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Current E-News



BORP E-News Spring 2012

Greetings from the Executive Director

Hello Friends,

A couple of months ago I joined BORP as its new Executive Director – and it hasn't taken me long to discover that BORP is an incredible organization. With the help of a caring community of people like you, BORP has been able to accomplish amazing results and help thousands of individuals and families over the last four decades. BORP continues to be in the forefront of a mission aimed at enabling physically disabled people to participate in recreational and sports opportunities, from wheelchair basketball and power soccer to adaptive cycling and our outdoor adventures. Whether someone is interested in purely recreational activities or serious competition, BORP has a program to meet the desired need.

Unfortunately, BORP is just about the only place where people with physical disabilities can find programs to engage in sports and recreational programs. That's why we must set our sights on increasing BORP's reach and presence throughout the Bay Area and beyond. With a solid foundation, put in place by so many, I am confident we can do this.

Earlier this month the staff and I started making plans for the upcoming year with a commitment to extending our outreach to children and adults who have not yet had the opportunity to experience what BORP has to offer. Along with our core programming, in 2012/13 BORP will offer adaptive sailing, sled hockey, and an increased number of outdoor adventure programs. In addition, we are working on how to increase our transportation support and our outreach to veterans.

As the new kid on the block, I am eager to hear your thoughts on anything from new program ideas to how we can improve what we are already doing; so, please feel free to drop me an email at anytime at rick@borp.org.

Best,

P.S. Don't forget to mark October 6 on your calendar - BORP's 10th annual Revolution Ride is set for 2012. And this year for the first time, you can help raise money for BORP by walking if riding isn't your thing!

Register for the Revolution!

Registration for our 10th Annual Revolution Ride & Festival is now open! We've switched to a brand new online registration system that will allow you to have your very own fundraising webpage! You will be able to track your total donations, upload photos and easily send messages and updates to you email and social media contacts! To register for the 10th Annual Revolution click [here](#).

Visit borp.org/revolution for more information about the 10th Annual Revolution.



The Rev rolls on October 6, 2012.

When you participate in the Revolution, you help to make BORP's programs possible.

Spring into Fitness with A Class at BORP's Fitness Center

In addition to fun and fitness outdoors, a yoga class can bring balance and calm to our busy lives. One of BORP's beloved yoga instructors is Pnina Shamsi who has been teaching at our Fitness Center since January 2011.

Pnina offers a number of healing practices including **Chakra Yoga** (Mon. 5:15-6:15pm), a brisk and flowing yoga class that focuses on exploring the energetic systems of the body. Some yoga experience is encouraged. **Hot Stone Restorative Yoga** (Mon. 6:30-7:45PM), a soothing, quiet, and deeply relaxing class that is very nurturing for the nervous system. Comfortable postures are coupled with warm stones (optional). **Core Conditioning** (Wed. 12:15-1:15pm), an hour of fun-filled and creative ways to build strength and balance within the abdomen, torso, and entire body. **Gentle Yoga** (Thurs. 5:30-6:45pm) focuses on stretches, deep, relaxing breaths, and the ultimate goal of feeling physically and mentally refreshed. **Healthy Back and Spine** (Thurs. 7-8pm) offers creative ways to stretch and strengthen the back body and torso, and incorporates movements aimed to alleviate and prevent back pain.



Pnina was trained in the *Kripalu style* of yoga. She says: "I believe that the cornerstones of any class I teach are safety, inspiration, intention, and curiosity. Why did we show up here today? What do I wish to dedicate my energy towards, so that each breath and movement has an intentional and inspired purpose?"

She adds that her goal is "to promote a sense of well being and self confidence in the students. I love the BORP community which is made up of people who show up to create and be part of a safe and engaging space, somewhere to go deep or have fun and explore what the next the class might bring to them." It is safe to say that the BORP community loves Pnina! For more information on her classes and others like them click [here](#).

BORP welcomes new Board Member Yaron Lipshitz to the BORP community

We like to keep you up to date on our wonderful Board members and their commitment to us.

This issue we feature Yaron Lipshitz, a newcomer to both our Board and to BOP. We recently sat down with Yaron and here's what he told us:

BOP: Tell us a bit about yourself.

Yaron: "I live in Marin County with my wife and 3 boys. I am a partner in a boutique investment bank working with high-growth technology companies on mergers and acquisitions."



How long have you been involved with BOP and how did you first learn about the organization?

"I have been involved with BOP for about a year now and have so far enjoyed every moment of it. What drew me to the organization was the vision of helping and growing people through sports. Having a child that has gone through quite a few orthopedic surgeries, seeing the role that sports has played in his physical and emotional well-being, and being a big fan of sports myself, have been guiding influences."

What is your favorite BOP moment and why?

"The kickoff of the Revolution ride and Festival and seeing the masses of cyclists with and without disabilities riding their bikes together. It was a magical moment for me. "

What do you feel your most important role is as a Board member and why?

"To help to energize the organization to pursue its objectives and using my skill set drawn from the finance and business world to help with the organization needs. "

As a Board member, what is your hope/vision for BOP in the future?

"To expand the reach of this wonderful program to more people and to help create a sound financial footing. "

What other activities do you enjoy outside of BOP?

"My favorite sport is skiing, which is now becoming a family experience. I also enjoy riding bikes with my family, playing tennis and, when time permits, cooking."

BOP thanks Yaron for his commitment and many skills.

Volunteer Highlight: Frank Cappucio

Frank Cappucio has been a dedicated and enthusiastic volunteer for the past year and half since his son was introduced to the program during BOP's Opening Day event in 2011. Frank's son, Ernesto, who recently celebrated his tenth birthday, has spina bifida and uses a wheelchair, is an all round BOP kid. He participates in wheelchair basketball, sled hockey, and Jr. Adventure activities. Frank's willingness to assist in all aspects of programming has helped to make opportunities possible for all of the kids in addition to Ernesto.

He recalls how the family got hooked. "After coming to Saturday morning practices for a few weeks, I could see an almost immediate change in Ernesto. He was more confident, learning to work with his chair more efficiently, becoming a little faster and stronger. Who better to learn about what someone using a wheelchair could do than from the energetic BOP coaches who used chairs themselves. In addition to Youth Coordinator Trooper Johnson, the other coaches Richie Bennett and Sam Marks are BOP alumnae, having grown up with the program."

Another highlight for the family was "enjoying our first bike ride from the adapted cycling center. It was great to see Ernesto, then seven years old, ride all by himself!" Last year Ernesto rode in the annual benefit Revolution Ride

Soon Frank started to volunteer where he was needed. What Frank was especially impressed with was that “it was clear to me that this program is not all about playing sports. It is about being successful and learning self confidence and a sense of accomplishment.”

Outside of program support, Frank has assisted in all of our fundraisers and is an eloquent spokesperson for BORP. Being a Professor serves him well in his volunteer role as an internal evaluator to help to assess program success. And finally, Frank has taken on the role of tutor for our kids that are falling behind academically.

Trooper Johnson sums it up: “What makes this parent an outstanding volunteer is his commitment to assure that his efforts not only benefit his son, but to offer every child in our programs the same level of support. Frank’s spirited approach to consistently jump right in whenever needed for the greater good of BORP programs, serves as a great example of volunteerism at its best.



BORP Provides Group Trip Transportation

BORP has always been cognizant of the fact that transportation plays a key role in providing opportunities to people with disabilities. With transportation comes independence and access. With *group* transportation comes the opportunity to experience sport and recreation with your fellows.

The funding that we receive from the Alameda County Transportation Commission assists BORP in providing accessible group trip transportation in North County for children, youth, and adults with disabilities who participate in sports and recreational programs.

BORP has helped transport groups to Lake Tahoe for skiing, Lake Del Valle for camping, San Francisco for museum outings, and Marshall for oyster tasting. In addition we are able to transport groups for cycling trips, wheelchair basketball tournaments, and Power Soccer competitions.



Do you have a group trip in mind and are in need of transportation. Give BORP a call at (510) 849-4663 x1319 or email Reba Knickerbocker at reba@borp.org for information and details.

“As the parent of a child participating in the BORP youth program I am very grateful for the group trip transportation service. Through his experience with the group trip transportation service he is more independent and outgoing. Without the transportation provided by BORP he would not be able to attend the activities that BORP provides. Many parents of children with disabilities depend on the group trip transportation they provide.”

- Anthony M Branch

“If BORP didn’t provide transportation to the fabulous destinations we’ve been to, I would not have the independence and the freedom to explore the world around me. Our group outings have also enriched my social life by providing me the opportunity to get out and meet new people.”

- Adult Participant

BORP Spotlight: Chris Finn, Adult Power Soccer Coach

Chris Finn grew playing soccer in Milwaukee, Wisconsin. Due to a spinal cord injury in 1992 that resulted in quadriplegia, he had to stop playing the game he loved.

Chris currently lives in San Leandro and holds a degree in Therapeutic Recreation and a Masters degree in Educational Psychology.



"I'm a big sports fan, and in addition to soccer, I enjoyed playing volleyball and swimming. So, after I was injured, I really missed the active role that sports played in my life."

He recalls learning about BORP when he moved to California in 2001.

"I contacted Jonathan Newman, Adult Sports Coordinator, and attended a power soccer practice. Since my injury in 1992, I was searching for a sport that I could play using a power wheelchair. I could find nothing until I discovered BORP. When I kicked that ball into the goal for the first time my passion for sports and life came back. It was great to fully participate in something that I loved, and be totally independent."

Today Chris not only plays power soccer but has served as coach of the adult team since 2002. Newman feels that "BORP is very lucky to have Chris as the Head Coach of the power soccer program. He is an innovative, passionate and positive leader who does his best to provide every player with the knowledge, support and opportunity to succeed."

Chris notes that he "was able to realize my abilities again as an elite athlete and coach, become a two-time World Cup champion coach of the US National Power Soccer Team, and serve as Vice President of the International Federation of Power Soccer.

Newman also point out that Chris started the *Poker Slam*, BORP's annual fundraising event for power soccer which he continues to help organize each year.

"In addition, he promotes BORP to various service organizations," Newman says.

It is for these contributions and accomplishments that Chris was named as one of ComCast's *California's Hometown Heroes* earlier this year. He exemplifies what Curt Henninger, Senior Vice President, Comcast California, admires in the *Heroes*, which is "a strong dedication and commitment to their communities by serving others and doing remarkable things."

"I enjoy being able to share my experiences to empower people to pursue their own passions in sports and in life," says Chris. "Some of my favorite BORP moments are observing those who play for the first time and watching them develop as team members and gradually increasing their self confidence." Both of which, he adds, are overall BORP values.

"Those moments are transformational in a person's life."

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