

# NO BARRIERS

*A Publication of the Florida Disabled Outdoors Association*



**Special points of interest:**

- Skydiving with FDOA
- SportsAbility 2005
- New FDOA Members

## I want to go SKY DIVING to live like I was Flying!!

These words have new meaning for the members of the Recreation Activity Program for Adults with Disabilities (RAPAD) program with the FDOA. FDOA's adrenaline junkies have lived like they were flying!!! Wheeler Clemons, Chad Fish, Mickey Whiddon and many others have experienced tandem skydiving. Anyone can share this experience and understand a life where you set the boundaries.

Wheeler Clemons is a 30-year-old quadriplegic who acquired his spinal cord injury eight years ago. Wheeler stated, "Prior



Wheeler Clemons

to my injury, I was very active and engaged in many recreational activities. Beyond the fun and enjoyment, these activities gave me a sense of accomplishment, inclusion and an overall sense of well-being. Initially after my injury, it seemed that recreation was something of the past. My experience has been that most of the barriers that prevent a disabled person from exploring outdoor recreational activities are attitudinal and can be overcome. Over the summer, I had the wonderful opportunity to go skydiving. Thanks to the FDOA I was able to participate in this

rewarding and life altering experience. As a former surfer and adrenaline junky, skydiving was an activity that I have always dreamed of doing. This event was one of the most exciting and fulfilling experiences of my life. I may not be able to walk, but I am able to fly! The empowerment is immeasurable. I truly appreciate the FDOA for everything they have done to improve my quality of life. I look forward to many future adventures with my new friends at the FDOA!"

The Florida Disabled Outdoor Association has proven time and again through increasing awareness, promoting inclusion and removing barriers people CAN live and active life!



Chad Fish after his skydiving adventure!

**What is RAPAD? FUN!!!**

The Recreation Activity Program for Adults with Disabilities is a program designed by the FDOA funded through a grant by the Department of Vocational Rehabilitation to stimulate and educate persons with disabilities on the opportunities available in sports, recreation and leisure. FDOA works with each person individually to determine their own personal goals.

Participants enrolled in the RAPAD Program respond to a needs assessment designed to get information on personal and general

attitudes about recreation, their experiences, their perceived barriers to participate and their desires for active leisure activities. From needs assessment, benchmarks are targeted for active leisure activities for the individual. Below is a list of some of the activities that participants in the RAPAD program have enjoyed in the past with the assistance of the FDOA.

- Scuba Diving
- Rafting
- Sky Diving
- Computer Assistance
- Reading and Library Initiative
- Hunting
- Fishing
- Swimming
- Beach Adventures
- Bowling
- Kayaking
- Boating
- Jet Skiing
- Wheelchair Tennis
- Basketball

To become a part of the RAPAD program, e-mail [info@fdoa.org](mailto:info@fdoa.org) or call (850) 668-7323.



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## SportsAbility Tallahassee – April 15-16, 2005

FDOA once again will hold its premier program **SPORTSABILITY** at no charge to participants in Tallahassee for the fourteenth year on April 15-16, 2005.

This year, the FDOA will expand its partnerships with Tallahassee Community College and Florida State University. The TCC students will have an increased role in the planning of the activities for the two-day event. We expect to have many of the same activities, but also add a few new ones, like bowling.

Florida State student athletes from the football, basketball, volleyball and track teams will volunteer again this year. FSU has also added a student organization affiliated with FDOA that will assist in making the event happen.

Over 1200 people from all walks of life are expected to

participate in SportsAbility this year.

### DAY ONE - RESOURCE EXPO AND INDOOR ACTIVITIES

SportsAbility will feature indoor activities on Friday at the TCC Lifetime Sports Complex. Friday's activities will include disk golf, laser target shooting, adaptive fishing tennis and basketball. Friday's event will also include a "Resource Expo," featuring programs, products and services of interest for people with disabilities.

### DAY TWO - OUTDOORS DAY

Saturday's activities will feature: sit-down waterskiing, sailing, kayaking, jet skiing, fishing, archery, hand-pedaled bicycling, target-shooting, ATV rides, horseback rides, golf and disk golf.

The FDOA Advisory Board that meets regularly to provide a broad community support to the efforts is looking for volunteers if you

are interested in helping. Your skills can be used in marketing, fund raising, logistics or on-site assistance. For more information on booths at SportsAbility, visit [www.fdoa.org](http://www.fdoa.org) or e-mail [info@fdoa.org](mailto:info@fdoa.org) or call (850) 668-7323.

SPORTSABILITY is much more than fun. It is a wonderful occasion to help educate the public about recreational opportunities while providing valuable community resource information. ♻️



Chris Rix, FSU Athlete assists Marvis Wynn

## Mobility Impaired Person Hunt Program

As another hunting season comes to a close, there were several major accomplishments that should be recognized.

First was the addition of a new mobility impaired hunt area at the Black Water Hutton WMA. This hunt was added to the State's mobility impaired program as a direct result of the FDOA pursuing new opportunities to expand. The two planned hunts were very successful and incorporated the hunt buddy system that allows

participants to bring a true hunting companion.

Secondly, the FDOA conducted a trial run mobility impaired component to the St. Vincent's Island National Wildlife Refuge Sambar Deer Hunt. FDOA helped to establish a prototype to add three teams of mobility impaired hunters to the existing quota for each year's drawing. Persons with a certified mobility impairment will be able to apply for this hunt in the

future. For this hunt, contact St. Vincent's NWR at (850) 527-8536.

For St. Mark's NWR hunt, contact (850) 925-6121.

If you would like to participate in the mobility impaired person's hunt program, please go to [www.myfwc.org/hunting/quota](http://www.myfwc.org/hunting/quota) or call (850) 488-8573 ext. 2 or visit your regional Fish and Wildlife Department office. ♻️

## President's Report



David Jones  
FDOA President

As many of you know fundraising for a not-for-profit provides many challenges. At Florida Disabled Outdoors Association (FDOA), we feel that no challenge is too great to overcome! This quarter, we commenced on a multi-faceted approach to securing the financial resources necessary to continue and expand the offerings of FDOA.

First, a membership campaign commenced in November. Thank you to our new members (listed below) and volunteers. FDOA invites you and others you know to join us as a member.

Second, we are beginning a trustee campaign. Watch for an event in the very near future.

Third, FDOA had the

assistance of an FSU intern, Jonelle Prill, who researched grant opportunities. We will be pursuing these leads to fund FDOA programs.

Most recently, we are entering into a collaborative partnership with the Able Trust to embark on an exciting new planned giving program.

On the horizon.... As we look to the future, excitement abounds. SportsAbility 2005 Tallahassee, the 14<sup>th</sup> year, will be held on April 15-16, 2005. We are excited about our new partnership with the Florida Department of Health. The Obesity Prevention and Physical Activity Promotion Program has become a major sponsor of this year's Tallahassee SportsAbility. FDOA

participated in the Department of Health's Step Up Florida campaign again this year.

We also look forward to continued partnerships with Tallahassee Community College, Florida State University, and service providers to the disability community.

Our Recreation Activities Program for Adults with Disabilities (RAPAD) continues. So far this year participants have gone skydiving, kayaking, SCUBA diving, and fossil hunting and are looking forward to bowling, sailing, boating and much more!

As always, we appreciate each and every one of you – whether you have been able to join us for an event in the past, are planning to attend or simply enjoy the newsletter – you are a part of FDOA! 🐾

## New Florida Disabled Outdoors Association Members!!!!

### FDOA Trustees

Kudzu Hill Hunt Club

### Patron Members

Aileen S. Andrew Foundation  
First City Cycles, Inc.  
Tallahassee Community College  
BKS Inc.

### Business Members

Andy Stephany Construction, Inc.  
Belle Rose Enterprises  
Beneficial Bodywork  
Carroll and Company  
Century 21 Realty  
Florida Law Weekly  
MAC Papers  
PBS&J  
Sandco, Inc.  
Senator Stephen Wise  
Charles

Cartwright, MD  
Steve Cutright, CPA, PA  
John Rudolf

### Not-for-Profit Memberships

Flex Fitness  
Florida Alliance for Assistive Services  
Florida Osteopathic Medical Association  
LA Selva

### Supporting Members

Landmark Design  
Ron Sachs  
Communications  
Butch and Betsy Doll  
Rick Farren  
Dr. JR Harding  
Robert Nabell

Carolyn Pardue  
Al Pasini  
Christina and Preston Roberts

### Family Memberships

Kristie DeBoer  
Robby Hanson  
Wilson Hinson  
Rick and Mary Carroll  
Nell Cunningham  
Colenn and Abby Dupree  
Jon Stapleton and Mary Carroll  
Sherry Valandingham  
Teddy Webb  
Stephanie Zottoli

### Individual Members

Michelle Elkins  
Fred Burch  
Jack Flowers  
Ray Green  
Jennifer Green  
David Lowe  
Daniel McLaughlin  
Gordon Palmer  
Lisa Stoutamire



How can YOU support the efforts of the Florida Disabled Outdoors Association?

## Become a member of the FDOA!

Your assistance is valued and truly appreciated!! When you become a member of the FDOA, you not only support the programs mentioned in this newsletter, but you *ensure their continued*

2213 Tallahassee Drive  
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Email: info@fdoa.org

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**WE'RE ON THE WEB!**

**WWW.FDOA.ORG**

### Membership Application

Yes, I want to ensure that FDOA's programs continue! Please accept my support at the following annual dues membership level:

- \$20.00 Individual
- \$50.00 Family
- \$100.00 Not-for-Profit
- \$200.00 Business
- \$1,000.00 Patron
- \$2,500.00 Trustee
- Please accept my additional donation of \$\_\_\_\_\_.

FDOA is a 501 (c)(3) nonprofit organization and gratefully accepts donations and in-kind gifts. All contributions are tax deductible.

Name \_\_\_\_\_  
Organization \_\_\_\_\_  
Address 1 \_\_\_\_\_  
Address 2 \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

Please indicate any areas in which you would be willing to help.

- Marketing / Promotion
- Fund Raising
- Event Planning
- Finance / Accounting
- Computer Applications / Web Development
- Musician
- On-site assistance at functions
- Other \_\_\_\_\_

Please mail your membership application to:

FDOA  
2213 Tallahassee Drive  
Tallahassee, FL 32309