

Inside **VIBeS**



A Publication of VIBeS –
Visually Impaired and Blind Skiers
of the Colorado Springs Community
<http://www.coloradovibes.org>

Amy Gunning, VIBeS Co-President

Be sure and check out the Events Calendar for 2013 snow ski season. We'd love to have you join our fun, so please visit our website or contact us for more information.

Janet Rose, VIBeS Co-President (actually Assistant to the President)

Let's hope for snow this season. Happy skiing.

*** * * * Upcoming Events * * * ***

May 11 Elsa's 100th Birthday Gala
Trip Captain: Beth Ingham
Arapahoe Ski Basin
Details will be forthcoming!

May 19
VIBeS Spring Party Details to be announced

Catch the VIBE! By Amy Gunning

Spectacular weekend, me **Mateys!!!**

On a fine Saturday mornin' in February we set sail for a swashbucklin' good time in the high mountains of Colorado. We danced jigs of glee at the reports from our brethren pirates on Monarch mountain of 28 inches of NEW SNOW, with the promise of more to come. 'Twas indeed a challenge worthy of the tough mountain pirates we be to conquer blustery winds, flying snow, low/flat lighting conditions (a boon to

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some of us Monarchean pirates with certain visual impairments, a bain to others with different visual impairments), and higher-than-normal crowds of kindred mountain pirates come for the promise of new powder to be skied and boarded. 'Though these obstacles caused us to swerve off course a bit-cancellation of the Fun Run (for rum☺!!!) and delays to start time for the Benefit Race-we be a hearty and flexible bunch who kept spirits high (the rum, wine, beer, chocolate milk, water, and Starbucks all helped!) and the promise of treasure a-goin' anyway. In spite of those blustery winds, fast 'n' furiously flyin' snowflakes, out-of-control skiin' and boardin' kindred pirates, and flat lighting conditions, one part of our group swooshed down those towerin' mountains on skis and snowboards. Another part of our group (no sissy pirates of the Monarchean are we!!!) took to conquerin' the wild and treacherous trails around the mountains on snowshoes. A third group of us maintained operations from within the Monarch mountain post, which is just as hearty a task and not for the feint-hearted as those of us skiers, boarders, and snowshoers be a tough group to corral once let loose upon the high mountain snows!

When the weekend was done, we set sail once again for our homeports. 'Though the trip was fraught with icy roads and more high-flyin' snow and blustery winds, good fortune smiled upon us by seein' that we all returned safely to our humble abodes, where now we all await the next high-flyin, swashbucklin' good time of another VIBeS adventure.

The best treasure of all was how everyone worked together as a team to make this weekend extraordinary. So many people worked on all the different parts that are needed to make the Benefit Race Weekend successful; thank you VERY MUCH to everyone who contributed to the success. As Diane Fitzkee stated in her email recapping the weekend:

****EXCELLENT WEEKEND EVERYONE!!** I loved that this was such a concerted effort by so many of us. Individually we are wonderful, caring, happy, funny, energetic, compassionate people. Together, **WE ARE VIBES!!!** I love you all. Di**

I love you all, too!!! **Capt'n Amythegun**

Another VIBeS Success—AS USUAL!!!!

This time a Blizzard!

A great Race Weekend! If you missed it, here are some of the highlights.....

- 1. The dinner! Great meal and great party! Thanks so much for coordinating Pam! Great job on the trivia Janet and Richard (even with the cheaters!). Great job by the MC, Rick. Almost everyone dressed up & participated in the weekend Pirate theme. But of course, Amy A., Amy G. & Pam would have won first prize! Gary, thanks for collecting the co-pays! Captain AmytheGun did an excellent job making announcements & making the party festive!**
- 2. Lodging. Barry & Marcia purposely arrived early to help Misty during check-in. Barry, thanks for your attention to details.**
- 3. “The Skirtles”! Especially the “DO-OVER!” Our performances have raised VIBeS a lot of money this year!**
- 4. Everyone’s participation in getting donations. We raised approximately \$2000 from the race. (Blazer’s \$600) plus we made \$550 from the passing of the helmet with the SnoJets.**
- 5. The ceremony for passing the spirit of VIBeS award to Vicky, who is an amazing VIBeS representative! Thanks Marcia & Amy G!**
- 6. Coordination of details with Monarch. Monarch is amazing and welcoming in their support of VIBeS during Race Weekend. They provide free lift tickets, support in setting up the race course & tracking times for this event. There is a lot of work involved with setting up and tracking a ski race! Lorie & Amy G. coordinated details with Monarch before-hand. The new digs were excellent!**
- 7. Waivers were signed. Thanks Amy G., Janet, Richard & Judy for overseeing this necessity.**
- 8. Coordination of the van transportation went well - everyone was there for an on-time departure. Everyone arrived home safely. Thanks Fred & Gordon!**
- 9. Snowshoeing was GREAT both days – thanks for coordinating Diane!**

10. Leo & Carol volunteered to train new VIPs, however we didn't have any new skiers on the weekend. Leo attempted to come up on Sunday, but the weather got in the way.
11. Lorie was at Monarch early & ready to sign up teams. She was very organized with her forms (as organized as she can be, that is!) Don was running around doing everything Lorie asked! Judy, Amy G., and Susan helped with race coordination – great job!
12. Prize collection was coordinated by Diane & she had many volunteers to help. An excellent job by all volunteers – Amy A is always amazing!
13. Prize distribution coordination is very challenging. Many thanks to Amy A., Erick Fee and Deanne Fischlein!
14. We had enough guides and quite a few skiers. Thanks to Marcia & Lorie for rounding up the troupes. We were very happy to have Erick Fee & Rick Palmer back and we welcomed Tony & Judy Gibson to their first Race Weekend.
15. Beth Ingham provided Guide Refresher training for Gordon & Fred (I think).
- 16..The Walford Family is always there with the largest presence of any other family. You guys are GREAT! Marcia and Vicky love and thank you!
17. We had clean vests and race bibs – thanks to Sharon, Dale, John & Beth.
18. We were prepared to hold the Fun Run but due to weather it did not happen. Thanks Sharon, Dale, Janet, Richard and Barry.
19. Creating the treasure chest – thanks Marlys, Lynn, Janet & Richard.
20. Still to do – donation completion. Lynn, Lorie & Crystal.(done)
21. Still to do – thank you writing & sending. (in process)
22. Still to do – prize distribution. (in process)
23. SNOW was excellent. Probably close to 50 inches of new snow in 4 days. Thanks Mother Nature!

The awards ceremony did not happen on Sunday due to it being the biggest and busiest weekend Monarch has had all year and blizzard conditions; so a very slow start with the race & everyone was concerned about driving home in the blizzard. No one is to blame, things just don't happen as planned sometimes. Everyone had a great weekend & everyone was safe!

Guides: Barry, Gary, Beth, John I, Rick, Sharon, Dale, Pam, Fred and Gordon

Shadows: Karen Vendl

Skiers: Erick, Amy G, Marcia, Vicky, Tony, & Melissa

Snowshoers: Amy A, John F, Erick, Rick, Diane, Lorie & Buddy

As you can see, this weekend had SO many details, we could not do it without everyone's help! There's SO much that is coordinated before-hand, during & after. Volunteers stepped up and that's what makes the weekend a success. Some people have more time than others, but everyone helped and it all came together! Thanks to everyone & if I missed saying thank you to certain individuals, please know that we appreciate you as well.

----Lorie Whitehead----

VIBeS BENEFIT RACE RESULTS

Following are the race results as reported by Lorie Whitehead.

In the VIP division, the top 3 times include:

1 Skirt Melissa Rose 57.34 (1); 1:33.25 (1);-2: 30.59 (1)

2 Skirt Vicky Hulsey 1:06.89 (2) 1:33.58 (2) 2:40.47 (2)

3 Skirt Marcia Wick 1:52.28 (3) 2:32.54 (3) 4:24.82 (3)

The top 3 sighted male times include: (I think John Ingham had a better time but only finished one run – is that correct John?)

1 5 Male Trash Doug Rinedo 36.47 (1) 34.02 (1) 1:10.49 (1)

2 3 Male Trash Gordon Smith 38.41 (3) 39.72 (2) 1:18.13 (2)

3 6 Male Trash Don Fraser 38.63 (4) 41.99 (3) 1:20.62 (3)

The top 3 sighted female times include:

1 45 Sight Banga Uttara Walford 42;79 (1) 46.00 (1) 1:28.79 (1)

2 46 Sight Banga Panchali Walford 45.06 (2) 52.31 (3) 1:37.37 (2)

3 40 Sight Banga Maddy Barber 47.21 (3) 50.81 (2) 1:38.02 (3)

The top 2 sighted teams:

Team Bangarang Total Time :
6:04.40 Rank : 1st

Bib Class Name Blue Red
Result Used.

43 Male Ted Walford 41.86 (5)
44.18 (6) 1:26.04 (4) *

45 Sighted Uttara Walford
42.79 (1) 46.00 (1) 1:28.79 (1) *

41 Male Hector Leyba 46.98 (7)
45.22 (7) 1:32.20 (5) *

46 Sighted Panchali Walford
45.06 (2) 52.31 (3) 1:37.37 (2) *

40 Sighted Maddy Barber
47.21 (3) 50.81 (2) 1:38.02 (3)

Team : Trash Talkers Total
Time 6:09.32 Rank : 2nd

Bib Class Name Blue Red

Result Used

5 Male Doug Rinedollar 36.47
(1) 34.02 (1) 1:10.49 (1) *

3 Male Gordon Smith 38.41 (3)
39.72 (2) 1:18.13 (2) =.

6 Male Don Fraser 38.63 (4)
41.99 (3) 1:20.62 (3) *

2 Sighted Beth Ingham 1:12.44
(4) 1:07.64 (4) 2:20.08 (4) *

1 Male John Ingham 38.14 (2)

VOLUNTEER OF THE YEAR AWARD

Victoria Hulsey was selected as the VIBeS volunteer of the year. Her sister, Marcia Wick, presented the trophy during the Saturday night dinner during race weekend. Victoria best exemplifies the spirit of VIBeS with her willingness to serve on the Board of Directors, help with the newsletter and community presentations, volunteer as trip captain, host meetings and social gatherings at her home, and help with fundraising.

Victoria has acted as Director of Skier Orientation for more years than we can remember! She recruits new VIPs and welcomes them warmly. She reaches out through her volunteer position at the CS Independence Center, and has represented VIBeS at Low Vision Expos and other community programs throughout the years.

Vicky is a lively member of the VIBeS singing and dance troupe, this year the "Skirtles", making numerous appearances at local ski and bike clubs, raising money for VIBeS. When asked to describe Victoria, VIBeS members typically use words like "sweet," "nice," "lovely" and "caring." Congratulations, Vicky, you deserve this award! ----By Marcia Wick----



Marcia & Vicky



**Happy Bday!
Amy A. and Pam**



**Co-Prez's
Janet and Amy G.**



Pirates Amy A., Diane, Janet, Amy G. Lorie

Pictures courtesy of Richard Bedal

VIBeS Entertainment Troupe “THE SKIRTLES!”



The lovely Janet, Lorie, Diane, Amy, Pam, Marcia, Vicky...and Barry

THANK YOU VIBeS SUPPORTERS!

The following businesses donated prizes to support VIBeS Race Weekend. Please patronize them and tell them **THANK YOU** for their generosity.

COLORADO SPRINGS

- Southside Johnny’s
- La Baguette
- Taos Trading Co.
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SALIDA

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Salida Hot Springs Aquatic Center
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Cellar Wine & Spirits
Mountain Man Nut & Fruit Co.
Country Bounty
Twisted Cork Café
Mountain Spirit Winery
Grimo's Italian Restaurant

ODE TO THE TRIP CAPTAIN**By Dr. Don Allred**

I type this through a veil of tears as I sit at home while at this very moment the intrepid VIBeSters (that's you) are presumably somewhere between Monarch and Colorado Springs, enjoying relaxing drives back on meticulously cleared roads, the friendly roadside Colorado deer waving at you from the shoulders, returning from the 94th annual Race Weekend, a Race Weekend I had to miss because of a public speaking engagement that paid about the same as the VIBeS newsletter, that pay scale actually being the cause of the veil of tears. (I would get a better agent, but that would hurt my cat's feelings.)

Since submitting my first two articles for the VIBeS newsletter, loyal readers have inundated me with suggestions. But the boys at ADT security (formerly Graywater Security) assure me not to worry about them, at least as long as my monthly checks to ADT don't bounce, so I'll ignore most of the suggestions and instead write about the one suggestion I received for a new topic, that being the fine art of being a trip captain.....or maybe the suggestion was something about going far away on a long trip....or maybe it was just "get lost", but that's close enough to "trip captain".

Unlike most topics on which I write, I'm not a trained and certified expert on this topic of "trip captain". I was a trip captain once, but subsequently got demoted to trip corporal. Having learned my lesson, I promised myself to stick to the more stress relieving activity of yelling at VIP skiers, otherwise known as "guiding".

For those who don't know, trip captains call VIPs to ask if they want to ski, call guides to ask if they want to guide, verify the appropriate guide to skier ratio, then make minor adaptations of arrangements when all the skiers who wanted to

ski cancel the night before, and all those who said they didn't want to ski show up at the CSDB parking lot at 5:00 AM expecting to ski, and all the assigned guides last went through refresher training in 1996.

The trip captain also reserves the appropriate size and number of vans, and is in charge of duct taping everyone's skis, bags, and boots onto the roof when the only remaining van available at the rental agency was a VW microbus, and four VIP's brought their guide dogs and 40 pound bags of Kennelration without having told anyone in advance.

I earlier said "fine art" of trip captaining because it surely is more art than science, and a black art at that. Mind you, it is the easiest volunteer role in an organization like VIBES, or so I was told. And that may indeed be true if you have at your disposal a medium sized south-Asian call center and e-mail support organization to handle the messages during the weeks preceding the trip; Kofi Anan (UN special envoy) is your good friend and he is willing to assist in negotiations and diplomacy; and your other best friend is Dr. Phil and he's willing to help untangle the knotty interpersonal issues, quirks, demands, and multiple neuroses that seem to be an integral part of these trips.....or was that just my trip?.....or maybe it was just me.

Now that we're on the topic of my neuroses, it must have been my neurotic desire to be liked and be popular that led me to once upon a time (thank goodness it was only once) accept the role of trip captain. Maybe it was the Mutiny on the Bounding Rental Van and getting set adrift at the GunSmoke truck-stop that clued me in that popularity did not necessarily accompany the role of trip captain. But in my defense, I really could not imagine that the crew, err, skiers could possibly need that many bathroom stops.

It was probably my earlier caving in to their demands on the drive up to stop at the Donut Mill, and Starbucks, and McDonalds, and the Hungry Bear, and the Bierwerks that made them think they could get away with anything.

Which should be a lesson for any future trip captain, or even trip colonels and trip generals. Maintain discipline! If this motley crew thinks they can get away with something, they will mutiny at the drop of a hat. Before you can say “Rick slow down!” or “John speed up!” they will start their mutiny with furtive whispers in the back of the van, and before you know it Marcia is driving the van away and you’re left hitchhiking up Monarch pass. Both of which have actually happened.... Seriously.... You’ve got to believe me....just ask Marcia and Karl Kickasski.

For any future trip captain, I suggest following the example of the most successful, renowned, mythical, legendary hall of fame inductee, Captain Barrymore. Only he, by application of iron willed rigor and uncompromising air-horn punishment, has managed to direct a VIBES trip that functioned on schedule, in which there were no surprise changes, in which people knew what vehicle they would ride in, and during which the proceedings were never disrupted by superfluous laughter, giddiness, or frivolity.

We must not forget in the annals of great ski-faring trip captains, Captain Bethany, whose trips also excelled in organization and skillful navigation.....though her policy of ensuring no crew desertions by placing locks on seat belts and shoulder harnesses was later disallowed by an NFB appeals board.

Of course as trip captain you can look forward to the hearty congratulations and heartfelt gratitude and comradely embraces at the successful conclusion of the trip. Or on the other hand, back in the cold and dark of the CSDB parking lot, after loading your gear into the trunk of your car you may turn around to see that

everyone has already left. But that’s just my captain’s neuroses speaking again. Which brings me to the end of this trip, and my hearty congratulations and heartfelt gratitude to the trip captains, past, present, and future, without whom VIBeSters would be limited to skiing at Ski Broadmoor, and without whom GunSmoke and the Donut Mill would go out of business.

__ Dr. Don

Editors’ Note: PLEASE send Dr. Don ideas to write about—events you remember, funny situations, antidotes, etc. drdonallred@hotmail.com

*****GREAT NEWS—SKI TICKETS AVAILABLE!*****

We received 60 lift tickets to be used by skiers, guides and shadows for the 2013 ski season from the Vail Echo Grant Fund, which can be used at Breckenridge, Vail, Beaver Creek and Keystone. Contact Lorie Whitehead.

*****Bicycle--Hiking News*****

Coming soon---spring and summer !!! PLAN A TRIP!!!

VIBeS Members!

Please check out the trips you would like to consider participating in, or better yet, would like to trip captain. There's plenty of room in the calendar for you to plan your own snowshoeing or ski trip too. Please help to make this another great year with VIBeS!
--Diane Fitzkee



The Ski Shop, Our Black Diamond Sponsor at 1422 S. Tejon held their Annual Ski Swap on Saturday, 20 OCT to support VIBeS.
Thank you friends at **The Ski Shop!!**

Have a Question About VIBeS?

Email the HOTLINE: amythegun@comcast.net

The VIBeS website is www.coloradovibes.org ; we have our summer newsletter and calendar of events posted in Word and PDF formats. We'd love to have you join our fun so please feel free to visit our website or contact us for more information.

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****Email amythegun@comcast.net to sign up for trips, to arrange for a ride or find a guide, ski equipment and clothes.****

2013 EVENTS CALENDAR - *Please join us!*

EVENT	DATE	TIME	LOCATION / CONTACT
Shoe 'N Grub	March 16	9 a.m. CSDB	<i>Diane Fitzkee</i> 351-8974
Elsa Bailey 100 th Bday Party	May 11	TBA	Beth Ingham 548-1627

Aspen Mine Center, Upstairs eating area

VIBeS Supporters

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Catch the VIBE! Amy Gunning

2012-2013 Events Calendar

Pictures of fun times

HOTLINE