

# Good Vibrations



DISABLED  
SPORTS  
EASTERN  
SIERRA

P.O. Box 7275  
Mammoth Lakes, CA 93546  
Phone: 760.934.0791  
[www.disabledsportseasternsierra.org](http://www.disabledsportseasternsierra.org)

Volume 3 Issue 2 - December 2005

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

## Winter is Here! ~A Word From Our Director...

By Kathy Copeland, Executive Director

Snow is in the air...some of it natural and some from the guns – thank you Clifford Mann and modern technology! Our season has started and we are taking advantage of the sparse snow conditions by cramming in tons of volunteer instructor clinics.



Bill Bowness leading a mono-ski clinic!

Robin Connors is doing a superb job of coordinating our training and has even brought in Bill Bowness, a US Demo Teamer for two days. Rachelle Sentner, our Administrative Assistant, is manning the phones,

greeting our guests and scheduling our volunteers. She is a really fun addition to the team. Diana Proemm, the Kayak Goddess, returns to us as our Volunteer and Intern Coordinator. You may recognize her from our very first season as our intern. As a Certified Therapeutic Recreational Specialist, Diana is interviewing interns to join our team. ....Pop in and say HELLO!!

### *Become a DSES Volunteer*

*Lots of Fun Projects for Lots of Fun People*

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

Visit [www.disabledsportseasternsierra.org](http://www.disabledsportseasternsierra.org)

## Shelley's Extreme Office Makeover!!

By Robin Connors, Program Director

Shelley & Rick Taylor made a dream come true!!! Our extreme office makeover is fabulous! You must see it to believe it. Shelley and her sidekick, Susie Klein (an outstanding DSES Volunteer), arrived at the office with a tape measure and note pad and went to work. Recruited by Johnny Goetz, Ed and Jan Power of Invision Painting graciously donated the paint and the master painter to doll up the walls. Elise Waddell purchased our new carpet that complements the other colors. Within three weeks Shelley's gift of new furniture arrived, and with her three professional assistants, Shelley organized the office. New office chairs rolled in thanks to Jes Schwatzkopf. Looking spacious and Feng Shui'd by Mark Sapousek, we are ready to welcome all of our friends. Thanks for our new home!!!!



Rachelle, Kathy and Diana in their "new" office!

### In this Issue!

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## Fall Century



Left to Right: Don Deck, Anita Haenni, Robin Connors with Terry on the bike.

Disabled Sports Eastern Sierra is very excited to announce that it took delivery of its newest addition to their summer program; a state of the art QUICKIE-SHARK hand cycle with 28 speeds. This bike allows those with lower limb impairment the enjoyment of cycling the beautiful Sierra, perhaps for the first time, while providing great upper body exercise. We christened the bike on September 10 at the High Sierra Fall Century (100 mile ride), beginning and ending at Whitmore Ballpark. Disabled Sports sends its heartfelt thanks to Eastside Velo Bike Club and the Sierra Cycling Foundation, both local non-profit organizations, for their donations which enabled DSES to purchase the bike. Terry Smutney, Team Captain, DSES volunteer, student and Gulf War Vet, rode the cycle in the race and completed 55 miles, doubling his personal goal of 25 miles. Congratulations Terry and all the volunteers who supported him.

## Thank you donors!

Rotary continues to generously support Disabled Sports Eastern Sierra. They are sponsoring 3 volunteers, E.L., Terry and Jeremy to go to the "Ski Spectacular" in Breckenridge, CO. They will attend clinics on the latest technology and methodology on adaptive skiing and snowboarding and come back and share their experiences with the rest of the crew at DSES. Keep up the great work Rotarians!

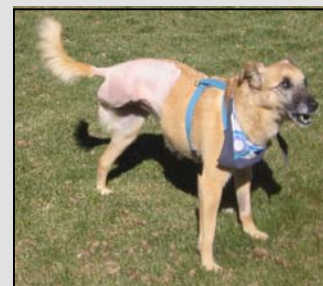
### Special Thanks To:

Abby Dalton and Jack Smith for sponsoring Kathy, Robin and Rachelle to go to the California Association of Non-Profits Conference (CAN). They learned tons! We would also like to thank Lance and Darcy Bauer for our fabulous new 14 foot cargo trailer for storage of our adaptive equipment! It's really great!

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## "Minnie" DSES' NEW MASCOT!

Minnie, owned by an outstanding volunteer, Peggie Chew, recently had a hind leg amputated due to cancer. Here she is one week post-operation. Minnie says "Hey, don't just stand there.... Let's go play!"



Front row Terry Smutney, Jeremy McGhee, and his dog Freedom. Back row Doc Randol, Dan Wright, Don Sage, Rotary President Neil McCarroll and E.L. Smoogen.



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# Volunteerism...

By Diana Proemm, Volunteer Coordinator

People with big hearts donate their time and energy to allow students to ski. Without the support of volunteers and members of the community our program would not be able to survive.

The initial stigma for people with disabilities is that they cannot do certain things, such as outdoor activities. It's amazing to find out all the capabilities they have! I volunteered for DSES before becoming full-time here and have volunteered and worked for many different adaptive programs over the years. It still amazes me that I never cease to learn something from a disabled student when I am supposed to be the teacher or instructor. These students have put an entirely different perspective

*“Being a DSES volunteer is special in so many different ways, however the best part is seeing the expression on our student’s faces with an overwhelming sense of joy and accomplishment. It is worth doing over and over again.”*

**Johnny Goetz**

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on my life. I have seen many changes in students’ lives especially in their self-confidence. I have observed students go from barely being able to put on their own ski gear and walk to the slope to shushing down the mountain with me trying to keep up with them.

I am not the only one that feels this way. We asked a dedicated volunteer, Johnny Goetz, why he volunteers for DSES and his reply was this.

I believe that when people with disabilities have the courage to get out there and discover their abilities that we have it in ourselves to help them achieve their goals and strive for independence. We have the power to educate the public that people with disabilities need to be included and integrated as normal people with special talents.

*I look forward to working with you all this winter!*

## Instructor Training

By Robin Conners, Program Director

We are gearing up for a spectacular, fun-filled winter season. Instructor training has started. Brought back by popular demand, we will offer daily early morning 8:30 clinics, clinics on teaching and personal skill development and lots more for all instructors who wish to attend. Lots of sliding, learning and fun!

Have a look at the DSES website for details on Start Up training, additional specialty clinics and guest trainer clinics. Sign up now so you will be ready to teach early in the season.

Stop by or give us a call to get involved.



Anita Haenni with Spencer

## Sponsor a Student!



You and DSES, as partners, can provide access for people with disabilities...challenging their limits, expanding their horizons and helping them enjoy the freedom that outdoor sports have to offer. Your donation covers the cost of participation in any of our winter or summer programs. It enables people with disabilities to go beyond their perceived limits and gain a sense of accomplishment that can transform their lives.

A \$250 donation covers the cost of one student to participate for one day in any winter or summer program. Larger donations will help to maintain our scholarship fund.

Please contact DSES for more information. 760.934.0791



## Island Extravaganza! December 10, 2005

The Island Extravaganza Silent Auction and Raffle is DSES' major fundraiser of the year. Some of our top prizes so far include; a trip for two to Tahiti, free lodging in Hawaii, a Tahoe vacation, skis, massages and dinners. Located at the Old Mammoth Grill and Bar, dinner will be served from 6:00-8:00PM and will be \$30 per person. The event is a beach setting and there will be live music, dancing, even some hula dancing girls and a no host bar, from 5:00-11:00PM. Raffle tickets are \$5 each or five tickets for \$20. We would like to invite you all to be a part of our fundraiser December 10, 2005. The support of our local community members and businesses allow us to continue to offer the outdoors to our students. We make a difference in people's lives and we couldn't do it without YOU!! Please call DSES for more information or inquires about donating items for the silent auction or raffle.

### Please Help Support DSES

Donations are always needed to support our program.

**Make a donation online at:**  
[www.disabledsportseasternsierra.org](http://www.disabledsportseasternsierra.org)

**or mail your donation to:**  
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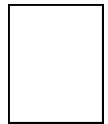
### In Memory of Dave Thompson

In loving memory of Dave, friend and fun volunteer who dedicated his time and energy to the program. He will be greatly missed-Let's make some runs for him!



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