

Far West Ski Association

presents the **Jimmie Heuga Award** to



Dee Armstrong – The Unrecables

The Jimmie Heuga Award is given to the individual who, like Jimmie, has made a significant contribution to disabled skiing and/or has overcome a physical disability and has been an inspiration to others.

Dee Armstrong is an amazing person with a can-do attitude. She possesses the initiative and fortitude to keep her disability from affecting or restricting her personal and professional lives. In 1984 she began instructing and interacting with members of the disabled community in the very physically challenging sport/hobby of snow skiing, with the Los Angeles Chapter of Disabled Sports, USA, The Unrecables. For many years she has been a Volunteer Ski Instructor and actually has current and continuing PSIA (Professional Ski Instructor Association) certification for Adaptive Skiing 4-Track (Level I) and Senior Specialist (Level I). The last four years she has served as The Unrecables' Ski Director, and for the last two years she has also been the Webmaster. Dee has served as President, Vice President, and Newsletter Editor of The Unrecables.

For the last 20 years, Dee has been a volunteer at the VA Winter Sports Clinic in Snowmass, Colorado. It is a one week ski event attended by about 300 disabled veterans and about 1500 or more volunteers. Her job has been Downhill Ski Instructor for the week. Dee teaches skiing to others with disabilities at Mammoth one weekend a month with The Unrecables. Besides that, she also travels to other ski areas, like Mountain High, Wrightwood, Bear Mountain, Snow Summit and Alpine Meadows, using her own finances & resources to volunteer her ski instructor skills and for Continuing Education.

Captain Cahill, her boss at the Los Angeles Communications Center, California Highway Patrol (CHP) said, "even hip surgery last year did not slow her down — within two weeks she was up and about, back to work!"

In 1999, Dee was presented with the CHP 1998 Disabled Awareness Award, which is presented to CHP employees whose personal performance, whether at work or off work, support, enhance and/or assist persons with disabilities, such as: Actions taken to hire qualified persons with disabilities; Actions to improve access for persons with disabilities to the Department or its operations or; Actions taken to provide volunteer community service to programs for persons with disabilities.

Dee explained "I really love working with computers, looking for information on my disability and finding others with similar afflictions. I hope that some day this type of open communication will lead to some discovery that will correct or prevent these conditions."

Born with Larsen's Syndrome, a genetic disorder which affects connective tissue and the skeletal system, Dee doesn't let this stop her from enjoying the outdoors and sports like skiing, golf, flying, river rafting, scuba diving, and even bungee jumping. Dee has turned her disability into an ability.

Dee Armstrong exemplifies the Jimmie Heuga Humanitarian Award and is the perfect candidate.

The Jimmie Heuga Award is given to the individual who, like Jimmie, has demonstrated courage and skill in three arenas – the ski slope, the human body, and the courageous heart.

Respectfully nominated by *Sigrid Noack, Jane Wyckoff and Gordon Cardona.*