

Good Vibrations



DISABLED
SPORTS
EASTERN
SIERRA

P.O. Box 7275
Mammoth Lakes, CA 93546
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www.disabledsportseasternsierra.org

Volume 3 Issue 1 - August 2005

If I can do this, I can do anything!!

DSES Honors Volunteers at End of Season Celebration

By Adriene Alpert, Volunteer



More than 45 volunteers, staff and friends of Disabled Sports Eastern Sierra (DSES) gathered at the home of Dr. Phil Cardan and Adriene Alpert to recognize everyone's hard work and to celebrate the success of the 2004-05 season. The number of lessons DSES provided this season nearly doubled for a grand total of 1,600... and 9164 volunteer hours made it happen!

Pilot Summer Program Launched!

by Dave Owings, Summer Program Manager



Dave Owings and Joseph Rudolph as bears

On July 13th, DSES ventured out of Main Lodge and Mammoth Mountain Ski Area for its first summer event of the Pilot program! Kathy Copeland, Robin Connors, and Dave Owings met with five volunteers and four students to take a hike through Valentine Reserve's protected natural habitat and learn about the California Black Bear.

-- Continued: see **Pilot Summer Program** on page 2.

Help Support the DSES Pilot Summer Program

Donations are still needed to support the summer program.
PLEASE help support this program!

Make a donation online at:
www.disabledsportseasternsierra.org

or mail your donation to:
Disabled Sports Eastern Sierra
DSES Summer Program
P. O. Box 7275
Mammoth Lakes, CA 93546
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A new name for *Snow Notes*

Now that DSES offers year-round programs, we have changed our newsletter name to: *Good Vibrations!*

Pilot Summer Program (continued from page 1)

Leslie Dawson with help from DSES's own very special student Jeffrey Mikalowsky, showed the rest of the group some trees that had been scratched by bears to mark their territory. It was an incredible time, full of education and excitement as we strolled through the woods, on the lookout for the great bears, which might have been sleeping high up in the trees as the group passed underneath!

The Summer Pilot program was created to test the appeal and viability of activities such as biking, hiking, rock climbing, zip lines and fishing. "Our main purpose is to open the doors and make everything accessible for people with special needs. We want everyone to enjoy the summer and the experience of being active," says Executive Director, Kathy Copeland. "What a great way to start out the program — this couldn't have been more perfect!"



For more information, visit us on the web at www.disabledsportseasternsierra.org or call the DSES office at 760.934.0791.

A few words from Executive Director, Kathy Copeland ...

It's here!
It's hot!
It's SUMMER!

Things are cooking here in Mammoth! Not only have the temperatures been soaring...but so has our pilot summer program. We are hiking around in the woods, biking all over, climbing the Rock Wall, flying on the zip line, fishing for trout and learning about the local bears and trees and flowers!

Our participants have really had a blast and keep coming back for more. So far all of our trial runs have been fun and successful and it looks like we will be launching a more full blown program next summer.

Keep in touch and stay tuned as we continue to grow!

Kathy Copeland



July 4th Weekend Yard Sale and Parade

By Adriene Alpert, Volunteer

Yard Sale

What is more rewarding than raising money for a wonderful program! Every year on the first weekend in July, Disabled Sports Eastern Sierra (DSES) holds their annual yard sale. This year was our 5th Annual Sale. We received donations from all over — furniture, appliances, ski equipment, bikes, clothes, electronics, books, and even a Toyota truck. We had a great crew of volunteers helping to set up on Friday until late into the night. Special thanks go to Fran Cook, Anita Haenni and Adriene Alpert who worked hard to organize and direct the set up.



Christie Fulcher modeling at the DSES Yard

On the day of the sale, it was glorious and sunny. We had a lot of customers buying and supporting DSES. By the end of the day, we raised \$6,300, topping last year's proceeds by over 25%. (Yippee!)

Parade

On Sunday, July, 3rd, we decorated a float along with *Paws 4 Healing* for the 4th of July Parade. The float, built on Gary McCoy's *Happy Trails* truck, included a pile of REAL snow, Mt. Thalia. Students, families and therapy dogs and owners filled the float. A huge thank you to Mario Arce for building the rope tow and to Dorie for being the float "Queen"!



DSES and Paws for Healing win 1st prize in the motorized category for the July 4th Parade

Thanks go to all the volunteers who helped to make the yard sale and the parade so fun and successful !!!!

Sign up today for eScrip!

The easy way to give to DSES without spending a cent.

With the eScrip program, every time you use your registered credit card, a percentage of every dollar you spend will be donated to Disabled Sports Eastern Sierra.

How to register

Visit <http://escrip.com> and enter:
Group id# 500001307 or Disabled Sports
- or -

Call DSES at 760.934.0791 and we will mail or fax a form to you

Celebration (continued from page 1)

Volunteer Coordinator, Dave Owings CTRS, toasted the volunteers with a wonderful tribute. He stressed four points: ❶ being a volunteer makes you a better person; ❷ being a volunteer makes you more patient; ❸ being a volunteer makes you more understanding; and ❹ being a volunteer makes the Disabled Sports program work.

Gulf War veteran, Terry Smutney, a volunteer who learned to mono ski with inspiration from DSES ski instructor Jeremy McGhee, spoke about how much the program had helped him to back on his feet and back into life.

Kathy Copeland, Executive Director, acknowledged that without the help and support of local businesses, donors, grants and the Mammoth Mountain Ski Area, this program would not exist.

On the flip side, DSES would not exist without Kathy Copeland. Her ability to motivate people and bring out the best in them makes you want to volunteer and work with her. In recognition of all her hard work in the past 30 years, the DSES staff presented Kathy with a beautiful snowflake pendant necklace along with a certificate for the Best Director in the Whole World!

Thanks to everyone for a great season. We look forward to another great season in 2005-06!

G'day Mates: A Special Message from Down Under

By Sean Killeen, Volunteer

Over 2 years ago, I decided to give up my summers in Australia to experience what it is like to live and work in a winter wonderland. As a DSES Volunteer, I was privileged to teach some of the most wonderful and inspiring people. Every day that I woke up knowing that I was working for DSES, I was excited -- excited about what we were going to learn during the clinic, what crazy ideas Kathy had for the day, and the students that I would be teaching.

Through my experiences of working with DSES, I have learned a lot about myself and what I want to do in life. I have always loved helping people less fortunate than myself and now working at DSES has inspired me to study Occupational Therapy.

It is really exciting to see what the future will bring to DSES, especially as the Pilot Summer Program takes off this year. Good luck to the crew with everything they undertake. Thanks to everyone at DSES for making the program what it is today and I hope to see you all next season.

Volunteer Honorees

Volunteer of the Year
E. L. Smoogen

MVPs of the Year
Lee Aaker & Anita Haenni

Rookies of the Year
Don Beck & Dot Beck

Instructors of the Year
Ken Klein & Maggie Palchak

Most Improved Skiers
Dave Dreher and Thalia Hansen

Trainers of the Year
Dorie Bourelle, Dr. Phil Cardan, Robin Conners, Alex Fabbro, Karen Scholl & Jes Schwartzkopf

Join the DSES Team!

Become a DSES Volunteer
Lots of projects for lots of people

For more information, stop by the
DSES office in Woollywood
- or -

Visit us on the Web at
www.disabledsportseasternsierra.org

In Memory of Steve Bligh

by Ken Klein, Volunteer

As the bi-ski with Steve Bligh in it moved down the slope one could not miss the huge smile that crept across his face. Tethered by DSES's own Volunteer Coordinator, Dave Owings, Steve descended the range of ski runs from easy (Sesame Street) to difficult (Far West). After just a few rides in the bi-ski Steve was able to initiate a turn by moving his head and shoulders. His determination to ride the bi-ski spoke volumes of Steve's ability to rise above the challenges associated with having a brain tumor. Perhaps his intimate knowledge of the mountain and love of skiing came from working at Mammoth for 28 years, most recently in the Race Department. But whatever powered him, he sure loved the exhilaration that came from gliding down the slopes!

As a volunteer it is always so exciting to experience firsthand the joy and sense of accomplishment that skiers who use DSES's services realize. Whether the individual is a first time skier or, in Steve's case, a person who had skied extensively, the ability to assist people with various disabilities using adaptive equipment sparks an emotion best described as invigorating. Let's face it, living life to its fullest is what everyone desires. And the reward for the volunteer participants in the DSES program is being a vital part of helping others do just that!

Steve peacefully passed away on Saturday, July 16, 2005. He will be greatly missed!



Steve Bligh and the Gang



Steve Bligh and Dave Owings



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Keeping things Positive

By Chelsea Faulkner, mono ski student

My name is Chelsea Faulkner and I have been using a wheelchair now for seven years. I finally had the chance to mono-ski for the first time this last season. I would love to share my experience with you!

My first day of mono-skiing started off a little challenging and discouraging. At the end of the day, I was given some homework — taking the outriggers home and visualizing skiing with them. That night I practiced and saw physical as well as mental improvements the very next day. So, my first bit of advice to first time skiers is to have patience and to hang in there because the rewards of continuing with lessons is amazing with each new day!

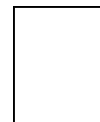
Another thing that I learned is to keep a positive mental state. I experienced a really tough day, thinking only about my mistakes. On my lunch break I shook the negative energy off and returned to the slopes with a positive outlook and a smile on my face. My instructors reminded me of what should be my priority — to have fun! That is exactly what happened too. I had a great end of the day and end of my trip due to positive thinking. So, no matter what level of injury or disability you have, don't let it discourage you or hold you back from learning to ski, because the drive for independence and the freedom that it brings is the ultimate experience. See you next season!

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