

# Good Vibrations



**DISABLED  
SPORTS  
EASTERN  
SIERRA**

March 2007

Volume 5 Issue 1

## UPCOMING EVENTS

Sunday, March 11

Swing at the Creek

Bishop Whiskey Creek starting at noon. John Wedberg and his band play great music every month and he chooses a non-profit to be the recipient of the donations made that day. He has chosen Disabled Sports Eastern Sierra for March!! Come listen, eat, dance, drink and see some other DSES supporters there!

21 – 23 March

Mammoth Mono Ski Madness

DSES will be presenting a 3 day camp for intermediate to advanced mono-skiers with Bill Bowness, PSIA Demo Team member. The focus is on improving skills and abilities of mono-skiers, while exploring different terrain and bumps skiing. Cost is \$500/ participant and includes lunch each day. (Accommodation, dinners & breakfasts not provided), Scholarships are available – contact DSES. Phone: 760.934.0791  
Learn more about Bill at:  
[www.psia.org/01/teams/BillBowness](http://www.psia.org/01/teams/BillBowness)

16 – 19 April

Springtacular

Disabled Sports Eastern Sierra is proud to invite you to the 2nd Annual Disabled Sports Springtacular! This special event is designed for participants of all ages with cognitive disabilities. It includes four days of ski or snowboard instruction (student must participate in their chosen instruction for the entire week). It also includes lift tickets, equipment rentals, lunches, a banquet and participation ceremony, a commemorative t-shirt, and LOTS of FUN! With event sponsor, Mammoth Mountain Ski Area, it promises to be an event where everyone is a star!  
Participant Fee: \$335  
Ground Crew: \$85  
For more information go to:  
[www.disabledsportseasternsierra.org](http://www.disabledsportseasternsierra.org)



## Wounded Warriors in Mammoth

There was some wonderful healing happening in Mammoth recently. Six wounded warriors with severe injuries from the war in Iraq were healing their spirits through the freedom and exhilaration of skiing and snow boarding. Disabled Sports Eastern Sierra rolled out the red carpet with the help of the community of Mammoth to honor these men who had literally donated body parts to the war.

Smiles were contagious and the pride of achievement spurred these men to push the limits of their abilities. Everyone had that special feeling of conquering a slope on one kind of adaptive equipment or another.

Brice shredded the lower part of the mountain in his bi-ski. Randell modified his prosthetic leg with a mountain bike shock so he could push it harder on his snowboard. Alroy switched from boarding to skiing, so he and his wife, Katara could share a sport together.

When these men went back to the Naval Medical Center in San Diego to continue their therapy in the more traditional setting, they were exhausted and exhilarated and a bit more 'whole'.

This town, this very special place, welcomed them with open arms, standing ovations and tears of gratitude. And we can't wait to do it again!



Doc makes it up the mountain



Brice shows his moves



Randell shredding on his snowboard



Bob finds his balance on the mono ski



Jacob gets off the lift solo

We believe the freedom and exhilaration of outdoor challenges changes lives.  
No one should be left behind simply because of a disability!



Alroy and his DSES crew



Brice and crew



Volunteers & Warriors



Warriors and dogs on the trail



Doc tries 4-tracking

Wounded Warrior Photos: Diana Proemm

## Wounded Warrior Project Thank You!

Mammoth Mountain Ski Area, Bill and Susan Baribault, Stephen Family Charitable Fund, Bob Waggoner, Jeff Roberts, Holiday Inn, Belladonna, Mammoth Dog Teams, Snowmobile Adventures, All the great folks at the MMSA Call Center, Roberto's, The Breakfast Club, Burgers, Craig and Anne Knoche, Mammoth Brewing Company, Mammoth Sunrise Rotary Club, Mammoth Rotary Club, Evie Werthman Catering, Looney Bean, Angels, Hennessey's, Creative Embroidery, Mammoth Memories, S.P.O.R.T. Center, Mammoth Ski Museum, Colonel David Hall and all of our WONDERFUL volunteers!

## Some Amazing Mammoth Moments

Wounded Warriors: Randell Leoncio, Alroy Billiman (and his wife Katara), Jacob Rose, Dan "Doc" Jacobs, Bob Pratt, and Brice Brokow came to Mammoth for their 1st time to learn how to ski and snowboard.

Bipin and his gift of Holiday Inn rooms and services was so generous.

Tom Heller and Mammoth firefighters 'broke the ice' at the welcoming party.

Joani Schaller, Sue Ebersold and Ed Hurley put on complimentary feasts for these heroes.

A special thanks to the guys eating at Hennessey's near this group of injured servicemen who anonymously paid the bill.

Phil Hamilton's invocation at the Rotary luncheon that touched all of our hearts.

Col. David Hall's eloquent words of praise and gratitude.

Jim Ouimet and Jeff Smith and all the dogs for the sled rides through the pristine forest.

Mike Colbert and Greg Dallas and the thrilling snowmobile adventure.

Dave Donaldson for coordinating everything from the San Diego end and being SO instrumental to the healing of these Wounded Warriors.



Wounded Warrior Disabled Sports Project



## Winter Intern for DSES

Raised in the 'madcity' of Wisconsin, as Brian Castillo puts it, Madison is where he developed his love for the outdoors. Situated on the Yahara River, downtown Madison is located on an isthmus between lakes Mendota and Monona. Often described as The City of Four Lakes (lakes Waubesa and Kegonsa are the southern two in the chain), it is clear to see from the geography of area why Brian has a passion for paddling.

As a youth he spent summers teaching paddling for a local paddling school and more recently two summers as a sea kayak guide in Alaska.



Brian in a Bowstall

Winters in the north, however, bring the lakes to a standstill. The freeze sets in around mid-December and Brian's adventurous nature takes him into the backcountry for skiing and snowshoeing.

Now in his final year at Northland College in Ashland, Wisconsin, situated on the shores of Lake Superior, Brian is pursuing a degree in Outdoor Education with a focus on Therapeutic and Universal design.

"Along with the big lake, came big snow," says Brian.

He became an avid skier and gained some first-hand experience in adaptive skiing in Challenge, Alaska and Breckenridge, Colorado in 2005 and 2006 respectively.

This year, Brian is the first Northland College student to intern with Disabled Sports Eastern Sierra. It is his first visit to the area and he says he is already impressed with the program.

"It's unique," he says. "The methods in this program are more flexible. The trainers adapt to a student's needs."

He believes that 'less equipment is more' – more independence, more enjoyment and greater success in bringing enjoyment of the outdoors to folks of all abilities and ages.

He hopes to bring a good sense of humor to bear on a busy 40-hour week of work at DSES. His workweek will include everything from office duties to teaching lessons to equipment maintenance. Brian says he'll still find time to watch the sunset at the end of the day.

With plans to be here until early April, Brian is sure to see quite a few great sunsets, but he's not alone in hoping that much more snow will fall this season. Brian says he hopes to share his love of winter with the folks of the Sierras and 'learn how Mammoth provides the powder.'

## Ski Spectacular

An opportunity arose for me to attend the Hartford Ski Spectacular in Breckenridge, Colorado; a chance to train with the nation's best in all snow sport disciplines. Disabled Sports Eastern Sierra (DSES) and the PSIA Sodergren Scholarship

Fund allowed me to attend some incredible adaptive clinics.

I went to ski spectacular with 3 other volunteers from DSES, and I was green to what I was in for. Wheelchairs, prosthetics and an adaptive equipment truck loaded to the hilt awaited me. The great thing about Ski Spectacular is that lessons are offered to those who want to learn to ski or snowboard-no

matter what your level or disability, as well as clinics for instructors in all disciplines.

I was thrilled and excited to see so many people there. I can't say what I was most eager about, to see so many people with disabilities out on the slopes ripping it up or having the opportunity to attend clinics from some of the most knowledgeable trainers in the country.

Since I have been working in the adaptive ski industry for a few years, I have heard about people that have made milestones in the industry or who have accomplished

many things. The chance of getting to meet any of them is usually slim to none, unless you go to Ski Spectacular. An indoor slider clinic was my first clinic and was filled with many trainers from other programs around the country all waiting to have their brains filled with information. The clinic was great and the best part was that, all participants had the opportunity to share what worked and what didn't work with the slider. I went away from that clinic a happy girl, my head filled with new knowledge. The rest of my clinics were extremely informative, given by knowledgeable trainers working in the adaptive industry. I was like a sponge soaking it up. The clinics I signed up for were based upon my current knowledge or lack thereof, and what I received from these clinics was a sense of accomplishment, relief and a higher comfort level on specific disciplines.

My goal for the three days of clinics was to bring back the information I learned to share with my volunteers and students at Disabled Sports Eastern Sierra, at Mammoth Mountain. I definitely achieved that goal with the plethora of information I received.

Diana Proemm



Anita Haenni, Ken Klein, Diana Proemm, Terry Smutney



Ken, Ken & Ken (the three Kennors)

## Museum Soirée

Sometimes I think I'm crazy and other times I know I am! Who would put on an event in the middle of the wild Christmas holidays and right after the huge Island Extravaganza benefit?

Well there are some very special people who don't live here in Mammoth but who play here and who want to show their support of our adaptive program. Annie Oldham (a Mammoth instructor and friend from the 80s), and her friend Dana Mueller asked three years ago how they could help raise money for DSES.

The idea of the Ski Museum Soirée was hatched and this year it took a quantum leap with at least 60 supporters including many of Annie and Dana's San Diego buddies, enjoying wine and delectable goodies (even though I screwed up the chocolate fountain!). Evan Russell and TJ Chase helped host the event at the fabulous Ski Museum, which was proudly displaying local mountain art by Matt Elson. We had three Olympians, Andrea Lawrence, Tommy Czeschin and Nancy Fiddler grace us with their presence, and also motivate people to come to the event!

Jeremy McGhee, a volunteer and former board member of DSES, poignantly described how he felt being a paraplegic and then discovering the feelings of freedom and exhilaration of skiing, how his claustrophobia dissolved, and how it leveled the playing field. He then shared film clips of the ecstasy of his experience.

As a result of these caring, philanthropic people gathering on one windy evening, they raised \$20,000 for us. I can't thank them enough. Their generosity is allowing us to continue delivering dreams and smiles, and tears of joy. We continue to introduce the possibility of success to first-timers and the thrill of conquering the mountain to others.

The Museum Soiree was a great success. Thank you all for making it possible: Sherine Sanders (the event organizer), Rick and Shelley Taylor, Brooke McKenna, Allegra Stevens, Sara Lokan, The Kleins, Jennifer Zeigler, Larry Palm, E.L. Smoogen, and Karilyn Meyers

See you on the slopes!

Kathy Copeland

## Summer Adventures!

There's a mountain of fun to be had in the Eastern Sierra in summer. Adaptive adventures with family and friends will challenge your abilities and help you learn new skills.

Explore all there is to offer with activities that include:

- Boating & Fishing
- Camping
- Cycling
- Hiking
- Horseback Riding
- Kayaking
- Rock Climbing
- Tennis 

...and much more!

Activity schedules are based on specific group and individual requests, wishes and requirements.

Reserve your summer fun now!

Call us on: 760.934.0791

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



Grant taking the jumps at Mammoth Mountain  
Photomerge by Diana Proemm

## Wounded Warrior Scholarship Fund

Your donations can help bring men and women who have been severely injured in Iraq to Mammoth to learn how to adapt to their newly 'altered' bodies. Help them remember there is STILL FUN TO BE HAD!

To support this worthwhile cause contact DSES now:

P O Box 7275

Mammoth Lakes, CA 93546

t: 760.934.0791

f: 760.934.0729

e: [info@disabledsportseasternsierra.org](mailto:info@disabledsportseasternsierra.org)

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



Randell

### DSES Staff

Exec. Director:

Kathy Copeland

Program Director:

Robin Connors

Trainer & Volunteer

Coordinator:

Diana Proemm

Aministrative Assistant:

Laurel Martin

Volunteer Coordinator:

Christine Souza

### Board of Directors

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Vice President: Ken Klein

Vice President: Rick Taylor

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Save a tree!

Sign up to receive a full color version of this newsletter by email, at [info@disabledsportseasternsierra.org](mailto:info@disabledsportseasternsierra.org)

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