



The BORP

Fall 2010
www.borp.org

Bulletin



BORP's mission is to improve the health, independence, & social integration of physically disabled individuals through sport, fitness and recreation programs.

BAY AREA OUTREACH &
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Dear Friends,

I recently attended an event where non-profit executives were asked to describe the importance of philanthropy in ten words or less. The one that resonated the most for me went something like this: "Philanthropy in harsh times creates hope." My immediate reaction was that this expresses in such a succinct way the continued support we feel at BORP.

This very committed BORP community including participants, donors, volunteers, staff, board members, Boosters, and community partners, continues to give in a variety of very creative ways to move the organization forward. Because of your philanthropy – whatever form it takes – we are solid and growing.

After almost 15 years, we're particularly pleased that we've finally moved into the Ed Roberts Campus and opened our long awaited Integrated Fitness Center. We're strengthening our outreach to veterans with disabilities to ensure that we're meeting their needs for recreation and fitness. And, we've started a Junior Adventures program providing our youth the diversity of experiences that the San Francisco Bay Area has to offer.

Because of your generosity, we're reaching more people with more program options than ever before. And as you know, BORP programs change lives.

*Thank You,
Kaia Burkett, Executive Director*



BOARD SPOTLIGHT: KARLA GILBRIDE

Karla Gilbride, a staff attorney at Disability Rights Advocates in Berkeley and an enthusiastic BORP participant, joined BORP's board in June of 2010. Originally from New York, she attended Swarthmore College in Pennsylvania and went to law school at Georgetown University before moving to the Bay Area in 2008. She rode in her first Revolution that very year. "It was my first time on a bike since riding a tandem with my dad when I was about twelve years old," she says. It was challenging but I had a great time pushing myself and meeting all of the wonderful people in the BORP community."

"I've lived in a lot of places, and I've always been active, so everywhere that I've lived I've sought out chances to play sports

and enjoy outdoor activities. The Bay Area is rich with these opportunities, and I've never found a program that fosters such participation of people with disabilities in sports and recreation as BORP does. It's a remarkable program, and I'm glad to give back as a Board member."

In addition to cycling, Karla enjoys the goalball program designed for blind athletes. "I love the challenge and competitiveness and diversity of players. All of the programs bring together a great cross section of the community and provide the opportunity to play with people who otherwise may never meet."

Veterans Outreach Project

Data on disabled veterans suggests extensive need in the Bay Area. The 2007 Veteran Population Report produced by the National Center for Veterans Analysis and Statistics projected 178,500 veterans residing in this area. The reported disability rate (11%) equates to about 20,000 disabled veterans.

In response to these statistics and to the expressed interest from those serving disabled vets and veterans themselves, BORP has launched a program to integrate veterans into our already established programs.

The project, funded by the U.S. Olympic Committee, includes a major emphasis on outreach to regularly engage local veterans and members of the Armed Forces in cycling, wheelchair basketball, goalball, sled hockey, and adaptive rowing. Kaia Burkett, BORP's Executive Director, anticipates that "thirty veterans will be served in intensive recreational and competitive sports programs with participation levels ranging from one to three times a week. An additional 125-200 veterans will be introduced to these programs via clinics in collaboration with veteran and adaptive sports organizations. "The philosophy for this outreach is the same for all our programs," Kaia explains. "To increase opportunities for physical activities, whether recreational or competitive, that promote healthy lifestyles for people who are physically disabled or blind/low vision."

Current collaborators include: the VA Palo Alto (SCI Unit, Poly Trauma Unit, and Therapeutic Rehab Center), Western Blind Rehabilitation Center, Oakland Ice Center, the San Jose Sharks, the NHL Player's Association, the Kristi Yamaguchi Foundation, Access Leisure Sacramento, Disabled Sports USA, the US Handcycling Association, and the US Association of Blind Athletes.

Andy Duprey, Recreation Therapist for the VA Palo Alto Health Care System lends his support and adds that "Outreach to blind and low-vision veterans is a huge need in our community, and this project would serve to help meet that need. We have worked collaboratively with BORP in the past and are pleased to refer disabled and injured veterans to BORP's programs."

Cycling Coordinator, Greg Milano "is excited to expand what we already offer vets in cooperation with the Palo Alto V.A. Starting in December we will have dedicated days for vets two Fridays a month with 5-6 days scheduled by the VA's polytrauma unit and SCI unit."

BORP Launches Integrated Fitness Center

BORP is pleased to announce that our innovative Integrated Fitness Center is open! Located at the Ed Roberts Campus, our new facilities offer integrated classes in Adaptive Yoga, Core Conditioning, Mat Pilates, and more for adults with and without physical disabilities. Open to the general public. Classes are offered for a low fee. All Fitness Center instructors have experience working with both disabled and nondisabled participants.

"We are excited to expand our overall fitness and healthy lifestyle philosophy that runs through all of our programs," says Fitness Coordinator, Reba Knickerbocker. "The classes that we offer benefit everyone, from those wanting to become more flexible, to those wanting to increase muscle strength. They help with a range of conditions from simply staying in shape to relieving stress, muscle, and joint pain experienced from arthritis or the aging process."

Reba points out that "Because the classes are integrated they are designed and adapted for people with physical disabilities, including wheelchair users and those who are blind, deaf or visually impaired. Our goal is for participants to gain a greater sense of their physical ability while feeling a sense of achievement. We know from our other programs that participants who become more

active generally make healthier lifestyle choices and feel more empowered."

Classes include: Therapeutic Yoga, Adaptive Yoga, Gentle Yoga, Hatha Yoga, and Healthy Yoga, as well as Mat Pilates, Core Conditioning, Upper Body Strengthening, Arthritis Foundation Exercise Class, Healthy Backs, Feldenkrais, Tai Chi/Qi Gong and Gentle Stretch. Additionally, we are delighted to join with our long time ally in the disability community, Axis Dance Company, who will present inMotion!, a movement workshop using creative movement and improvisation for an hour of exploration and FUN!

We hope that you will drop by our Fitness Center and we invite you to our Open House scheduled for early

Spring 2011. The Center is made possible through the generous support of the Rehabilitation Services Administration (RSA) and the U.S. Department of Education Office of Special Education and Rehabilitative Services. For more information about the Fitness Center including classes, teachers, class times and parking, please go to our website www.borp.org and click on the fitness center link.



BORP's Adventure

BORP's Adventures and Outings Program was created over twenty years ago to provide opportunities for adults who are physically disabled or blind/low vision to enjoy an array of activities, including recreational outdoor outings as well as visits to the Bay Area's educational and cultural offerings.

Modeled after the successful adult program, the Junior Adventures Program was formed last year to offer youth with physical disabilities a wider variety of non-competitive alternatives within BORP's programs. While many of our youth participants enjoy competing on the Wheelchair Basketball and Power Soccer teams, others seek opportunities to experience urban adventures and the diversity of the outdoors.

A unique feature of both programs is the accessible transportation that BORP is able to provide as well as our many collaborative partners working with us to assure that venues are accessible and can accommodate our physically disabled and blind/low vision participants.



Adventures and Outings



LORI GRAY

“Freedom,” “adventure,” and “challenge” might best describe why BORP’s Lori Gray loves her job. As Adventures & Outings Coordinator, she brings physically disabled and blind adults into direct contact with nature as well as with urban and cultural events.

Lori has been taking groups to explore the Bay Area for many years. With her lifelong love of the outdoors, she has taken people with disabilities white water rafting, sea kayaking and cross country skiing. She learned about BORP while a student at U.C. Berkeley and in addition to participating in the Adventures & Outings Program herself, later joined the BORP Board.

As current staff coordinator, Lori has expanded the program to include more collaborations (such as a partnership with the East Bay Regional Parks) and has incorporated many urban outings as

well to explore local museums and points of historical interest. The expanded Adventures & Outings Program offers a broad range of accessible activities including open water kayaking; hikes in Sonoma County and Point Reyes as well as local East Bay parks; and visits to museums and cultural events (often audio described for participants with visual impairments).

Lori explains that “our trips operate on two basic tenets: that a successful trip requires group participation and that a little dirt is good for the soul. We also stress that every person is responsible for setting their own boundaries & limitations.” She continues, “The outdoors continues to be a place where I feel empowered. It is important for me to present this opportunity to others.”

When it comes to the collaboration between BORP and the East Bay Regional Parks, one of our Adventures & Outings participants says it best: “East Bay Parks has provided us with many opportunities to explore the natural beauty of the Bay Area.”

Central to this collaboration is Joseph (Joe) Stack, Supervisor for Recreation and Leisure Services at the EBRPD. Before joining the Parks Department, Joe worked for the Janet Pomeroy Center in San Francisco. Born in San Francisco Joe majored in Recreation at Sacramento State University. He has also served as a volunteer for Environmental Traveling Companions’ sea kayaking outings for people with disabilities.

Joe explains “I have always been an outdoors person and through my work I fell in love with the disability community, especially encouraging groups to be proactive in promoting a healthy lifestyle while meeting challenges.”

Erin Burton, BORP’s Youth Transitions Coordinator appreciates that “Joe Stack has been wonderful to work with in order to get our participants out to experience the diversity of the parks and the activities offered through them.”

For example, Joe helped BORP coordinate a day trip in June to Alcatraz Island for youth and adults. Another memorable

experience was the July Family Camping weekend at Lake Del Valle Regional Park in Livermore. Over 70 participants and their families enjoyed setting up tents, cooking, campfires, and swimming. For Joe and his staff, “This weekend had a good feel to it. It was multigenerational so that youth and adults worked together to assure that everything ran smoothly and safely.”



JOE STACK

From One Generation...

We caught up with **Glen McIntyre** after he rode in the 2010 Revolution, a natural extension of his regular participation in BORP's cycling program. Cycling coordinator, Greg Milano says that "Glen is one of the real deal athletes in our program." A former Hawaii Ironman competitor, Glen came to BORP because he was no longer able to ride an upright bike as a result of a disability incurred in Vietnam. Glen recalls that a "V.A. therapist recommended BORP to me since he knew that I had been so active before my injury." Greg continues, "Glen trains with us at least twice a week, but recently got his own racing handcycle so we may see less of him on our rides, but more of him on the podium in future handcycle races."

Glen explains that "before coming to the cycling center, I was sitting in front of the TV feeling badly about myself and becoming overweight for lack of regular exercise. Now I am exercising regularly and engaged with life. Because of the BORP community, I realize that I am not alone with my disability. I also know that having a disability does not have to stop me from doing what I love, being active and developing a healthy lifestyle."

Glen sums up his appreciation saying that BORP should be proud of its role in promoting independence through participation in various sports and recreational programs.



...To The Next

Youth Sports Coordinator, Trooper Johnson says of **Zach Penick**, "He is one of those kids that every coach wants to have in their program. He gives you 100% of his energy all of the time and will try to accomplish anything you ask of him. He has grown up at BORP and has become one of the leaders of the Varsity wheelchair basketball team. Recently Zach has been spending a lot of time on the ice with the new Sled Hockey program. There he takes every opportunity he can to check the coaches and steal pucks." He most recently rode in his second Revolution Ride, and says of the REV, "I loved participating this year. I loved being able to ride and support Borp."

At fifteen, Zach has already demonstrated great enthusiasm and leadership. He was one of three youth with disabilities who competed in the inaugural race division of the Contra Costa Kops for Kids annual run.

He first learned about BORP "a few years ago when I was in physical therapy. There were a stack of BORP brochures and I became interested in checking it out." When asked what activities he enjoys at BORP, Zach replied "I like them all. I play wheelchair basketball, sled hockey and also ride my handcycle. I love playing with my friends there, who I don't get to see much during the week since they live far away from me." Erin Burton, Youth Transitions Coordinator also notes that "Zach has enjoyed our Junior Adventures and Outings Program including the camping trip featured in this newsletter. He is a good sport and has a great team spirit."

As for future plans, Zach hopes, "to attend a good college or university and major in history or psychology. I also want to continue playing basketball or hockey competitively."



Congratulations to our 2010 Award Winners!



The Revolutionary Award:
 The McNiece/Combs/Shegosian Clan



The Clay Mankin Award:
 Daniel Tiraschi



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UPCOMING EVENTS

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| December 4-5 | The Bill Duncan Road Warriors Invitational Wheelchair Basketball Tournament at San Jose State University |
| December 4 | BORP Invitational Goalball Tournament XVI at James Kenney Gym |
| December 5 | Adventures & Outings explore Cosumnes River Preserve |
| December 17 | Jr. Adventures & Outings experience the Fisherman's Wharf Holiday Boat Parade |
| December 20 | Equal Access Day at the DeYoung Museum with Adventures & Outings |
| January 22-23 | BORP Power Soccer Tournament at James Kenney Gym |
| January 22 | Jr. Adventures & Outings travel to Alpine Meadows for a day of downhill skiing with Disabled Sports Far West |
| February 4-6 | BORP hosts The Western Regional Youth Wheelchair Basketball Tournament |
| Mid-March | Fitness Center Open House (Date to Be Determined) |

*For additional events and information visit our Online Calendar at www.borp.org.
This newsletter is available in audio (on tape) and as an electronic file. Please call (510) 849-4663 for either.*