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RISE Above & Beyond


A monthly publication by RISE Adventures
PO Box 141122, Irving, TX 75014-1122

November 15, 2008 Edition

In This Issue
<u>RISE Picnic</u>
<u>New RISE Programs</u>
<u>Program Schedule</u>
<u>Last Months Program Recap</u>
<u>All About RISE</u>

RECOVERY - INSPIRATION - SUCCESS - EMPOWERMENT
"To help persons with physical challenges gain independence through a learning experience in adaptive outdoor adventures and sporting programs"

Have a safe and wonderful Thanksgiving!

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RISE PICNIC

RISE Introduction Picnic ** Weather Permitting **

RISE is hosting a FREE picnic to introduce the new RISE Golf Program.

Burgers, hot dogs, chips, and drinks will be served.

The RISE Hand Cycle Program is held at the same location so come on out and join in the festivities and participate in both programs.

Sponsors
C&R Medical
Sportsman Club of Ft. Worth
Magellan Sailing Center, Inc.

When:
Sat, Nov 22nd, 12-3PM

Where:
Campion Trails
6030 Riverside Drive
Irving, TX 75039

[Click here](#) for a map.

Contact Paul for Reservations @ 469.762.5075 or pgray@riseadventures.org.

NEW RISE PROGRAMS

RISE Sled Hockey

Thanks to the hard work of James Dunham, RISE has finally secured ice time at the Addison Square Gardens to start this Saturday, November 15th, and will continue throughout the year.

RISE Sled Hockey is an active and inspiring program. Sled Hockey allows the disabled player to experience a unique sense of freedom. Securely seated in sleds outfitted with hockey skate blades, players enjoy the fitness benefits, social interaction with coaches and teammates, athletic challenge and sheer pleasure of moving on the ice.

This program is for all ages and levels of physical disabilities. We would like to invite all of those that have never participated as well as those that have played before.

When:

If you're a first time player, please arrive at 12 to get fitted and ready for the ice. This way we maximize our very important *free* ice time.

1-2PM Beginner Skate and Acclimation to Program
2-3PM Team Practice and Play.

Sat, Nov 15th, 12-3PM
Sat, Nov 22nd, 12-3PM
Sat, Nov 29th, 12-3PM
Sat, Dec 6th, 12-3PM
Sat, Dec 13th, 12-3PM
Sat, Dec, 20th, 12-3PM
Sat, Dec, 27th, 12-3PM

Where:

Addison Square Gardens
1500 Midway Road
Addison, TX 75001-4520

[Click here](#) for a map.

What to Bring:

You, all equipment is provided. If you have equipment you would like to donate to this program please contact Paul Gray.

No reservations are necessary for this program.

Contact Paul @ pgray@riseadventures.org or
469.762.5075.

RISE Golf

**** Weather Permitting! ****

The RISE goal for this program is to make the game of golf easier for individuals with disabilities, prosthetic devices, back, hip or knee injuries.

The key objectives of this RISE Golf Program are to encourage and promote every person with a permanent disability to play and enjoy golf. Playing golf is a viable form of rehabilitation and recreation for the physically disabled. It brings together able and physically disabled golfers to share their love for the game.

RISE has partnered with Gary Pickle, www.garypickle.com, to host this new program.

This is an introduction to this new program we will have driving range set up, chipping area and several holes around the park for people to play. We will have everything, clubs, balls, instruction, just show up with your desire to play golf and have fun!

RISE will host a free picnic with drinks, burgers, hot dogs, and chips as an introduction to this program.

Feel free just to stop by and check out the action if you are unsure about this new sport.

When:

Sat, Nov 22nd, 12-3PM
Sat, Dec 6th, 12-3PM
Sat, Dec 13th, 12-3PM
Sat, Dec 20th, 12-3PM

Where:

Campion Trails
6030 Riverside Drive
Irving, TX 75039

[Click here](#) for a map.

Reservations:

Pre-registration is required so we have the specific equipment on hand. We will need to know if you are right or left handed,

disability, and playing position- standing, seated, don't know?

Contact Paul @ pgray@riseadventures.org or
469.762.5075.

PROGRAM SCHEDULE

Upcoming RISE Programs

What to Bring:

Yourself along with [family and friends](#) to cheer you and other participants on! These are all great programs to share with your family or close friends. All other equipment is provided. If you have your own equipment please feel free to bring it with you. We can help you unload your vehicle too!

RISE Quad Rugby

Fri, Nov 14th, 6-8PM

Fri, Nov 21st, 6-8PM

Fri, Nov 28th Off for Thanksgiving

Fri, Dec 5th, 6-8PM

Fri, Dec 12th, 6-8PM

Fri, Dec 19th, 6-8PM

Fri, Dec 26th, Off for Christmas

Fri, Jan 2nd, 6-8PM

Where:

Georgia Farrow Recreation Center
530 Davis Dr
Irving, TX 75061

[Click here](#) for map.

Contact Paul @ 469.762.5075 or
pgray@riseadventures.org.

RISE Sailing

**** Weather Permitting! ****

Sat, Nov 15th, 12-4PM

Sat, Nov 29th, 12-4PM

Sun, Dec 7th, 12-4PM

Sun, Dec 14th, 12-4PM

Sat, Dec 20th, 12-4PM

Where:

Pier 121 Marina
1481 East Hillpark Road
Lewisville, Texas 75056

[Click here](#) for a map.

Contact Rick for Reservations @ 972.983.9169
or rbrauer@riseadventures.org.

RISE Hand Cycling

**** Weather Permitting! ****

Sat, Nov 22nd, 12-3PM
Sat, Dec 6th, 12-3PM
Sat, Dec 13th, 12-3PM
Sat, Dec 20th, 12-3PM
Sat, Jan 3rd, 12-3PM

Where:

Campion Trails
6030 Riverside Drive
Irving, TX 75039

[Click here](#) for a map.

Contact Mike @ 214.629.2230
or mpeters@riseadventures.org.

LAST MONTHS PROGRAM RECAP

RISE Quad Rugby/Murderball

Written by Gabriel Garcia on November 12, 2008

Since I began playing rugby with RISE back in June I can tell you my endurance and self esteem has sky rocketed! With the help from all your volunteers, I feel at ease when I show up, because I know they will help me without feeling like a burden to them or RISE. Let me say thank you to Randy, Mike, Rick, Andy, Paul, all of RISE and its volunteers for putting this together! After being able to interact with my fellow quads and being able to meet so many great people with different abilities I feel more comfortable going places on my own and taking charge of what I do. I simply love playing the sport, and having the ability to be competitive again is fantastic! I look forward to each day I get to play, Friday's can't come quick

enough!!

RISE Sailing on Lake Lewisville

Written by [Rick Brauer](#) on November 12, 2008

Sailing, takes me away... but not far when the wind doesn't cooperate!

Saturday sailing turned out pretty good with multiple attendees, the sunshine, the water, but alas there just wasn't that much wind. Cap'n Don rigged up the sails and out of the slip we went. Not before I had lost the data cable to my camera - Note to self... don't store the data cable and camera in the same pouch. Now it is resting at the bottom of Davie Jone's locker.

We began to make way when someone on the docks proclaimed the motor wasn't putting out water. If that wasn't taken care of soon enough the little motor would surely over heat and stop working. Turning about we came back to the slip and got a closer look to discover it was working just fine. (I think it was a test to see how quickly we could maneuver in the docks.)

Again away we went, motoring slowly out of the docks before pulling up the sails. Past the jetty we went, then turned her into the wind. "Up Sail!" the captain barked. The main sail and jib sail were hoisted, then we gently turned to catch the wind. I said we gently turned to catch the wind.. but unfortunately the wind had stopped cooperating at this point. We could of had more wind if only I had eaten beans the night before!

On we moved at a leisurely 1 knot or so. It was nice to be out regardless! We discussed the boat controls, the lines, and how to maneuver properly. It was a good learning experience for the new volunteers and participants.

Thanks to Cap'n Don for taking us out and Meg for volunteering her time.

I sincerely hope that our participants enjoyed their time aboard and I look forward to seeing new faces!

ALL ABOUT RISE

[RISE CEO](#)

Letter from the CEO

Written by [Paul Gray](#) on November 12, 2008

Renewed faith and support have allowed me to move forward on new initiatives for the remainder of 2008. Examining every aspect of the organization from the board of directors, personnel, volunteers, funding, partners, participants, and programs has been an eye opening experience. As we continue for the rest of this year into 2009 there are exciting changes ahead for the RISE Adventures!

Things normally slow down this time of the year but not this year. Last week we added two new programs that have been in the works for a long time. RISE Sled Hockey, with the huge support of James Dunham, begins this Saturday. Another program I was very interested in getting underway was RISE Golf. With the support of Gary Pickle, this program begins Saturday, November 22nd. We will kick it off with a free picnic that coincides with the RISE Hand Cycle Program. We have been blessed with some awesome weather and an increase in participation this fall. We scheduled these outdoor programs hoping for more of the same...

RISE has received very little funding since inception 18 months ago. Things change in a hurry. We received funding through a number of grants that will allow us to purchase new adaptive and transport equipment. We will have salaried employees for the very first time in 2009. Again, I have been blessed with tremendous financial and volunteer support that continues to grow each and every day.

On top of the grant funding we are in the process of adding additional corporate sponsors for 2009. If your company is interested in becoming a sponsor let me know. RISE will literally have 100's of program dates in 2009.

With the support of the City of Grapevine and the City of Irving, RISE has been given the opportunity to partner with two great cities to add a number of events and programs in the coming year. Their support for the disability community is unmatched by any municipality in North Texas.

RISE will publish a full calendar of programs and events for the entire year in the January 15th issue of "Above and Beyond." This is a huge undertaking since multiple programs run at the same time and day of the week and new programs are being added. We also have numerous collaborative partner schedules to consider. This is a massive TEAM RISE effort with a number of folks involved.

Have a safe and Happy Thanksgiving and I hope to see all of

you at a RISE Adventures Program soon!

Paul Gray/ CEO
RISE Adventures, Inc.
pgray@riseadventures.org

Letter from the Program Director

Written by [Rick Brauer](#) on November 12, 2008

The End of Summer Bash went well, but hasn't happened. What hasn't happened? The end of activities. We've been staying pretty busy with several activities and even added a new one, sled hockey! If you haven't tried that one out yet (I have!) it's definitely a great work out. We're also looking forward to working with the City of Irving as they allow us usage of a new facility. Though we haven't gotten it just yet, we will be bringing several activities up for people to do. Ever want to learn SCUBA? How about having a good place to work out? Well, looks like we will have nice pool and other items available to us at the new facility. We will definitely let you know when. The holiday season is upon as well so forget the diet and eat up! Then come work it off with us as we hand cycle, play some rugby or hockey even.

Best wishes to you all, and hope to see you!

Rick Brauer
RISE Program Director
rbrauer@riseadventures.org

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