

# NEHSA Wings To Fly Newsletter Volume 1, Issue 2



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NEHSA is proud to be associated with Disabled Sports USA and the United States Paralympics movement



NEHSA gratefully acknowledges Tim and Diane Mueller, the Mount Sunapee Resort, and Mount Sunapee General Manager Jay Gamble for their support of NEHSA.

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## Our Director's Message ✦ Tom Kersey



"It's not what you know, it's who you know or, it takes a village?"

Tom Kersey, at the Connecticut Wounded Warrior Disabled Sports Project in Farmington, Connecticut. Tom was able to relax for a brief moment after 4 days of supporting the event.

When NEHSA embarked on providing year round activities in 2005, we thought about how "WE" could do everything our members were asking for. We rapidly discovered that in order to increase our year round activities, it would be necessary to partner with other organizations. We looked at organizations that had a similar focus on safety, fun, and learning. We found several very good fits, including Leaps of Faith waterskiing school, High Horses therapeutic horse back riding, and Lake Sunapee Rowing, to name a few. These partnerships have enabled NEHSA to increase program offerings.

Additionally, NEHSA is sought out by other organizations, and invited to work with them or advise them on a particular project. Organizations that have sought out NEHSA include the Spaulding Rehabilitation Hospital and the Massachusetts Institute of Technology (MIT), both of which are located in Boston. In addition, Riviera College in New Hampshire, Gaylord Rehabilitation Hospital in Connecticut, Autism Speaks, several Department of Veterans Affairs (VA) Healthcare network facilities, and the United States Olympic Committee Paralympics have sought out partnering or assistance from NEHSA.

We certainly would not be where we are today without the give and take of these valued collaborations and partnerships. My guess is that the future of NEHSA will include assisting other organizations with the programming expertise that we at NEHSA are known for, as well as being helped by other organizations whose experience and expertise in a particular program exceeds ours. Everyone benefits from the partnering - students, instructors, NEHSA as an organization, and partner organizations.

Thanks for being part of our village!! tk

## Our President's Message ✦ Des Coffee

A couple of nights ago my outdoor thermometer plunged to the mid-40s. In and of itself, that's no big deal this time of year, but for me it was a trigger prompting some reflections on summer which transitioned to anticipations of winter. Despite an all too short summer—rain, rain and more rain—we did manage to get in some great kayaking lessons and a couple of super Fun-in-the-Sun Days at the Lake Sunapee State Beach. New faces were in abundance at the latter, and in addition to launching a large flotilla of kayaks, we had a couple of BIG boats there offering on-board and tubing rides. You can imagine the long lines waiting for those thrills. As another article in this newsletter will attest, we also experienced some rewarding times rowing. And we continued to live into the "New England" part of our NEHSA name by supporting a VA sponsored Charles River kayaking event in Boston, water skiing at the Lake Zoar Water-Ski Club in Sandy Hook, Connecticut and participating in the Connecticut Wounded Warrior Summer Sports Project. And would you believe, we had great weather for the motorcycle ride and the golf tournament, our two major summer fund raising events? Despite its short duration, it has indeed been a great summer! Thanks to all who helped make it so successful.



Des Coffee at end of "08-09" snow-sports season.

As I reminisced about our summer activities encased in a jacket I had to dig out of the back of the closet, I began to think about all of the things that have been going on or are underway at the mountain preparing for our days on snow. New windows have been installed in Tom's upstairs office; the outside of the lodge is sporting a new paint job, thanks to a bunch of enthusiastic volunteers that gathered there on a sunny August Friday; and an inside application of paint is next. In addition, the ski and snowboard leads are putting the final touches on their training clinics for new and returning volunteers and the shop guys are beginning to tune and ready equipment for that first of many runs down the slopes. On the administrative side, Ange and some volunteers are in the midst of entering information into a data base which will hopefully help things run more efficiently and smoothly in the office.

As you continue to read through this newsletter you will see there is always a lot going on at NEHSA, not the least of which has been the building committee's work getting all of the approvals for our new building. In conjunction with this effort, the board has been working hard to ensure we have a firm foundation in place to support our capital campaign for our new home. An important piece of this foundation is a well sourced annual operating budget. We rely heavily on financial support from our members, and that support has been fantastic. But as we go forward, our challenge will be to expand that base of support—making others aware of NEHSA and giving them an opportunity to help us do what we do. We are also very fortunate to have some sponsors who have consistently given to NEHSA, but again this is an area in which we need to find additional sources of support. In the next few weeks I will be sending you information on how you may help us expand our sources of both individual and sponsor donations. Not only are we looking forward to your help in increasing our donor base, we welcome any suggestions you may have that would enable us to be successful in this endeavor.

In closing, let me wish you a great winter and please remember it's time to start thinking SNOW!

## Kayak Program ✦ Wayne Froman/Sandy Bolduc



Des Coffee providing kayak instruction at a "Fun-In-The-Sun" event, while NEHSA folks are tubing in the background.



Unfortunately our season has been short due to the volume of rain and thunderstorms that have left us looking longingly from the beach. Spring paddles started cold and rainy, with the season of thunderstorms taking us through the summer. While the amounts of rain were welcomed by frogs and ducks and resulted in an abundance of blueberries, it put a damper on the paddling season. Unfortunately Mother Nature has not cooperated with us this year.

The kayaking season began on May 3rd with a paddle on Lake Sunapee. The air temperature began at 55 degrees under cloudy skies. The surface water temperature was a steady 51 degrees.

On a better note we've enjoyed some great paddles during "Fun in the Sun" days. A number of people tried their skills with the Hobie Adventure Island and found sailing on a kayak and catching a breeze a new fun sport. These unique boats allow the participant to sail, paddle or pedal a kayak.

In May, three of our NEHSA volunteers became American Canoe Association (ACA) certified to be Level I instructors during a 2 day training course. They were instructed in and subsequently tested on various skills including types of equipment, stroke patterns and procedures for rescues. Congratulations to Kevin Tombs, Sandy Bolduc, and Louis Stamatelos!!

Several NEHSA members helped with the kayaking program during an event with the Connecticut Wounded Warrior Project. The event was held at Batterson Park in Farmington, CT. for 4 hot & humid days in August. Kayaking was introduced to many Veterans and others took the opportunity to sharpen their skills, with a total of 23 Veterans in attendance. Several of the veterans' spouses attended the event and participated in kayaking and other activities. The signature rally was "Wooooooooooooo!" with smiles abound and many new friendships made.

Several NEHSA volunteers attended the second annual National Veterans Summer Sports Clinic in San Diego September 21st through 25th. The NEHSA volunteers used their kayaking skills to teach approximately 80 Veterans. The venue activities included: sailing, kayaking, surfing and cycling.

The Year-End Family Paddle Day was held on Saturday, September 12th, at the Contoocook River Canoe Company in Concord, New Hampshire. It was a memorable day with friends and fellow sportsmen! Mother Nature provided cloudy skies and frequent rain showers, but we were able to get in a nice paddle and then a barbeque.

See you next year on the water and hopefully dryer skies.

## Crew Program ✦ Brenda Balenger

Jessie loves roller coasters. The other night she stayed up until two AM texting a friend in Newbury, even though she had school the next day. At sixteen now, when she goes up to the family camp in Pittsburg, NH, what she wants most is to find girls to talk to and boys to, well, see if there are any that are hot, of course. She has two horses, and she rides several times a week. She has an older sister that she is close to, but they have their days. Sometimes when her dad gives her rides in his bucket loader, he dumps her out into a snow bank, and that makes her laugh.

Jessie and I have been rowing a double Alden on Lake Sunapee for a month or two now as part of NEHSA's crew program. We raced against two rowers from the Master's program one night, which made us work harder and row faster than we ever had before. We would like to go to a regatta this fall, but we are waiting for the racing double that was donated to the club to be repaired. My biggest challenge with Jessie is finding the right words to describe what I want her to do. Sometimes we have to sit for a minute while I figure out what I want and how I am going to say it. I can't just show her - "hold your hands like this" - because Jessie has always been blind. She is patient with me, and waits and listens carefully. She didn't even get mad at me the other day when I accidentally poked her in the forehead with a piece of equipment. She didn't see it coming, and I wasn't watching carefully enough.

One morning, Jessie went with me to a morning practice for the Master's eight, a big boat that requires a coxswain to steer and motivate the crew. The cox is the only person facing the right direction in an eight, and wears a microphone headset that amplifies her voice to crew members through speakers in the boat. We were short a rower. Jessie hadn't been rowing long enough then, and had never rowed sweep, so we couldn't "sub" her in. Our coach, David, assessed the situation. "Jessie," he said, "how would you like to cox today?"

I'm guessing that we had the first blind coxswain in the history of rowing. Jessie followed the coach's direction, guiding us through our morning warm-ups, drills, long pieces, and even several racing starts. Every so often, David would say, "A little to the left, Jessie."



Jessie (on right) on Lake Sunapee with Brenda Balenger (NEHSA Crew Program Lead)

## Welcome To The NEHSA Family ✦ Tom Kersey

Charles and Lori Gerrard made the long drive from Long Island, New York to Newbury, New Hampshire on Saturday, August 29th. While attending a small gathering in their honor, Charles and Lori presented a generous \$9,000.00 donation to NEHSA. The money was raised at an event that celebrated the life of their son - Charles J. "CJ" Gerrard. The event featured a band, comedians, prize raffles and dinner. An impressive slideshow with pictures of CJ and his family intermingled with pictures of NEHSA and our service to others.

CJ was killed in a tragic automobile accident that occurred on January 11, 2009. Along with his love of family, three of CJ's other passions in life were his commitment to help anyone less fortunate than himself, his proud military service to our country, and his passion for snowboarding. Shortly after CJ's accident, Charles and Lori discovered (thru a Google search), that NEHSA helps military personnel (and non-military folks) that either through a twist of fate or birth, found themselves different than the general population. They learned that NEHSA's goal is to introduce these folks to adaptive sports such as snowboarding, skiing and water sports. With a leap of faith, or perhaps with CJ's heavenly guidance, the Gerrard's requested in lieu of flowers, that donations be sent to NEHSA, resulting in a NEHSA connection.

In March 2009, NEHSA's Veteran's Appreciation Day was dedicated to CJ. Charles, Lori and Kim (CJ's sister) attended as our guests, but quickly became busy themselves cooking and serving servicemen and women and their families. The Gerrard's were impressed with NEHSA's efforts to assist disabled veterans and their families. After lunch, the extended Gerrard family had a somber and joyful few moments when they skied alongside CJ's snowboard as it was skillfully tethered down the mountain by Wally Campbell.

Charles and Lori stayed with NEHSA over that weekend and witnessed the normal chaos of NEHSA's daily operations serving large groups of children and other non-veterans that have physical and developmental disabilities. At that time they decided to make NEHSA their family's charity of choice.

NEHSA welcomes the Gerrards to our family and sincerely appreciates their generous contributions. "THANK YOU!!" Charles, Lori, Kim, and all that attended the event celebrating CJ's life. We are touched by the tribute you are paying to CJ daily, by carrying on his life's commitment of caring and compassion for his fellow man.



Charles Gerrard, Angela Neilson,  
Lori Gerrard, and Tom Kersey (left to right) at  
the August 29th gathering for the Gerrards

## Angela Neilson - NEHSA Angel ✦ Janelle Plummer



Angela Neilson with student Liam Griffin.

Angela Neilson has been a known face around the NEHSA lodge for six years, volunteering and working as a part time employee. Her total time at NEHSA during the winter is 50 to 60 hours a week and 40 hours a week in the summer; 28 hours as an employee and the rest as a volunteer. As an employee and volunteer coordinator, Angela has many duties. These include organizing people who help in the office, responding to emails, scheduling appointments and making sure there are enough volunteers each day. She also provides information to people who inquire in the lodge, manages the administrative office, keeps track of student paperwork, trains volunteers and puts together databases. Angela's volunteering includes anything from going on lessons and fundraising, to gathering items for auctions and supplies for cookouts.

Angela first got involved after she and her husband bought a house in Sunapee, where he is an ambassador at the mountain. Instead of sitting in the house all winter because she was a "fair weather skier", Angela decided to try volunteering at NEHSA after her husband told her about the program. At first, she was apprehensive, but after going to a New Member Orientation, Angela "was hooked". To Angela, the best thing about working and volunteering for NEHSA are the relationships that are made and getting both kids and adults on the slopes who wouldn't necessarily be able to enjoy sports without the program. From her time with the program, Angela says the most important thing she's learned is "how wonderful people are" and how unselfish and willing to spend their time giving back to the community.

Though she has many stories to tell, Angela's most memorable is from the lessons she spent with Liam over two years. Liam was autistic, and she had been told she'd be lucky to get his boots on, but luck was with her. Over two years, Angela went from just sitting in the lodge with Liam and his boots to getting him down the Magic Carpet and finally skiing down from the chair lift.

To be unselfish and think of the student first, is the most valuable skill to have according to Angela. Angela also says that from her experiences with NEHSA, she has become a more patient and compassionate individual. She is grateful for her family. In the future, Angela sees NEHSA continuing to grow and serve the disabled population, including the growth of the kayaking and summer program as well as the winter one. Angela is a great asset to the "big family" NEHSA really is.

## Tom's Summer Pictures ✦ Tom Kersey



Des Coffee on a Segway



Des Coffee providing kayak instruction



Katherine Robb and  
her Dad tubing at Lake Zoar



Ray Luscinski and Derrick Pendilla on  
the water at a Fun-In-The-Sun Day.



The Bryck Family Painting  
the Lodge



Fresh Paint

## Tom's Summer Pictures ✦ Tom Kersey



Kids tubing at a Fun-In-The Sun day



Tom Kersey with adaptive bicycle



Charles and Lori Gerrard touring Lake Sunapee



Kids at a Fun-In-The-Sun Day.



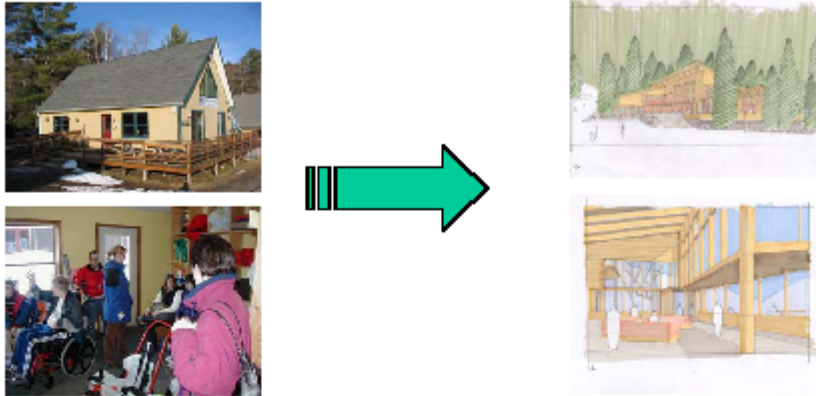
Shawna Palmer waterskiing with our friends at Leaps of Faith.



Tom Kersey with the NEHSA Hockey Team at Autism Awareness event

## Building Committee Update ✦ Bill Johnson

### *Transforming Old to New – Building Committee Update*



**I**t has been a complex challenge, but the design phase of the project is nearly over.

**E**veryone is excited about the proposed design -the State, the towns of Goshen and Newbury, the owners of Mount Sunapee Resort, and most importantly the members of NEHSA. We have worked the details from interior kitchen layout to exterior landscape design. We are getting the final cost estimates that will define the capital campaign target, and will have a final review of the detailed plans with the towns and the State.

**S**o the focus of the project now shifts to fundraising and subsequent construction.

**A**s the Board of Directors organizes the capital campaign, the Building Committee will be working in parallel to put the implementation plan in place, researching and selecting the appropriate construction management firm, transforming the conceptual design into construction documents, and defining a schedule for construction. Obviously, start of construction is dependent on the capital campaign schedule, but the Building Committee will have everything in place to start as soon as the fundraising hits its goals.

**S**o now all we need is the money to build it! Stay tuned for news as the NEHSA Board rolls the capital campaign out -it will take all of us to help make this dream a reality.

## Hypertherm “New Helmet” Grant ✦ Bob McManus

NEHSA recently received a generous \$3,000.00 grant from Hypertherm, Incorporated. The grant will be used to purchase approximately 50 brand-new Bern helmets for NEHSA's year-round programs. The new helmets will replace approximately two-thirds of NEHSA's program helmets. This is important, as the safety of our students has always been NEHSA's top priority.

Tom Kersey (NEHSA Executive Director) applied for the Hypertherm Owners' Philanthropic Endeavors (HOPE) program grant in March 2009. The NEHSA Equipment Manager will select the helmet models and sizes in order to meet the needs of our students.

Harry Mellott from the HOPE team noted that “the (HOPE) team appreciated the detail in your request and that you have a specific need for the funds. Furthermore, that the amount requested is not increasing every year but you only requested what is needed. Thank you!”



Harry Mellott (right) presents a new Bern Helmet to Tom Kersey . Thanks to the generous grant from Hypertherm, NEHSA will be able to purchase approximately 50 new Bern helmets

NEHSA sincerely appreciates the Hypertherm HOPE program grant, and sends out a big “THANK YOU!!” to our friends at Hypertherm. Hypertherm is based in Hanover, New Hampshire. Hypertherm “designs and manufactures the world's most advanced plasma cutting systems for use in a variety of industries such as shipbuilding, manufacturing, and automotive repair. Their product line includes handheld and mechanized plasma cutters and consumables, as well as CNC motion and height controls.”

Bruce Johnstone (NEHSA Board of Directors Advisor) is heading up the grant writing team. Please contact Bruce if you are interested in helping to write grant applications. This will allow NEHSA to continue its mission of bearing witness to the triumph of the human spirit by helping people with disabilities and their families enrich their lives through adaptive sports, recreation, and social activities.

## Connecticut Wounded Warrior Event ✦ Bob McManus



The first-ever Connecticut Wounded Warrior Disabled Sports Project was held August 13th-16th in Farmington, Connecticut. Twenty three U.S. Services Veterans with injuries, along with several spouses, were treated to four days of kayaking, water-skiing, and fishing instruction. Many of the veterans were recently wounded in Iraq and Afghanistan, and are in the process of healing - physically and emotionally.

The event was organized by Todd Munn and Kelly Cossaboom from the Gaylord Hospital, which is an acute care facility. NEHSA was called upon to provide the kayak instruction in partnership with our good friends from the Boston VA Healthcare Services. The folks at Leaps of Faith water-skiers provided the waterskiing instruction, and a professional bass fisherman provided the fishing instruction.

By overcoming the challenges of learning new sports, many of the veterans developed increased self-confidence, and the confidence to take on other challenges in their lives. For example, Christy Gardner participated in the event after a service-related traumatic brain injury. Christy said that the event helped to build up her confidence. She was able to develop camaraderie with other veterans, which is very important, as Christy is not aware of any other disabled veterans in the Lewiston, Maine area. Christy said the event was special as she did not have to deal with the stigma associated with her disability, and she was able to "throw aside the disability for the weekend."

Prior to the Wounded Warrior event, Christy never had the opportunity to kayak, fish, or water-ski. However, Christy was able to participate in all three sports, and won the "biggest fish of the day" contest along with the prize - approximately \$600 fishing gear. Christy and her service dog "Moxie" had a great time out on the water. Moxie is not only a faithful companion, but also assists whenever Christy has a seizure.

The event was a huge success, with an abundance of therapeutic sports opportunities, new friendships developed, and the opportunity to thank our veterans for their service to our country.

## Paying It Forward ✦ Bob McManus

They met in Augusta, Maine at an event for Veterans with guide dogs. They have little in common, but somehow, everything in common. Christy Gardner was newly injured, suffering frequent seizures related to a Traumatic Brain Injury (TBI) - an injury received while serving her country in the United States armed services. Neal served his country long ago, and has been confined to a wheelchair for many years. When they met, Christy was newly injured, and attempting to find her way back to a civilian life.

Neal had benefitted from learning to ski at NEHSA - after being turned down by other adaptive sports programs (see "12th Winter Sports Clinic" article in NEHSA "Wings To Fly" Newsletter, July 2009). Neal thought that Christy would also benefit from NEHSA's programs. Neal encouraged Christy to look into NEHSA's programs, and Christy agreed with the suggestion. Neal contacted NEHSA's Executive Director - Tom Kersey, and set up a meeting at one of NEHSA's "Fun In The Sun" days.

Neal went out of his way to attend the "Fun In The Sun Day" with Christy. Also attending were Katie, a friend of Christy's, and Christy's Service Dog "Moxie" (Moxie assists Christy during seizure episodes). Tom gave Christy an overview of NEHSA, and all the activities and programs that were available. Tom also encouraged Christy to apply for the upcoming first-ever Wounded Warrior Disabled Sports Project in Connecticut. Christy was hooked, and the following week she applied for the Connecticut event.

Christy attended the event, and for the first time in her life was able to go water-skiing, kayaking, and fishing. Christy went waterskiing with Leaps of Faith adaptive waterskiing, kayaking with folks from NEHSA and the VA Boston Healthcare Services, and fishing with a professional bass fisherman. Christy had a blast, and even caught the "biggest fish of the day". Christy plans to participate in NEHSA's programs, including the upcoming winter sports program.

Neal did not need to talk with Christy. He did not need to encourage Christy to look into NEHSA's programs. Neal did not need to contact Tom Kersey. But he did. Neal was Paying It Forward. Neal, we salute you and the many veterans that are Paying It Forward.



Christy and Moxie on a kayak lesson at the Wounded Warrior Disabled Sports Project

## Artist's Gift to NEHSA Keeps on Giving ✦ Joan Eaton



At our art auction last spring, artist Tom Barber made a wonderful contribution - this lovely image of Mount Sunapee, done in oils, measuring three feet by four feet. It was auctioned to the highest bidder, a resident of Sunapee, New Hampshire.

One of our volunteers liked the work so much she thought it could be shared with many others by creating giclée prints and selling them as a fundraiser for NEHSA. Both the artist and the owner of the painting were willing to see this happen.

The prints (12"x16"plus mat) are now available for purchase from NEHSA. If interested in purchasing a print, please contact the NEHSA Office at (603) 763-9158 or via email to [info@nehsa.org](mailto:info@nehsa.org).

Tom Barber's work has been displayed in galleries from coast to coast and in private collections worldwide. He resides and paints in Andover, New Hampshire.



## Teeing It Up “Fore” NEHSA ✦ Caitlin Sullivan

On August 27th over 86 golfers and a number of excited spectators took to the links at the Country Club of New Hampshire to raise funds to support NEHSA's year-round programs. The day was a perfect 10 with plenty of sunshine, little wind and comfortable temperatures that made for a memorable and especially successful outing.

With the generous assistance of participants, sponsors, and donors, NEHSA netted more than \$6,000 from this important fundraiser! It is because of this support that NEHSA is able to operate year-round and provide ongoing exceptional programs and activities for our members and students.

In addition to all our golfers (and friends), NEHSA would like to thank our event Sponsors and Silent Auction item donors.

The author would like to give a special "shout out" to the ladies at the 11th hole who made the day SO fun and relaxing with great conversation and many laughs!



Caitlin Sullivan and the “Ladies at the 11th hole.” Pictured (left to right): Priscilla Carpenter, Angela Neilson, Lynne Beernaert, Caitlin Sullivan, and Joanne Kersey

## Reaching Out ✦ Bob McManus

NEHSA Executive Director Tom Kersey leads NEHSA's Outreach Program. NEHSA reaches out to a wide variety of organizations and individuals, such as rehabilitation facilities, Occupational Therapists, Physical Therapists, and sports clubs. The purpose of the Outreach Program is to educate folks about NEHSA's adaptive sports programs, and to provide general disability awareness.

For the past three years Tom Kersey has been invited to world-renowned Spaulding Rehabilitation Hospital, which is located in Boston, Massachusetts. Tom participates in Spaulding's TREX Program, whose purpose is to show inpatients that there is life after a disabling injury or illness. Tom educates the inpatients about NEHSA's adaptive sports programs and therapeutic recreational opportunities. Tom explains that by participating in therapeutic recreational activities, it is possible to help to "heal the soul". By overcoming the challenges of learning a new sport, or re-learning a sport that an individual participated in prior to an injury or illness, an individual often develops the self-confidence to take on other challenges in their lives. By overcoming challenges in their lives, the individual has a better quality of life, and a reason to live.

Tom also reaches out to Sports Clubs, such as kayak and rowing clubs. These folks are passionate about their respective sports, and love to introduce the sport to others, and to provide instruction to others. Tom educates the clubs that folks with disabilities (more accurately referred to as individuals with "differing abilities") are just like them, but may have differing abilities. Tom explains that each and every individual falls somewhere on a scale of abilities; for example, some individuals may have difficulty walking, while others walk just fine. Each individual also falls somewhere on a scale of sports abilities; for example, some folks may be able to slam dunk a basketball, while others cannot slam-dunk a basketball. The combination of general ability and sports ability allows many with differing abilities to participate in sports, but possibly at a different level.

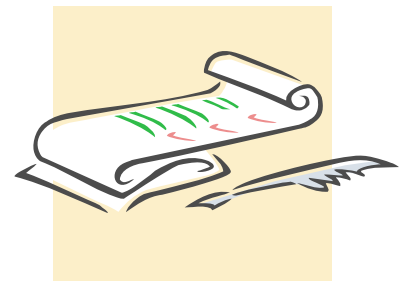
Please contact Tom Kersey if you are interested in participating in NEHSA's Outreach Program.

## NEHSA Wish List

NEHSA is always in need of items to get us through the winter season and you can help by considering to donate the following items:

Hand Warmers • Foot Warmers • Hand Sanitizer • Kleenex • Toilet Paper • Paper Towels • Band aids  
Bottled Water • Cleaning Supplies • Trash Bags

Monetary donations also help NEHSA to carry on with our mission of helping people with disabilities and their families enrich their lives through adaptive sports, recreation, and social activities. Please contact the NEHSA office at (603) 763-9158 or e-mail at [info@nehsa.org](mailto:info@nehsa.org) if you wish to donate any items.



## Newsletter Contest!! ✦ Bob McManus

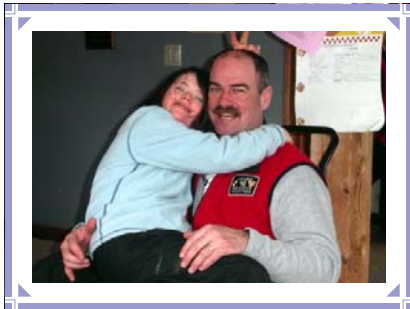
The first 25 NEHSA members that respond by November 30, 2009, with all 4 questions answered correctly, will be entered into a drawing for a "to be determined" prize. The NEHSA Board of Directors, NEHSA employees, and the newsletter editor are not eligible to participate. NEHSA members may submit only one entry each. The decision of the judge (Bob McManus) is final.

- 1.) Name any one of the "Ladies of the 11th Hole."
- 2.) Who was mentioned as a "NEHSA Angel" in this newsletter?
- 3.) What is the name of the company that recently gave NEHSA a \$3,000 grant for Bern Helmets?
- 4.) What did Des Coffee ask NEHSA members to start thinking about in his "President's Message?"

Email your responses to [Bostonbob2008@hotmail.com](mailto:Bostonbob2008@hotmail.com) by November 30, 2009.



## Upcoming Fall and Winter Events ✦ Ray Luscinski



Ray Luscinski and  
Gabriella Foley

**H**HEY, WHAT'S GOING ON AROUND HERE! As we end the summer/fall season everyone starts to look forward to the winter ski season. I have to say there is a lot going on around NEHSA.

**F**irst we start up our season with our Volunteer Appreciation Day, October 17th at the NEHSA lodge. It is a great time to share our summer adventures as well as reconnect with all our winter friends.

**T**he winter preparations are well underway. Once again it's going to be a busy pre-season to get us ready for a packed ski season. In September the discipline leads will be meeting to organize the clinics for December. You will see more advanced training as well as the familiar basic and introduction clinics of the years past. This year Amanda Rucci and Betsey Luscinski will lead the DD program, Dick Sanborn will lead us in VI and Bill Daigle will be head up the 3/4 track program. Lou Pieroni, Todd Winslow, Kathi Brown, Mike Holt and I will be heading up the sit down program. This season George Ruple and Joe Foley will take over the NEHSA race program.

**V**olunteer Orientation is going to be held November 14th at the Spruce Lodge. It is a great time for the new volunteers to learn what we are about and what we do. If you are a returning volunteer show up and help answer any questions potential volunteers may have. November is also the time we focus on getting the gear ready for the ski season. There will be two days of inspections for the sit down equipment and the shop will be busy doing the annual checks for the season. Although all the work is done behind the scenes, it is critical to our success during the season.

**D**ecember starts our winter season. Clinics are planned for December 2nd, 5th, 6th, 12th, 13th, 15th, 19th, and 20th at the lodge or on the snow. A detailed schedule has been posted on the NEHSA website [www.nehsa.org](http://www.nehsa.org).

**O**n December 5th we have 4 instructors heading out to the DSUSA Ski Spec at Breckenridge, Colorado. This year Tom Kersey will lead Angela Neilson, Sue Mills and Kevin Tombs out west. As part of training the trainers, Breckenridge exposes our instructors to the latest and greatest in the world of adaptive skiing. It is a gold mine of knowledge with the country's most qualified instructors.

**D**ecember 18th, 19th and 20th starts the preparation for the 14th annual NE Winter Sports Clinic for Disabled Veterans. Ralph Marche (NEHSA Volunteer and Chief of Voluntary Services at Boston VA Healthcare) will be having mandatory clinics for first time NEWSC volunteers. Then December 26th is opening day for students at NEHSA!

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## Upcoming Fall and Winter Events (continued) ✦ Ray Luscinski

January 11th-14th is the 14th Annual NE Winter Sports Clinic for Disabled Veterans. Each year NEHSA hosts the disabled Veterans from across the country for 4 days. It is a very demanding event for all the volunteers, but the rewards are endless. Please join us in giving back to those who gave so much for us.

On January 23rd and 24th NEHSA will be hosting an open PSIA Level 1 Adaptive Certification exam. This event is for experienced instructors looking for another way to improve their skiing knowledge and teaching ability. Talk to your discipline leads to find out more about PSIA. Sue Mills and Karen Tombs are also our NEHSA PSIA Coordinators who will be available to answer questions and make training available to our volunteers.

February starts out with the Cotting School visiting us February 1st. Each year 20 students come skiing with us for 4 days. They come to learn how to enjoy skiing but usually they remind us why we volunteer.

February 6th is our first on-snow fundraiser. The Ski-athon is chaired by Linda Small. This event is the only one where we ask volunteers and others to get pledges and donations to support our operating budget. It is a great day for the students and members to ski together while supporting NEHSA's mission. Start getting your pledges now and you may be in the running for a great grand prize raffle.

For PSIA certified instructors there will be a continuing education/recertification clinic held on February 27 & 28. This clinic allows for recertification in your discipline and exposes you to all other disciplines as well. It is a fun experience that exposes everyone to something new. Sue Mills will have more information as it becomes available.

On March 13<sup>th</sup> NEHSA hosts the Corporate Challenge Race. It is one of our major fundraisers of the year. Jean Finley and her assistants head up this event each year. We ask various corporations from around New England to enter teams in a fun day of racing, skiing and a cookout. Families, volunteers and businesses can sponsor or enter teams in the event. If you don't race come on out and help, there is always plenty to do.

March 18th is Veterans Appreciation Day in Honor of CJ Gerrard. Any veteran and one family member can ski free with rentals and lessons if needed. It is a great day to ski with a veteran and thank them for the freedom and way of life they have protected for us.

March 20th is the Ben Allen Cup Race. This is a fun race for all disabilities. Members get to race on a small course set up on South Peak. It's a great day to try out racing and participate is free.

March 21<sup>st</sup> is the Diana Golden Regional Racing Finals. This race marks the end of the race season in New England. Adaptive racers from many different mountains who compete in the Diana Golden series finish their season at Mount Sunapee. If you have any interest in racing, talk to George Rumble, Joe Foley, Jason Lalla or Harlen O'Brien. They can explain what is involved to race for NEHSA.

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## Upcoming Fall and Winter Events (continued) ✦ Ray Luscinski

On March 26th through April 3rd a group of NEHSA instructors will be heading out to Aspen to help at the National Winter Sports Clinic for Disabled Veterans. Some of the best instructors from around the country help with the week-long clinic for those with disabilities. It is an amazing event for amazing people.

April 24th is the date set for the End of Winter Awards and Cookout. It is a fun time to recognize volunteers, students, families and instructors. It is a great way to end the season.

As you can see there is a lot going on around here. You may not be able to do it all, but anything you do will help NEHSA to continue to help our disabled community. Come on in and ask questions, learn where you can help and find the magic that is NEHSA. Be sure to check the NEHSA website for the latest information.



Looking forward to a great snow-sports season!!

## Editor's Corner ✦ Bob McManus

I volunteered to take on the role of NEHSA "Wings To Fly" Newsletter Editor in order to allow Angela Neilson to focus on her role as Volunteer Coordinator. Angela has done an awesome job publishing prior newsletters. Angela set the bar high by generating professional-quality newsletters. I will do my best to coordinate and publish the best possible newsletters, but I have some big shoes to fill.

The NEHSA "Wings To Fly" Newsletter is OUR newsletter where WE report on recent and upcoming NEHSA events and stories. Tom Kersey wrote in his Director's Message about the NEHSA "village". I need the help of the NEHSA "village" in order to write stories for the future newsletters, to submit story ideas for upcoming newsletters, and to share NEHSA-related pictures for possible inclusion in the newsletter. If you are interested in writing an occasional article, interested in joining the newsletter staff, or submitting story ideas, you can contact me by email at [Bostonbob2008@hotmail.com](mailto:Bostonbob2008@hotmail.com).

Special thanks to Lacey Heward for providing the inspiration for the name of the NEHSA newsletter. You may recall from the July 2009 edition of NEHSA's "Wings To Fly" newsletter that Lacey is a talented singer/songwriter, world-class mono skier, and Paralympian. Lacey wrote to Tom Kersey and NEHSA "thanks for giving so many wings to fly". It seems to me that is what NEHSA is all about - giving folks of differing abilities "Wings To Fly."



Bob McManus (in red PFD) at the Connecticut Wounded Warrior Disabled Sports Project, along with Disabled Veterans, veterans spouses, VA employees, and NEHSA volunteers

## How Can Your Online Purchases Help?



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*[www.iGive.com/NEHSA](http://www.iGive.com/NEHSA)*

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**Safe & Private** Your iGive account is totally free and private. We will never sell your e-mail address or personal information to anyone.

**Our Community** As an iGiver, you're part of the world's, first and largest online network of shoppers, stores, and non-profit organizations -- all dedicated to turning everyday online shopping into philanthropy.

### *Shop & Search*

*Shop through iGive and a portion of each purchase helps NEHSA. Make your 1st purchase\* within 45 days of joining and get an extra \$5 donation, too!*

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**Looking for a Specific Store?** You'll find over 700 of the web's best at iGive.com, with new stores added every week. Check [iGive.com/Shop](http://iGive.com/Shop) To see if your favorite store is on the list. Next to each store in the iGive Mall, you'll see exactly how much of each purchase will be donated to NEHSA

**Searching For Stuff?** Try iSearchiGive.com, the new search Engine from iGive. You'll raise a penny (or more!) every time you search the web. It all adds up to one big donation check for our cause, from iGive.

\* Sorry, Amazon.com orders don't count towards the 1<sup>st</sup> purchase requirement. This is due to tracking limitations at Amazon.com.

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### F.A.Q.s

**What Causes Can I Support?** At iGive.com, members list and support their favorite worthy causes, from national nonprofits to local, Neighborhood efforts, like your child's school organization or your local animal shelter.

Whenever a supporter lists a new cause at iGive.com, an e-mail is sent to the nonprofit group requesting them to verify the information the support provided. Checks are sent monthly to all verified causes with more than \$25.00 earned.

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## 2009/2010 NEHSA Storefront

### Membership

Individual	\$45.00
Family	\$70.00
Group	\$100.00
Family as defined by the IRS	

### Lessons\*

½ Day	\$30.00
Full Day	\$50.00

\* Includes lift ticket, equipment, instructor & lesson

### Tickets

Adult	\$50.00
Young Adult/Sr	\$40.00
Jr/Super Sr	\$20.00
Under 5	\$0.00

### Rental

Ski Equipment Rental \$15.00  
Includes Boots, Skis, Poles and Helmet

Board Equipment Rental \$15.00  
Includes Board, Boots and Helmet

Individual items \$5.00 each

### Clothing, Pins and More

Columbia Jacket with Shell and Liner - Embroidered	\$180.00
Embroidery only on your own clothing	\$30.00
Blue Ski NEHSA Shirts	\$25.00
Assorted Fleece	\$20.00
Ski Chair	\$250.00
Ski Bench	\$200.00
Ski Foot Rest	\$75.00
Ski Chair and Foot Rest (save \$25.00)	\$300.00
NEHSA Pins \$3.00	NEHSA pins in Bulk (10) \$20.00

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