



Fall Edition, September 2

Welcome to OAS's 'No Boundaries' newsletter! OAS exists to provide life-changing outdoor recreation experiences for individuals with physical and cognitive disabilities and, concurrently, to provide their families with the education and skill to enjoy these experiences together. Through participation in OAS programs, participants, athletes and families gain confidence and independence, build self-esteem, meet positive role models and enjoy an enhanced quality of life.

We believe every person plays a part in our great community, yes, this includes you! Our newsletter goes out every six weeks and will include all the awesome OAS happenings. We are glad to have you as a part of our community and hope to see you with us sometime breaking boundaries! Happy reading!

SUZANNE'S SPOTLIGHT

This Fall at OAS is all about looking forward.

Of course we are looking forward to a epic winter season, our infamous Pray for Snow party and volunteer get-togethers, Heros in Sisters and Jeremy's return. But, we are also looking forward to Summer '15 and three to ten years past that. Lucy is currently planning her calendar for next summer based on all of our successes while the Board of Directors and myself are discussing the three-year plan and long-term vision of OAS.



OAS has matured substantially in the last five years and now we are pushing forward to the next phase in our development. OAS will continue to develop and sustain superior programming, refining our winter offerings while investing in our summer programming with training and equipment. We are focusing on our sustainability and position as a community leader, expanding our fundraising and outreach programs; we are writing our name in the sky!

For now, the fall check list; puffy out (check), ski conditioning class (check) and kudos to Lucy for a great summer (check).



WHAT PEOPLE ARE SAYING

"My son had an amazing time. about camp everyday - he never that. He wore his OAS hat for today after camp - he never had that. This experience was a real through for him. Thank you so

Parent of a Camp OASIS Part August

"Thank you so very much for all for our family and so many others are always so patient, kind understanding with our

Parent of a Summer Part

LUCY'S SUMMER WRAP-UP

September



Lucy, the second from the left in the back row at Camp OASIS.

Lucy, our Summer Program Coordinator is wrapping up the season and heading home for Winter. We are sad to see her go but she promises she'll be back for next summer season! Here's what Lucy has to say in her own words:

The Summer of 2014 will go down in the record books as any thing but "The Lazy Days of Summer" for those who participated and volunteered with Oregon Adaptive Sports this season. Together, we hiked mountains and conquered climbing walls, explored the mighty Deschutes River in canoes, kayaks and Whitewater rafts, we peddled the paths of Bend on handcycles and tandem bikes -many people for the first time, you could find us on the golf greens learning to putt or practicing our swing, and more. The laughter and excitement from the kids from Camp OASIS filled our OAS office and spread through the greater Bend area as they experienced, played, and marveled in the natural wonders of the great outdoors, all the while making friends and building self confidence. We showed the community what an amazing group of Athletes we have in the Pole Peddle Paddle and Tour De Chutes events.

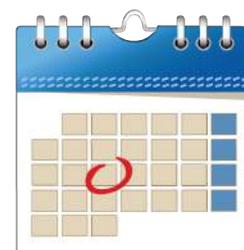
I am grateful to have been a part of the excitement and energy this Summer, and genuinely thank each of you that made this summer happen. I am proud of what our participants accomplished, and honored to be a part of their story. Some of my proudest moments came from watching participants become stronger, more active and ultimately live a healthier lifestyle all because of being motivated by the power of play and outdoor recreation. To see a person want to become stronger so he can go further and faster on a handcycle is a wonderful thing. One of my favorite phrases I heard again and again this summer was "I never thought I could do this again", be that coming from a senior citizen that rode a bike for the first time in 50 years or got in a canoe for the first time ever in her 80 years of life, or from a participant that had a spinal cord injury and is regaining the strength and confidence to get back into sports he or she loved, those are powerful and moving words.

The snow will be flying soon and we will be shredding the hill, but the

"That was a great day. I love independent, it's freeing. It's long time since I've experienced. When can we do this

Adult Summer Part
August

The Latest Snapshot:



October 30th:
End of Summer Celebration
Goodlife Beer Garden 4:30 - 6

November 25th:
Charity Night at 10 Barrel

memories of this summer I hope will last in everyone mind. Until next summer, thank you for the experience, and "Keep Playing!"

Lucy Swaffield, CTRS

MEET OUR OFFICE COORDINATOR, CARA FRANK



OAS recently hired an Office Coordinator, Cara Frank. Cara grew up primarily in Vancouver, Washington. After a few years of Colorado, she decided to move back close to home during the Fall of 2011. Cara comes with a background in Parks, Recreation & Leisure Studies from Western Washington University along with a respectable work history in the recreation management field and adaptive world. Our friend, Bob wanted to get the stats and grabbed Cara for an interview, get the latest here:

"Welcome to OAS, Cara! Tell me, what is it that you do at OAS?"

Cara: "I am responsible for lots of the 'in and outs' at the administrative office. I'll be managing outreach events, helping with marketing, recruiting, and spreading the good word about OAS. I will also be doing a lot of the bookkeeping and accounting items. When you call or visit our office, I'll most likely be the first voice you hear!"

"Nice! I hear you like skiing, what is your favorite food after skiing?"

Cara: "Homemade meals are the best, hands down. Lasagna or my sweet potato enchiladas accompanied with a warm drink. If I'm not up for the cooking, a burrito or quesadilla always hits the spot!"

"Yummy. So, the big question; why OAS?"

Cara: "I was born profoundly deaf and became a poster child overnight when I got the Cochlear Implant, a surgically implanted device for the deaf. At the time, it was new technology, so there were a lot of professionals working with me along with watchful eyes. My parents sent me to local camp and one camp counselor saw me for who I was, not my cochlear implant. Ever since, I've always wanted to pass on the good deed that camp counselor did for me. I believe OAS carries out that same potential with today's participants."

December 3rd:
Let it Snow Gathering

December 13-14th:
New Volunteer Training

December 15th:
First day of Lessons

December 23rd:
OAS's Birthday



Help support OAS in their continuous mission to provide changing outdoor recreation experiences to individuals with physical and cognitive disabilities and, concurrently, to provide families with the education and skills to enjoy these experiences together. Many of our participating athletes and families leave with experience they claim is unforgettable and ultimately changing.

Funds raised will provide scholarships to individuals and groups who cannot afford to participate otherwise. Without your donations, OAS wouldn't be able to meet the increase demand, continue to develop programming, or pay staff training and wages. Please consider supporting Oregon Adaptive Sports and help enhance the quality of life for our participants & athletes.

[Click here to make a donation](#)

If you would like to get more information on sponsorships or donating, please call Suzanne at 541-306-4774 or email:

suzanne@oregonadaptivesport.org

"Powerful message. Okay, my last question for you, suppose a penguin walks through that door right now wearing a sombrero. What does he say and why is he here?"

Cara: "The penguin is going to be happily dancing and he'll invite us to OAS's End of Summer Celebration on Tuesday the 30th at Goodlife Brewery's Beer Garden from 4:30 - 6:30 PM! "

"Uh, ok, but what about the sombrero?"

Cara: "He had a margarita before he came in!"

CHARITY NIGHT

Tuesday, November 25th:

Be sure to bring your friends and family to this upcoming Charity Night at 10 Barrel Brewing Company! A large percentage of ALL sales made that night (from food, beverage, gift items, etc) from approximately 5 PM - 9 PM will benefit Oregon Adaptive Sports.

During the event night, you will also be able to purchase OAS T-shirts, hats, beanies with 100% of those proceeds supporting OAS

We look forward to seeing you there!



WISH LIST

Oh you know we would love a laptop and a Ferrari and just maybe a vitamixer. No seriously, our wish list is for the benefit of our participants and programming needs. We know, maybe you have something sitting in your garage that we can put to use! Our current wish list in-kind donations is:

Current ski clothing & accessories

Ski Goggles

lpad, 2-3 years old

lpad cover

Apple laptop, 2-3 years old

Camera, high end digital

On mountain video for promotion

Changing cord for Go Pro-Hero

Wheelchair accessible van

Card stock print paper

Your in-kind donation helps create a more efficient, safe, and fun environment for our participants

To make an donation please call 541-306-4774 or email

suzanne@oregonadaptivesports.org



VOLUNTEER

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's



Think it... and it will come.

Yes, the sunny warm days are coming to an end - and no, we aren't trying to be a buzzkill, simply planning ahead for exciting times!

Please bookmark your calendars for **December 3rd** for our "Pray for Snow" annual gathering where we will get together to celebrate the good times to come! Come one, come all!

only thing that ever has."
-Margaret

We need volunteers for outdoor programs, administrative assistance and such skills as marketing, fundraising and program administration.

[Interested? Click Here!](#)



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Jason Epple - Vice President

Kelly Brawner - Secretary

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Kendall Cook

Rod Ray

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Kevin McCormack, honorary member

[Read more about our board members!](#)



We love hearing from you. Whatever it is, drop us a lin



541-306-4774

Support Oregon Adaptive Sports just by shopping at Fred Meyer with your Rewards Card. All you have to do is [link your reward card to OAS](#) and use it when you shop at Fred Meyer.

Whenever you use your Rewards Card when shopping at Freddy's, you will be helping OAS earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one at the Customer Service Desk of any Fred Meyer store.

Don't worry, you still get your reward points, fuel points and rebates. We don't work like that.

To link your Fred Meyer Reward Card with OAS: [Link your Fred Meyer Card to OAS](#)



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MID DECEMBER, LET THE SKIING BEGIN!

Calling all Winter Volunteers!

Don't you wish we could hit the slopes now? I know, patience, my friends! We got to let the snow come first! Start those snow dances!

In the meantime we are gearing up for volunteer training scheduled for early December. Volunteers are an integral part of our organization and by working together we are able to provide a safe, fun, and exciting experiences for all. If you are interested in volunteering out on the slopes and have questions, check out our [Volunteer Manual](#) which explains everything from 'A to Z' about the professionalism, guidelines, participants you may work with, and the perks of volunteering! Keep in mind, once you have volunteered three full days, on the fourth day you will get a free lift ticket that you can redeem at Mt. Bachelor or Hoodoo for your personal use. Although, we certainly hope the free tickets aren't your only motivation because there are some pretty darn cool people here that are fun to hang with, we kid you not.

After reading our Volunteer Manual and you decide it's a good volunteer

opportunity, please [apply online](#). Once you submit your application, we'll follow up with you shortly on our volunteer training that will start early December. We thank you in advance for your interest!

Thank you for being a valuable part of helping OAS break boundaries. We appreciate you.

Look for our next newsletter: End of October

Oregon Adaptive Sports
63025 OB Riley Rd. #12
Bend, OR 97701

Many thanks to our partners!



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Oregon Adaptive Sports | 63025 OB Riley Rd. #12 | Bend | OR | 97701