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December 2017

LIVE PC....LEAD PC
Over Twenty Years And Still Connecting



What's Up With Alejandra Lara (18)



Alejandra pictured with partner Jeff (L) and son Sebastian (R) and their furry family.

Alejandra Lara (18), born and raised in Chile, began coming to Park City 22 years ago, first part-time, living the ski bum life style of following winter from South to North America and later, full-time so her son Sebastian could attend school in Park City.

"Having grown up under the dictatorship of Pinochet, as a young woman I dreamed of traveling and experiencing new places and cultures." At the time, the economy was depressed in Chile so having the opportunity to work during the winter season at Deer Valley and during the summers in La Parva ski resort in the outskirts of Santiago, Chile was great.

Alejandra was encouraged to apply for Leadership by others who saw she had something to offer to the community. *"I thought I would not be accepted so, when it happened I was really, really excited! I have been involved in projects, committees and groups helping our Latino community for years which gave me a perspective to share with our class project."*

Alejandra's connection to horses proved to be a life line for her after moving to Park City. *"I didn't speak the language; didn't have any friends in this country and fell into a deep hole of loneliness, and longing for connection. In 1999 I started volunteering with the National Ability Center at the equestrian center which saved my soul."*

She may not have been fluent in English but she could 'speak horse'! *"Little by little my English improved and I was able to develop relationships in the community, which have lasted for over 20 years."*

Healing Horse Power



Nine years ago she founded the Equine Assisted Learning (EAL) program at the National Ability Center as a way to give back to the community. "My passion is to partner with horses and provide a safe place for people to learn about themselves. I've seen people come back from the gates of suicide or years of isolation just to be with 'their' horse once a week. I've seen kids in the autism spectrum learn to form friendships and connection by learning to connect with horses. As the mother of a US Navy veteran, know some of our loved ones come back changed from the war and how horses offer a fresh breath of peace."

The process of humans and horses working together can be very rewarding. ***"Every week I witness wonderful insights, aha's and transformations. One example is of a shy teen age girl who experienced great anxiety at school with great difficulty creating friendships. Through working with the horses she developed techniques to calm her anxiety and build self-confidence. She learned she could control a 1,000 pound animal and her own anxiety giving her the confidence to connect to others outside the barn."***

The EAL program has been very successful. In the third year only, it grew 468% and continuous to partner with substance abuse recovery centers, military organizations, and other local and out-of-state organizations ***"We are booking the EAL program up to a year in advance! We are now even growing the EAL team so we can serve more people and open more program offerings in the community."***

"In partnership with Wasatch Mental Health, we are conducting research on a teen's drug and alcohol prevention program. We are inviting teens between 13 – 18 years old of all abilities to participate. We know our program works but now Wasatch Mental Health wants to know how it works. Our goal is to make it an evidence-based prevention program state wide and offer it to the community on a regular basis. To register please go to www.discovernac.org or email me at alejandra@discovernac.org "

Horses Lead The Way

This summer, Alejandra started her own business, Park City Horse Experience at parkcityhorse.com, where she shares the power of the horses with the community-at-large with an emphasis on partnering with horses for the exploration of self- awareness, connection to self & nature, and to gain new perspectives on life.

"In my own practice I get to explore many different modalities such as mindfulness, meditation, somatic practices, yoga and much more."



Her dream is to be able to share the power and beauty of the horses to serve individuals and groups of all walks of life, including individuals, families, groups, corporations and spiritual gatherings through each of the equine opportunities available in the community. ***"The Equine Assisted Learning EAL program at the National Ability Center and my own Park City Horse Experience venture, both offer unique qualities and emphasis which can facilitate learning, growth, transformation and healing."***

"I am thankful for the amazing opportunity to participate in the Park City Leadership program which opened my understanding of all the possibilities to get involved in this amazing community but, above all, for the opportunity to form deep connections with my incredible brilliant and big-hearted Class 18 classmates."

Alejandra would like Leadership alumni to know that the equine work offers a return to our own nature and power. We can all cultivate a new form of leadership, one that values feeling and reason, empathy and assertiveness, transparency, cooperation, and mutual empowerment skills necessary to take ourselves, our families and this community to new levels.

"The most effective historical leaders – from Alexander the Great to Katherine the Great, George Washington, Winston Churchill and Ronald Reagan – were skillful riders and equestrians who had close relationships with horses. These people exhibited exceptional poise under pressure, clarity of intention, courage, and conviction. Presenting a level of leadership presence capable of motivating others to face incredible odds and create innovative, highly ambitious ventures. "

"I extend an open invitation for alumni to come explore how the horses and I can serve you to your next level of leadership in your own life and at work."

Here is my contact information:
Alejandra Lara
Park City Horse Experience
435.513.1733
pchorseexperience@gmail.com

For more insight and information visit these websites and links www.parkcityhorse.com
A moving YouTube video from one of the veterans I work with: <https://youtu.be/h2yzPjMUIFU>
National Ability Center website: <http://www.discovernac.org/equestrian-programs/>

HOLIDAY POTLUCK



On **Monday, December 11 at 6 pm** Leadership Park City Alumni Association hosts their annual Holiday Potluck at the home of Myles and Joy. (3040 Sunny Slopes Drive in Park Meadows. Please park on the street and carpool if possible.)

Attendees are requested to BYOB and an appetizer or dessert to share. Spouses are welcome.

Feel the magic of the holidays through **OPERATION HOPE**. Please donate new, unwrapped....toys, books and clothes to children in need. We are also collecting gently used, warm jackets, hats and mittens for those less fortunate. We'll have a donation bin at Myles' home the night of the party. Let's do what we can to make this a holiday to remember for those less fortunate!

(This event is not to be confused with the Class 24 Party which occurred on December 4.)

Countdown To # XXV

Class V

LPCA Ski Day At Deer Valley



Once again, Deer Valley Resort is offering Leadership a **DEAL WE CAN'T REFUSE**.

WHEN: Wednesday, January 10

WHERE: Deer Valley Ski Resort

WHAT'S THE DEAL?

Greatly reduced lift passes. Price is **\$30** for the current Leadership Park City class and any alumni who have paid their LPCA dues for 2017-18 and **\$55 (\$30 + \$25 for dues)** for all other alumni.

RSVP to Colleen McGinn at mcginn.colleen@gmail.com or 301-651-6565 by 4 pm Tuesday, January 9 to reserve your lift pass. Plan to pay CHECK OR CASH when you pick up pass.

If you already have a DV pass....you don't have to RSVP.....just come along and join in the fun. **(Friends/family are welcome to join in but the lift pass deal is only for LPC class or alumni.)**

WHAT'S GOING ON?

8:30-9:30 am- Colleen McGinn (23)

C# 301.651.6565 will be in the ETC Coffee Shop on the main floor of Snow Park Lodge to hand out passes and collect \$.

Ski on your own or with the group departing at 9:45 am from Snow Park. Be prompt.

Noon to 1 pm- Meet up at Snow Park Lodge for anyone wanting to take a break or stop for lunch. Any non-skiers are welcome to join in.



1998-99

Amy Regan • Annie McMullen • Bill Brown • Bill Mullen • Cathy Slusher • Cena Maxfield • Chuck English • Cindy Guenther • Darcy Douglas • David Staley • Dick Fontaine • Dick Roth • Frances Umlauf • Greg Miner • Greg Sumner • Guillermo Avila Paz • Jane Simpson • Jim Stava • Kris Beer • Liza Simpson • Luann Flanders • Maria McNulty • Martha Moreno • Peter Tiborczechgi • Rosemary Kelley • Senta Beyer • Steve Lewis • Tevy Vetter

Class VI

1999-2000

Allen Stockbridge • Andrew Montgomery • Anji Buckner • Bill Holbrook • Carlyle Morris • Carole Mullen • Carole Murnin • David Spann • Dena Fleming • Gail Salowey • J.F. Lanvers • Jim Weinberg • Joe Mitchell • Justine Fellows • Laura Cuddie • Laura Murphy • Linda Hollinshead • Lise Fischer • Lynn Fey • Lynne Decol • Monty Coates • Rex Ausburn • Robert Harden • Robyn Martinez Bishop • Sally Tauber • Scott Dansie • Skip Slusher • Todd Hoover • Wendy Gray Bizzaro

Alumni News



HONK.....HONK!

Thanks to **everyone** who donated to LEADERSHIP PARK CITY and all the other nonprofits during the 2017 LIVE PC...GIVE PC campaign. Also thanks to those who actively assisted Park City Community Foundation with marketing.

Congrats Abby McNulty (11)

It's World Cup Ski Event Week at Deer Valley so there will be lots of activity on the plaza and World Cup competitors to watch. Here's the link for what's going on:

<http://www.deervalley.com/WhatToDo/Winter/FISWorldCup>

Event Calendar



Monday, December 11, 6 pm- ALUMNI HOLIDAY POTLUCK

Tuesday, January 9; 4 pm- last day to RSVP to to mcginn.colleen@gmail.com reserve lift pass.

Wednesday, January 10- LPCA SKI DAY at Deer Valley. Pick up lift passes between 8:30-9:30 am.

Wednesday, February 7, 8:30 am to 4:30 pm- Leadership 101

"The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly."

Jim Rohn

Leadership 101



Talk it up to friends and family! It's time again for Leadership 101. It will be held at the Doubletree by Hilton on Wednesday, February 7 from 8:30 am to 4:30 pm. There is a

\$40 registration fee which covers lunch and refreshments. Click on this link for more information and to register.

<http://www.parkcity.org/departments/leadership-park-city/leadership-101>

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PLEASE feel free to post on this page.

Whether you have a business venture, non profit or just

director of Park City Education Foundation, who was chosen by the National School Foundation Association for the Industry Leadership Council earlier this month.

Congrats Erin Grady (13) newly appointed to serve on the Park City School Board.

Support Our Artistic Alumni



At least 5 of our artistic alumni are exhibiting their creations at the BRANDED PC POP UP SHOP (located at Kimball Art Center, Dec 4-10) Stop in and support them and do your holiday shopping at the same time. **Dick Pick (16)** has an amazing and timely book **IMAGES OF**

BEARS EARS, Carissa Dahl (15) , Melissa Marstead (22), Mark Maziarz (17) and Mike Wong (18) are among the other artists I recognized from our ranks. Check out the link for details: <https://www.pcscarts.org/calendar/branded-pc>

Board Members Needed

Summit Community Power Works (SCPW), an in process 501c-3, is looking to identify 2-4 individuals to join the board of directors, a 3 year term. We have



begun a large strategic planning effort and will be moving the organization toward, "*inspiring efficient energy use through practical and innovative programs to improve economic vitality and the environment.*" Prospective candidates should have an entrepreneurial spirit during this time of transition and an open mindset. It's a plus if you live in or are connected to the Eastern part of Summit County or have skills in Financial Logistic Planning, Fundraising or Marketing.

Perspective applicants are asked to reply to Erin.bragg@scpw.org with resume and why you would be a great fit.

a piece of interest, Leadership Alumni is here to help you keep networking.

Look for the group **Leadership Park City Alumni** on Facebook...like us and join us.

JOIN LPCA

\$25 annual membership runs from October 1 through September 30. Your contribution allows us to award a CITY TOUR SCHOLARSHIP to a current class member. Join by emailing us at leadershipalumnipc@gmail.com

***SUPPORT** the Leadership Park City Program.

***PROVIDE** on-going education for graduates.

***PROVIDE** on-going networking opportunities.

***UNDERTAKE** activities benefiting our community.

Editor: Barbara Bretz

C: 435 714 1233

H: 435 615 8442

Email: bbretz56@msn.com

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Leadership Park City
P.O. Box 1480
Park City, Utah 84060
US

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