

# Good Vibrations



DISABLED  
SPORTS  
EASTERN  
SIERRA

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

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

## Disabled Sports Eastern Sierra Volunteers Making a Difference!

By Diana Proemm, Volunteer Coordinator

Volunteering with DSES is about taking precious time out of your life to make a difference in someone else's. Here is an example of a



Nicole Martin full of smiles!

difference our volunteers have made from Mike Martin, father of student Nicole Martin. "I wanted to drop a note of appreciation to you and the fantastic staff at DSES. Nicole once again had an incredible experience. Her tears upon leaving were a testimony to the job you are all doing. They were not tears of saying goodbye, but a heartfelt thank you for the love extended to her for the three days. Nicole has been through a lot of therapies. Your team is at the top for making these kids feel empowered and cared for. Keep up the great work!" Need I say more? **THANKS** to all the volunteers who help make this program a success in so many ways!



Terry and Grant in the mono skis, Woolly with Diana and "C".

## Growing Pains with Gains!

By Diana Proemm, Volunteer Coordinator

DSES is going through major growing pains! We have been experiencing an overwhelming amount of students coming to us for lessons. And believe it or not we are having to turn potential students away. The month of December we had 171 lessons, 66% more than last year. January surpassed previous months in DSES' history with a record number of 233 students. We are doubling the amount of students this year compared to last year. With these growing numbers the need for more instructors grows also. We are happy to announce that we have hired our first instructor, Trevor Hildebrand. He comes to us with three years of adaptive experience in both skiing and snowboarding from Telluride Adaptive Sports out of Colorado and Eagle Mount out of Bozeman, Montana. He is a fabulous edition to the program and we love him!



Trevor with Charles Jenkins



**Volunteer!!**

*Lots of Fun!!  
Lots of Fun People!!*

For information:  
Call 760.934.0791  
Or visit:

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# Full Moon Adventures

By Rachele Sentner

DSES volunteers have set out a couple of nights this year, trekking under the full-moon with their cross country skis and snowshoes. The first trip in January was out and about in Sherwin Meadows after having a hearty dinner at Sherwin's Folly. During the February full-moon, volunteers headed up to Minaret Summit where they enjoyed hot dogs, S'mores, good times and yodeling by our own Anita Haenni.



Thalia cooks up a storm!!



Tim discovers marshmallows!



Rachelle, Page, Kathy, Susie, Ken, Nate and Alex get together for a moonlight ski.

## Training

By Volunteer, Dot Beck

One of the many advantages of being involved with DSES is participating in the training sessions and clinics. These programs are a great way for the volunteers to improve their personal skiing, help equip us to be better instructors and provide an opportunity to interact with the many other wonderful people involved with DSES!

Following is a sampling of recent training sessions and clinics and the reactions of volunteers who participated in them:

*8:30am Daily Clinic* - Dan Haynes, a second year volunteer, claims that whenever possible, he likes to join this morning group because it really helps improve his skiing. "The more I know, the easier it is to relate to the needs of my students."

*Teaching Progression* - Susie Klein, a former elementary school teacher mentioned, "The training is very informative and the variety of teaching tips shared will assist me in improving the skiing of my students." "Besides" she added, "it's fun being with other DSES volunteers in the clinic!" There are many exciting training opportunities offered each week. Robin Conners, DSES's Program Director, encourages all volunteers to check the calendar on our website and sign up in our training book in the office. DSES strives to make a difference in all lives!



Robin our fearless leader gets fitted in a mono-ski with Anita, Terry and Jeremy.



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Rachele Sentner, Admin. Assistant  
Trevor Hildebrand, Instructor

## Group Events

By Trevor Hildebrand

Casa Colina Outdoor programs visited DSES during the extremely busy months of December and January. We at DSES had this great opportunity to share our knowledge of snowsports with a fun group from Pomona. Casa Colina is a rehabilitation center for those with a wide range of disabilities.

This is my third time that I have been out skiing with Casa Colina, (once before in Telluride) and every time I meet them, I see improvements in their skiing, and my teaching. This group gave us the "warm up" lessons we needed to start the season off right! We had lots of and we can't wait for their energetic return next season!



Casa Colina and DSES crew.



**CAMP DEL CORAZON**  
Making a difference in the lives of children with heart disease.

Camp del Corazon brought 30 young students to Mammoth in March. These kids ages 7-12 all have severe heart diseases. We are looking forward to a another great time with them-Last year they were our first group and we loved them!!



## DSES WISH LIST

### Office Equipment:

Telephone Headset for Administrative Assistant	\$400
Multifunctional Printer	\$500
Computer (Tower with CPU and HDs only) and tech support	\$1300
Computer System (With FP monitor, mouse, keyboard)	\$2000
Computer to function as DSES server	\$3500

### Student Programs:

Skiing Scholarships (per student)	\$250
Sponsorship for Wounded Warrior Weekend	\$4000

### Ongoing Projects Requiring Significant Capital:

**Uniforms** – We are currently using hand-me-down snowboarding instructor jackets and pants that were headed to the trash bin. DSES has never had its own uniforms. As there is only one opportunity to make a first impression, we are looking to upgrade our on-hill appearance with high quality, durable and professional appearing jackets, pants and fleeces. We will be proud to display the donor's logo on all garments along with our name and logo prominently displayed.

**Building Fund** – For a growing program that is on track to surpass the over 1600 lessons taught last season, our spaces are severely constrained for students, staff and instructors alike. A DSES building fund will be established to finance evaluation and implementation of expansion possibilities. This will be an on-going depository for large capital donations, and all avenues of corporate sponsorship and/or endowments will be encouraged and entertained.

### Miscellaneous Items:

DSES Logo Stickers	\$750
Video Camera Case	\$75
DSES Pins	\$350
Mission Statement Signage	\$500
Signage for DSES trailer	\$1000
Jell pads (three) for sit down equipment (per pad)	\$1500
Hand-cycle	\$3100
Adult Tricycle	\$450
Adult Tandem Bike	\$500
Kids Trail-a-bike	\$200
Kayak	\$750

## Sponsor a Student! Support our Program!!

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.

Any donation will support all students!

Please contact DSES for more information: 760.934.0791



# DSES 2006 Summer Programs!

DSES is continuing the outdoor fun with summer programs. DSES created a



pilot program last year and we plan to expand this year. Programs will include kayaking, rock climbing, camping, hiking, cycling, mountain bike rides, horseback riding and some enjoyable outdoor adventure learning activities. Be sure to visit our website for current programs and sign up soon and join in the excitement of exploring the Eastern Sierra region!

## Summer Sessions

*\$75 per session  
or \$25 per activity day*

### **Adventure Learning Program**

*Tuesdays, 9:30am-12:00pm*

*Session 1 ~ June 27<sup>th</sup>, July 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>*

*Session 2 ~ August 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> :*

### **Cycling/Mountain Biking Program**

*Wednesdays, 9:30am-12:00pm*

*Session 1 ~ July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>*

*Session 2 ~ August 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>*

### **Outdoor Education Program**

*Thursdays, 9:30am-12:00pm*

*Session 1 ~ July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>*

*Session 2 ~ August 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>*

***Prices, times and dates subject to change!***

***Please call 760.934.0791 or visit***

***www.disabledsportseasternsierra.org  
for current information.***

## Other Summer Adventures!

**Boating/ Fishing Lake Mary ~ \$25 per day**

*Sponsored by Barrett's Outfitters*

Wednesday, June 21 from 9:30am-12:00pm

**Kayaking-location TBA ~ \$25 per day**

*Sponsored by Caldera Kayak*

Thursday, June 22 from 9:30am-12:00pm

**Horseback Riding ~ \$75 per session**

*Sponsored by Freedom In Motion*

*Meeting at Freedom in Motion: 9:00am-12:00pm*

*June: Saturday the 24<sup>th</sup>*

*July: Sunday the 9<sup>th</sup>, Sunday the 30<sup>th</sup>*

*August: Monday the 7<sup>th</sup>, and Monday the 21<sup>st</sup>*

**Bear Program at Valentine Reserve ~ FREE**

Friday, July 7<sup>th</sup> from 3:00pm-5:00pm

***Climbing in the Buttermilks ~ \$50***

*Sponsored by Sierra Mountain Center*

Saturday, July 8<sup>th</sup> from 9:00am-1:00pm

**Camping Overnight ~ \$30**

Millpond Campground near Bishop

Saturday, July 8<sup>th</sup> - 5:00pm to Sunday at 8am

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