselves the "Balsam Saints". When asked what their team's greatest accomplishments have been, they mentioned:

accepting their teammates differences and coming together as a team, climbing Guadalupe mountain (the highest point in Texas), and reaching the Havasupi waterfalls in the Grand Canyon. The team is looking forward to their California, Utah, & Wyoming expeditions where they will be climbing, rappelling, kayaking, surfing, & backpacking, just to name a few.



The Balsam Saints at the Grand Canyon

The South East Coastal team, aka the "Sea Urchins", had every member earn a scuba certification in the sunny Florida Keys! The team is currently adventuring in the Florida Everglades working to complete a 75-mile canoe expedition. They have worked very hard, and are is very anxious for their next tropical adventure to Costa Rica. There they will zip-line through the tropical rainforest, horseback riding on the flanks of volcano Arenal, relax in



The Sea Urchins at Worley's Cave in Tennessee.

hot springs, surf in the Pacific Ocean, and visit National Parks and museums. After their tropical adventure, they have planned to paddle sections of the Suwannee River and will be headed to the Outer Banks of North Carolina.

SOAR semester programs are operating under our second year as a certified non public North Carolina school. As we celebrate the accomplishments of our current students, we are happy to report that our two high school graduates from last semester are both continuing to find success in college this year.

Staff Member Profile

Up Close With...

Cate Munro and
Kylie Cyr

Cate Munro

Cate began working for SOAR in the summer of 2006 as a Llama Trek instructor. She returned in the summer of 2007 and has been with SOAR ever since! She worked as the Llama Trek Course Director in 2007 and 2008, and as a semester field staff for three semesters. We are thrilled to have her join our Administrative team as Admissions Assistant.



Cate caving in Worley's Cave during Fall Semester '08

What are some of your hobbies?

Backpacking, camping, travelling, and all sorts of outdoor activities.

What person or people do you most admire and why?

The person I admire the most is my mother because she is the kind of person that I want to be.

What is your favorite thing you have experienced at SOAR?

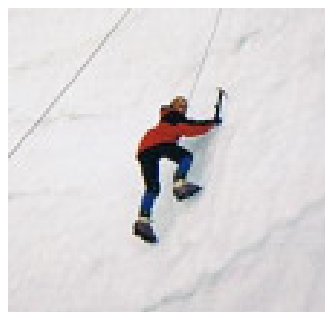
My favorite thing is seeing the positive changes that are made in students when they realize they can achieve things they never thought possible. Also, seeing the change that working as a summer staff can make in people.

People would be surprised to know this about you...

I had never done any backpacking or very much camping before I came to SOAR 3 years ago!

Kylie Cyr

Kylie Cyr first came to SOAR as a student in 1993. She loved her first experience as a camper, and returned the following year as an ILS for the Alaskan experience. In 1995, she worked as a Llama trek staff. Kylie returned to SOAR early this year, and is working as part of the Administrative Team. This summer she will be the Relief Coordinator for North Carolina.



Kylie ice climbing during SOAR's '94 Alaska course.

What is your position with SOAR?

Right now I help with admissions, marketing, and have been working some field programs.

What are your hobbies?

I love whitewater rafting, backpacking, & camping with my dog Matty, gardening, reading, and listening to music.

What is your favorite thing about SOAR?

I am so passionate about SOAR and the adventure opportunities they offer youth with ADD/ADHD. SOAR provides children with tools to build a foundation for their future and plants a seed for individual growth.

If you could travel to one place, where would it be?

New Zealand to do some amazing backpacking!

Izzy's Corner

By Kylie Cyr



As I open my sleepy eyes to another beautiful winter morning, I peak my little head out of my house and realize it's oddly quiet around here today. Hmm, where has everyone gone?? As I begin to take the plunge and step out into the cold, and I realize "wait a minute, I know where the campers are, they must be out on their expedition; I wonder where they went to this time?" I've heard some talk around the Balsam base about the students going canoeing in the Everglades and sight seeing the Grand Canyon! Wow, I wonder if they would mind a little old cat tagging along next time? I sure do miss the kids when they're not here! Hmm, you know, I've seen them take big packs with them on their trips, and I certainly could fit in one...I think I have an idea. In the mean time, I will eagerly await their return, but now I think I'll take a little catnap.

Open House

April 25th, 2009

10 a.m. – 3 p.m., Balsam, NC

SOAR is hosting an Open House at our Balsam Base for families looking for more information about our programs.

Come see our facilities and meet the staff! Drinks and snacks will be provided. Please RSVP if you plan to attend by calling (828) 456-3435 or emailing admissions@soarnc.org. We look forward to seeing you!



For more information about SOAR, our programs, and for current availability of our courses, please visit our website:

www.soarnc.org

A Special Thanks to all of our Contributors

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