

Another opportunity:

Mark Rothstein's World of Rope Jumping

- Location:** Canastota Laid Law Gym
101 Roberts St
Canastota, NY
- Date:** Thursday, May 19, 2011
- Time:** 6:00 - 7:00 pm (please arrive a few minutes early)
- Fee:** No charge!
- Options:** Bring your own jump rope, borrow one from us, or buy a new one (\$5) upon arrival



Mark will be our guest on tour from Atlanta, Georgia! The show will allow kids the opportunity to workout with Mark and enjoy trying some of his rope jumping skills. The show will emphasize POLITE MANNERS, TEAMWORK and HONESTY! It is an opportunity for you (parents, Community members, etc.) to enjoy watching the kids become more fit in an enjoyable, motivational atmosphere. For questions, please call Community Action in Madison County at (315)697-3588 ext 11.

This opportunity was made possible through support of Connecting with Kids, Bridges of Canastota, Community Action Partnership's Mentoring Program and donations of support from the community.

~~~~~  
**Mark Rothstein**, elected into the National Fitness Hall of Fame (2011), created the epitome of a grass roots fitness movement more than a quarter century ago by establishing The World of Rope Jumping. Mark has toured the United States and abroad having presented more than 10,000 live shows to over 5,000,000 young people. Presently, he continues a demanding annual touring schedule in which he drives more than 65,000 miles to perform over 400 programs. As a performing professional athlete, role model, entertainer and educator, Mark inspires and motivates audiences around the world!


**Save the date for the next *Connecting with Kids*  
 in this series on "Bullying":  
 May 26, 2011**

NON PROFIT  
 US POSTAGE PAID  
 Herkimer, NY 13350  
 Permit No. 25

Cornell Cooperative Extension  
 of Herkimer County  
 5657 State Route 5  
 Herkimer, NY 13350

RETURN SERVICE REQUESTED

*Connecting*



*with Kids*

A free 3-part workshop series on "**Bullying**" for people who live and work with school-age children and youth

*Sponsored by*  
 Cornell Cooperative Extension of Herkimer, Madison, and Oneida Counties

*Connecting with Kids is supported by a grant from the Slocum-Dickson Foundation*

*Connecting with Kids of Cornell Cooperative Extension  
Herkimer, Madison and Oneida Counties presents the  
second of a 3-part series on*

## **"The New Bullies"**

**Friday, April 29, 2011, 9:30 am - 1:30 pm  
Cornell Cooperative Extension of Oneida County  
121 Second Street, Oriskany**

Join us for an informative session on cyberbullying presented by Trooper Jack L. Keller. "The New Bullies" explores what cyberbullying is and how it differs from other types of bullying. Explore ways to respond to and deal with cyberbullying and learn more about actual cases of this new bullying of the electronic age.

You will learn the 8 forms of cyberbullying and get useful strategies to thwart an online attack. You will also learn the 4R's which empower you to Recognize, Refuse, Respond, and Report an incidents of online bullying. This program will be designed for adults and teens and is sure to help you have tools to address this difficult threat.

### **Agenda:**

|                 |                                       |
|-----------------|---------------------------------------|
| 9:30 - 10:00 am | registration                          |
| 10- 12:30 pm    | presentation & group questions        |
| 12:30 - 1:30    | lunch and informal questions, sharing |

Participants may choose to bring their own lunch.. Please indicate when registering. Payment may be made at the door if you choose to do the lunch. Registration for dinner must be made by



April 27. The cost of the lunch is being subsidized by the Slocum Dickson grant to Connecting with Kids.

You may call the CCE Herkimer County office with your registration at (315) 866-7920, fax it at (315) 866-0870, email it to Herkimer@cornell.edu, or mail it to:

CCE Herkimer County  
5657 State Route 5  
Herkimer, NY 13350

### **About our Presenter:**

**Trooper Jack L. Keller**, a 13-year veteran of the New York State Police is assigned as the Troop "D" School & Community Outreach Coordinator which he has been since 2005. In this capacity, he is responsible for the overall operations of the School & Community Outreach Unit which covers 79 public school districts in Herkimer, Madison, Jefferson, Oneida, Onondaga, Oswego, and Lewis Counties.

Trooper Keller has received specialized training in the area of School Violence, Computer Crimes, Crime Prevention, Conflict Management, and Emergency Management. He is a FEMA certified Public Information Officer and has been trained in the areas of Cyber Crimes, Club Drug Investigations, Sexual Assault Investigations, Active Shooter and the Incident Command System.

As the School & Community Outreach Coordinator, Trooper Keller is a committee member of the Onondaga County District Attorney Safe Schools Program, Onondaga County Traffic Safety Advisory Board, and the Onondaga County District Attorney Advisory Council.



## **Registration form for Connecting With Kids event April 29, 2011**

School District/Agency: \_\_\_\_\_

Lunch cost: (\$5 X number of lunches) = total enclosed \$ \_\_\_\_\_  
Check here if coming to program, but not having lunch \_\_\_\_\_

People Attending: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

**Please make checks for lunch payable to:**  
CCE of Herkimer County

**Please register by:**  
**Friday, April 27, 2011**

*In an effort to cut down on costs, this flyer is being sent out to only one person in each agency. Please post or distribute to others in your agency. You may copy this flyer with our permission. We would like to email as many flyers as we can. Please put your email address in the space indicated for future mailings. You may also email herkimer@cornell.edu with your email address and we will add you to the e-list, CWK-HerkOneidaMad-L.*