

# ***Inside*** **VIBeS**



Vol. 15/ No. 1  
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A Publication of VIBeS –  
Visually Impaired and Blind Skiers  
of the Colorado Springs Community  
<http://www.coloradovibes.org>

## **Up Coming Events**

### **Shoe 'n' Soak**

**Saturday, January 17**

**Captain: Diane Fitzkee, 361-8974**

### **Ski for Light**

**Weekend, January 23-25**

**Contact Rick Palmer, 325-5832**

### **Ski Trip**

**January 30, 2015, Monarch**

**Captain: Amy Gunning, 337-0161**

**[amythegun.ag@gmail.com](mailto:amythegun.ag@gmail.com)**

### **Breckenridge Weekend**

**February 6-8**

**Captains: Melissa Rose, 303-870-1610,**

**[rmmelissa@comcast](mailto:rmmelissa@comcast) & Sharon Boyd**

**Limited space, \$20 co-pay**

### **Race Weekend**

**February 28-March 1, Monarch**

### **Shoe 'n' Grub**

**March 7 or 8**

**Captain: Diane Fitzgee, 361-8974**

## **Who To Contact**

### *President*

**Amy Gunning**  
719 337-0161 (c)  
719 632-3679

### *Secretary*

**Victoria Hulsey**  
719 548-0754

### *Treasurer*

**Lynn Fleharty**  
719 641-8848

### *Director of Communications*

**Dean Myers**  
719 578-9268

### *Director of Programs/Logistics*

**Leo Bush**  
719 481-2304

### *Director of Skier Recruitment and Orientation*

**Jeanette Fortin**  
719 265-1083

### *Director of Activities/Programs*

**Diane Fitzkee**  
719 351-8974

### *Director of Finance/Grants*

**Lorie Whitehead**  
719 687-6409

### *Website*

**Susie Nulty**  
[nulty@csdco.com](mailto:nulty@csdco.com)

### *Newsletter*

**Marcia Wick/Jule Wolf**  
651-2221

**Griffith Lodge Weekend Reunion Trip**

**March 13-15, Breckenridge**

**Captains: Barry & Marcia Wick**

**719-535-8134 - home phone**

**719-651-5438 - Barry's cell**

**719-651-2221 - Marcia's cell**

**Sleeps 22, Co-pay between \$50-100**

**Catch the VIBE!**

**Hope and Possibility**

Happy 2015 to you all! May you all be blessed to be in good health and good spirits throughout the new year.

Leo Bush and I had the opportunity to attend the USABA (United States Association of Blind Athletes) Common Sight, Common Vision Breakfast in December. The guest speaker was a soldier who lost his vision during an incident in Afghanistan. He spoke very candidly and eloquently of his experiences before and after this incident. What struck me most about what he had to say and how he said it was that he maintained a sense of hope throughout all of his experiences. He spoke of loving to ski and snowboard and how meaningful it was to him when he discovered that he could still do these things. This is what VIBeS is all about--offering hope and possibility to skiers, guides, and volunteers alike and I for one am so very grateful to each and everyone of you for sharing the same belief.

Amy G., President

**VOLUNTEER!!!**

**\*\*\*We need people to step up and captain a trip or suggest an event.\*\*\***

**Have a Question About VIBeS?**

**Email the HOTLINE: [amythegun@comcast.net](mailto:amythegun@comcast.net)**

**Cell phone: 719-337-0161**

## OTHER OPPORTUNITES

### Crested Butte Skiing

Chris Read of Adaptive Sports is offering a \$30/day Vibes price, which includes ticket, equipment and instruction/guiding. This offer is for anyone who would like to take a lesson or be guided by an ASC Instructor (list rate is \$190/day). Advanced reservations are recommended. This offer is not valid March 13-23.

We won't be able to pull a group together this go around (we will shoot for 2016!) but if you'd like to come on your own let us know. Pat Addabbo, Program Supervisor and Stephanie Maltarich, Program Coordinator can help you book your ski days. Let them know you are with VIBeS. Our Program Office number is [970-349-2296](tel:970-349-2296).

Please find more info about the ASC and Crested Butte at <http://www.adaptivesports.org>.

Register Here: <http://www.adaptivesports.org/register>

Submitted by Christopher Read, M.A. CTRS, Program Director  
Desk: [970-349-5075](tel:970-349-5075) ex 110 [cread@adaptivesports.org](mailto:cread@adaptivesports.org)

### Achilles Pikes Peak

**\*\*Looking for a winter running/walking group to stay motivated?\***

Look no further! Our runners and walkers are out every week! Whether you are looking to be inspired or just stay in shape- Achilles is for you!

Achilles Pikes Peak has invited VIBeS members to participate in their weekly workouts. They meet year-round on Mondays at 6:15 p.m. at Colorado Running Company University Village Center (5262 N. Nevada Ave, next to Trader Joes). University Village discounts such as buy one get one free Noodles or Chipotle are available each week! Come run with us and get your hand stamped to earn the discounts.

Dress for the weather! We are out rain, snow, or shine! In case of severe emergency, we will announce a cancellation on our Facebook page and via an email by 3pm that day. Achilles welcomes new athletes and volunteers every Monday night; no need to pre-register, and it's free! Similar to VIBeS, People find friendship, encouragement, and community. In training and racing together, disabled and able-bodied athletes learn to support each other and focus on what brings them together, rather than what might keep them apart.

Achilles is a non-profit organization with chapters and members in over 65

locations within the United States and abroad. Able-bodied volunteers and disabled runners come together to train in an environment of support and community. Within this community, runners gain measurable physical strength and build confidence through their sense of accomplishment, which often transfers to other parts of their life. Achilles Mission Statement is to enable people with all types of disabilities to participate in mainstream athletics in order to promote personal achievement, enhance self esteem, and lower barriers to living a fulfilling life.

Contacts: Brandon Stapanowich, [828-712-3737](tel:828-712-3737) [stapanowich@hotmail.com](mailto:stapanowich@hotmail.com)  
Anne Fleming, Program Manager, [760-470-3947](tel:760-470-3947) [anne.m.fleming@gmail.com](mailto:anne.m.fleming@gmail.com)

## **Past Events**

### **Guide Training and Skier Orientation**

The ski trip on Dec 6 was a rousing success. In the morning, 8 guides refreshed and two new guides began their training. During this time, the skiers met in the lodge for skier orientation. After a lunch in a lodge only half full, three skiers took their first ski lesson from Leo including two boys, one five years old and the other seven. Three skiers got to ski with their guides, one guide soloed for the first time (Congratulations Jake), and the guide trainees continued their training. It was an auspicious start to the ski season. Now people need to volunteer to captain trips so the new skiers can go skiing again and the new guides can shadow to get qualified.

By Beth Blakney-Ingham

**Guides on the Trip:** Leo Bush, Karen Vendl, Jake Vendl, Rick Palmer, Don Allred, Sharon Boyd, and Dale Campbell. **Two guides in training:** Vickie Gibbs and Brooke Jensen

**Skiers on the Trip:** Amanda Kline, Rebecca Gavel, Amy Gunning, Randy Hampton, Vicky Hulsey

**Never Evers:** Parker Ebaugh, Kathleen Senn, Will Jensen

The skier orientation went very well. Jeanette Fortin organized everything, but, unfortunately, was sick and couldn't attend. Fortunately, everything fell into place perfectly. We have some great new skiers and look forward to getting to know them better: Will Nash (7 years) is the son of Collette who attended Guide Training! Parker Ebaugh (5 years) was with his Dad and Grandfather who both attended orientation and worked with Leo on the slopes. They were delightful and very attentive. I really hope we'll see them and their families a lot this season. Amanda Kline who is Becka's roommate attended orientation and

worked with Leo, Karen, and Rick on the slopes. She seemed excited and enthusiastic about the day. Kathleen Senn attended orientation, spent the day observing, and hopefully will decide to ski in the future. The following skiers were refreshed: Randy Hampton, Amy Gunning and Vicky Hulsey.

By Vicky Hulsey

## Parker's First Skiing Adventure

This was Parker's first ski trip. It was also his first time seeing so much snow! Parker told us that he had a lot of fun and he asked me if I saw him making a snow angel. He took a little break and got to lay down in the snow and make a snow angel, so that's where that came from. Parker has also asked for skis so he can go again. He really had a blast, we are so thankful for the guides and the opportunity that he had!

By Lucas Ebaugh



*Photos courtesy of Lucas Ebaugh*

## New Waiver

All participants will be asked to complete a new waiver this season. The waiver will be posted at: [coloradovibes.org](http://coloradovibes.org).

Check the website regularly for important dates and information!!!!

## Holiday Party

Everyone had a wonderful time with a great turnout!!! There were people everywhere! In the kitchen, in the living room, downstairs . . . The cat was very cute watching down on us all from the landing above. Thanks so much Karen, Chase, Jake and Julia for having us! Your home is so lovely – what a GREAT party house.



*Photo courtesy of Karen Vendl*

And the entertainment was fabulous!! Zaina Braddy's foreign exchange student, Darya Sukhova (from St. Petersburg, Russia, and attending school at the Colorado School for the Deaf and the Blind) performed and Barry played the accordion. Thanks for making it a memorable evening!

By Lorie Whitehead

## VIBES season begins! Technology on the Slopes

With guide training, skier refresher, and the Christmas party, another VIBES season is once again underway!

Huge thanks to Karen for hosting the party! We all hope her homeowners insurance premiums are paid up. Big thanks to Barry for the music! We hope that was the first of many performances. A highlight was the singing of Darya! Wow! Upon hearing the beautiful melodic quality of that voice, Becky leaned over to me and said "she's not one of us, is she?"

Weeks before the party, the season began with the first ski outing. With three never-ever skiers and with Leo as the only trainer, Leo had to get inventive. Being a small ski area, Monarch offers no cloning facilities, so we couldn't produce three Leo's. So Leo deputized three guides to ski with the new skiers-in-training while remaining under Leo's watchful tutelage.

This innovative approach to multiplying Leo's expertise is of course only the beginning. The VIBES technology development committee is enthusiastically pursuing the path of ordering Google Glasses for all guides, and a set of immersive virtual reality goggles for Leo. By next season Leo should be able to sit in the comfort of his home and immerse in the full 3D wrap-around experience of his deputy trainers as they follow his directions, introducing never-evers to the joys of sliding down slick, icy, cold, treacherous, steep surfaces. The never-evers may wish they were also in the comfort of their homes using virtual reality goggles.

Of course visual and auditory inputs do not alone quite complete the experience. So instead of sitting in his home, Leo may want to stand out in the wind and snow on his driveway.....while bending over in a position that spells "k-a-c-h-i-n-g" to any observing chiropractor. With knees locked in a tendon-torturing backward wedge, without even driving to the slopes, technology will have brought Leo the full virtual sensory experience of training never-ever skiers . . . No, wait, to complete the sensory inputs he will also need to prop a medium sized couch against his horizontally held ski poles.

Guides meanwhile can use their Google Glasses not only to live-stream images to Leo, but to enhance their skiing experience. GPS maps can ensure a guide finds the optimum route down. Weather websites can keep the guide informed about dropping temps and frostbite risks. News feeds can alert the guide that a VIP skier was left alone on the slopes when his or her guide was engrossed in checking map and weather sites.

At the end of the ski-day, right there scrolling before his eyes John will see Beth's message that he should have been at the van 30 minutes ago. Whether that will make any difference or not remains to be seen. Technology can only do so much.

A few minor remaining technical bugs can surely be resolved. Google Glass batteries won't work at low temperatures. Google glasses will fog up like a Turkish sauna. Before-the-eyes screen displays and trees bordering runs may not be an optimal combination. And Monarch has no wireless data service, or cell phone service . . . not even a can with a long string to Salida.

But any organization with the determination and courage to get Visually Impaired folks skiing (just think about how remarkable that is!) can surely overcome a few technical hurdles.

See ya' on the slopes! or on my screen . . . or in my virtual reality goggles . . . wherever, I look forward to it.

By Dr. Don

## 2014 CALENDAR - *Please join us!*

Contact the trip Captain or Email [amythegun@comcast.net](mailto:amythegun@comcast.net) to sign up for trips, to arrange for a ride or find a guide, equipment and gear.

EVENT	DATE	TIME / LOCATION	CONTACT
<b>Shoe 'n' Soak</b>	Jan. 17		Diane Fitzkee, 361-8974
<b>Breckenridge BOEC Trip</b>	Jan. 17	All Day	<b>Need trip captain</b>
<b>Ski for Light</b>	Jan. 23-25	Weekend	Rick Palmer, 325-5832
<b>Monarch Ski Trip</b>	Jan. 30	Meet at CSDB 6:15	Amy Gunning, 337-0161 Amythegun.ag@gmail.com
<b>Breckenridge Weekend</b>	February 6-8	Weekend \$20 co-pay	Melissa Rose, 303-870-1610 Sharon Boyd, 719-237-4593
<b>Race Weekend</b>	February 28- March 1	Weekend Monarch	
<b>Shoe 'n' Grub</b>	March 7 or 8	Day Trip	Diane Fitzkee, 361-8974
<b>Griffith Lodge Weekend</b>	March 13-15	Weekend, Breckenridge, \$50-100 co-pay	Barry Wick, 651-5438 Marcia Wick, 651-2221 Home phone, 535-8134

<p><b>VIBeS</b>  <b>A fun group with interesting people. Become an active member now.</b></p>		<p><b><u>HOTLINE</u></b>  amythegun@comcast.net</p>	
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**FREE MATTER  
FOR THE  
BLIND**