



THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF DISABLED SPORTS USA

FALL ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

OCTOBER-DECEMBER 2019

THE UNRECABLES KICK-OFF THE SKI SEASON AT SNOW GALA

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Snow is starting to fall at Mammoth. Hopefully, this is a sign for bountiful snow this season! Mammoth has approved our trip dates for 2019-20. Mark your calendar! Please check our website at www.unrecables.org for Trip Forms and schedule changes.

We annually recognize individuals who have contributed to our Club during the past year. This year's Man of the Year is **Michael Julian**. He put forth extraordinary effort this year to attend an additional trip to enable another individual to ski. Our Woman of the Year is **Soo Lee**. She always gives 120% on all the trips she attends. They will both represent our Club in the Man and Woman of the Year competition at the LA Council Snow Gala on November 9th in Alhambra. We thank them both for their service!

If you would like to join us at the Snow Gala, our Club is offering a discount of \$25 off the dinner ticket price for the first 10 current members. E-mail me at president@unrecables.org if you would like to reserve a ticket.

See you on the slopes! ♦



Congratulations to The Unrecables' 2019 Man & Woman of the Year, Michael Julian and Soo Lee.

2019-20 Ski Trips

November 15-17 -- Instructors' Trip
December 6-8, 2019
January 24-26, 2020
February 21-23, 2020
March 20-22, 2020
April 17-19, 2020
May 8-10, 2020

Contact Marina Sallaway
to book your trip today!

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SKI DATES RELEASED
MARINA SALLAWAY



Hello winter enthusiasts! I know it does not feel like winter but winter is upon us. I would like to welcome all members and potential members to The Unrecables' 2019-20 ski season. Mammoth Mountain has generously approved our ski dates for this upcoming season.

We are all excited to get on the snow! For ease of reserving lodging, finding carpools, securing instructor/student ratios and general trip organizing, please email or call me at least three weeks before a trip to reserve a spot. Last year we had a waitlist for most of the weekends. When you e-mail me, please send me the Trip Form that is in this newsletter and on The Unrecables website. (Email or hard copy is great). All the information on this form helps the organizers provide successful trip.

Enjoy the beginning of the holiday season and we will see you on the mountain!!

2019-20 Ski Trip Schedule

- November 15-17 - *Instructors' Trip*
- December 6-8 - *Instructor Trip (if November is canceled due to lack of snow)*
- January 24-26
- February 21-23
- March 20-22
- April 17-19
- May 8-10 ♦

Marina



MEMBERSHIP MATTERS
JOHN GRAY



Unrecables Family, winter is coming! Help us plan for a record-breaking year of new and returning students to the Unrecables Family. Pay your dues at the beginning of the season to help us better prepare to help those with physical disabilities get up and down the slopes of Mammoth. If you have never skied with us before, then this is the year to join us! We are a really FUN group to hang out with, ski/snowboard and tell stories.

To renew your membership, or become a member for the first time, please visit us at www.unrecables.org. For your convenience, you can now PAY ONLINE. You can download the Membership Application from the website or fill out the one attached to this newsletter. If you are unable to join us this year, we would still appreciate your support of our mission to "promote adaptive sports (ex: skiing at Mammoth), and encourage people with disabilities to participate in sports, recreational, and social activities in their communities".

We appreciate your participation and support!

Our membership categories (includes Disabled Sports USA membership):

Individual	\$40
Individual Lifetime	\$320
Family	\$60
Family Lifetime	\$480
Corporation/Organization	\$50/year or \$200/5 years

Benefits of membership include:

- Four issues of the club newsletter (quarterly)
- Priority on all trips and activities
- Members do not pay any trip fees for ski trips to Mammoth
- Students: No fees for the lifts, ski equipment or professional instruction.
- Invitations to our parties and special events
- Members are invited to attend our Board Meetings and Socials
- Eligible to run for office
- May assist with organizing trips and activities
- Gives you that really good feeling that you are doing the right thing!

Please contact me with any questions at membership@unrecables.org. ♦

John

5TH ANNUAL Adaptive Sports Expo
Explore, Engage, Thrive

Day 1 - Marina
When: Thursday, October 10th
Time: 10:00 a.m. - 2:00 p.m.

Day 2 - VA Hospital
When: Friday, October 11th, 2019
Time: 10:00a.m. - 3p.m.

Activities include: Kayaking, Rowing, Paddle Boarding, Cycling

Come Experience: Cycling, Wheelchair Rugby, Rockwall, Bocce Ball, Wheelchair Basketball, Wheelchair Tennis, Power Wheelchair Soccer, Badminton and much more!

Sign-Up In Advance Required
Email: Crystal.Bracy-Wilson@va.gov
Rebecca.Kopczak@va.gov
Phone: 562-626-8000 X22121

Contact: Colin.Lerington@va.gov, halexcalvo@yahoo.com

VA Long Beach Spinal Cord Injury
5901 E. 7th Street bldg. 150
Parking Lot "H"
Long Beach, CA 90822

LA COUNCIL & FWSA NEWS
SIGRID NOACK

Mark your calendar for 2019-2024. LAC Snow Gala will be held on the evening of November 9, 2019 at the beautiful Almansor Court in Alhambra. The theme is the 50's REINCARNATED with MUSIC, DANCING, DINNER, PRIZES, and the announcement of the LAC MAN & WOMAN OF THE YEAR.

The Unrecables will again sponsor the partial cost of the dinner ticket for the first ten members, who make their reservations with President Michelle McCarthy. Please reserve with her as soon as possible.



Century City Ski Club is running a week-long trip to Winter Park, Colorado. Sigrid Noack has sent out several e-mails to see if The Unrecables members are interested in going on this trip on February 8-15, 2020. Please send Sigrid a note, as soon as possible, if you are interested, at skisig@gmail.com.

LAC & FWSA
Travel Opportunities

Big Sky, Montana Annual Ski Week
January 25-February 1, 2020
Big White, Canada Mini Ski Week
March 29-April 3, 2020
Sun Valley, Idaho
January 30-February 6, 2021
Zermatt Resort & Spa, Utah
March 2021

International Ski & Snowboard Trips
Switzerland & Portugal
Feb 28-March 13, 2020
Solden, Austria in 2021
Chile in Summer 2021
Madonna di Campiglio in 2022

FWSA Adventure Trips

Croatia - 2020
Africa - 2022
Galapagos Islands - 2024
Check out details at fwsa.org.

Next LAC Meeting: Monday, October 7th at 7:00pm at The Valley Inn, Sherman Oaks. ♦

Sigrid



Darryl Coit cycling in Arkansas.

UPCOMING EVENTS

FREE ALL INCLUSIVE EVENT
ADAPTIVE SPORTS FESTIVAL
SATURDAY, NOVEMBER 9, 2019 | 9 AM - 4 PM
BROOKSIDE PARK, 360 N. ARROYO BLVD, PASADENA CA 91103

- RUGBY
- ARCHERY
- ZIMBA
- TENNIS
- BOCCIA
- BOXING
- GOLF
- BASKETBALL
- HANDCYCLING
- BEEP BASEBALL
- POWER SOCCER
- PICKLEBALL
- ART WORKSHOP
- RESOURCE FAIR

EQUIPMENT & INSTRUCTION PROVIDED

FOR MORE INFO, VISIT TRIUMPH-FOUNDATION.ORG/EVENTS

PASADENA TRIUMPH FOUNDATION
HUMAN SERVICES & RECREATION DEPARTMENT

2019 SNOW GALA
Saturday, November 9
Hosted by L.A. Council

Almansor Court
700 S. Almansor St., Alhambra
Cross st: Corto St.

Silent Auction
benefitting The Unrecables

Featuring...Delicious dinner, dancing, music, Man and Woman of the Year competition, raffle, and much more!

Ski Dazzle
THE LOS ANGELES SKI SHOW & SNOWBOARD EXPO™
DECEMBER 2, 3 & 4, 2016
LOS ANGELES CONVENTION CENTER

THE UNRECABLES WISH LIST

- Equipment:
 - Sit-down Monoski \$6,000
 - Sit-down Bi-Ski \$6,000
 - Outriggers \$500/pair
- Bamboo poles (for training new students) \$50
- Walkie Talkies (for volunteers) \$200
- Head Sets to Guide Visually Impaired \$300
- Tethers (3 sets x \$50 each) \$150
- Helmets for students (\$100 each x 6) \$600
- Gloves assortment (quad gloves, goggles) \$200
- Mammoth Storage Garage (\$525 quarterly) \$2,100
- Lodging at Mammoth per person (\$65 nightly x 2) \$130
Students stay 2 nights, most volunteers stay 3 nights.
- Driving to Mammoth, gas, & food \$200
- Student Weekend: 2 nights' lodging, gas, & food \$350
- Student support for one ski season (6 trips) \$2,100
- All students for one ski season \$8,400
(average 4 students per trip, 6 trips)
- Mammoth Saturday night dinner & video \$900
(150 per trip)
- Club insurance: \$4,263
 - \$3,213 Commercial
 - \$800 Directors & Officers
 - \$250 Disabled Sports USA Chapter dues
- Bibs for students & instructors \$400
- Signage: Small Club Banner \$200
- Club newsletter (quarterly) \$120
- LA Council dues (annually) \$40
- P.O. Box fees (annually) \$176
- Website domain (5 years) \$170

***Creation of a transportation network to offer rides by LAC members, who are planning to drive to Mammoth on the same weekend.*

***Donations for our members toward the annual LAC or FWSA week-long or Mini Ski Week.*

Contact:

Michelle McCarthy, President president@unrecables.org
 Sigrid Noack, LA Council Representative lacrep@unrecables.org

FWSA Trips

2020 Ski Week

Big Sky, MO

January 25-February 1, 2020

2020 Mini Ski Trip

Big White, British Columbia, Canada

March 29-April 3, 2020

2020 Adventure Trip

Croatia

September 2020

2020 International Ski Week

Davos, Switzerland

2021 Ski Week

Zermatt Utah Resort and Spa

March 2021

Check out
FWSA.org
 for details.



**RALPHS COMMUNITY
CONTRIBUTION PROGRAM NEWS
SIGRID NOACK**

People who were registered with the Ralphs program last year do not have to re-register for this coming year, which started on September 1, 2019.

Hopefully, everybody will go out and recruit new people to support us with this very valuable program.

Remember to talk to your friends, your family, your coworkers, your neighbors, everybody that you meet on the street or at the doctors office or wherever. We need lots more people to sign up, so that we can afford to buy new equipment and give more scholarships.

Also, we need to shop at Ralphs or Food 4 Less to support our club, and we need to encourage all of our relatives and friends to shop at Ralphs.

Reminder to our supporters, who were not registered with Ralphs this past year:

- Go to ralphs.com and register under Community Contribution Program.
- Select The Unrecables--Disabled Sports USA.
- Our NPO # 80831.

Once folks have registered, The Unrecables will receive a small percentage of what they purchase at Ralphs or Food4Less for a whole year.

Thank you everybody for your support of The Unrecables. ♦

Sigrid

SHOP AMAZONSMILE

The Unrecables are now a part of AmazonSmile! It's another simple fundraiser, somewhat similar to the Ralphs Community Program.

To order from AmazonSmile, first sign-in on Amazon. Then choose The Unrecables as your charity. The next time you sign-in, The Unrecables should be listed as your charity. It should be indicated at the top left of the web site. Have fun shopping! ♦



**SUPPORT THE UNRECABLES
AND SHOP RALPHS!
RE-REGISTER YOUR RALPHS CARD**

1. Log onto www.RALPHS.com
2. Click Community Contribution.
3. Click on "Participant"
4. Follow the easy steps to enroll. Our NPO # 80831. Please complete all the information!
5. Sit back and watch your grocery shopping save YOU \$\$ and at the same time earn \$\$ for our club!

Thank you for your support!
Contact Sigrid Noack
sigrid@unrecables.org

Scholarships Available

Eligible to current members for trips and events.
One scholarship per member per season

For details please contact
Michelle or Marina

CALENDAR OF EVENTS

October

- 8 Social @ 6:30p
- 8 Board Meeting @ 7:00p
- 10-11 Adaptive Sports Expo @ VA

November

- 9 Adaptive Sports Festival
- 9 Snow Gala at Almansor Court
- 12 Social @ 6:30p
- 12 Board Meeting @ 7:00p
- 15-17 Instructors' Trip -- Mammoth

December

- 6-8 Mammoth ski trip
- 6-8 Ski Dazzle
- 10 Social @ 6:30p
- 10 Board Meeting @ 7:00p

January 2020

- 14 Social @ 6:30p
- 14 Board Meeting @ 7:00p
- 24-26 Mammoth ski trip

February

- 2-9 LAC/FWSA Ski Week
- 11 Social @ 6:30p
- 11 Board Meeting @ 7:00p
- 21-23 Mammoth ski trip

March

- 10 Social @ 6:30p
- 10 Board Meeting @ 7:00p
- 20-22 Mammoth ski trip

April

- 14 Social @ 6:30p
- 14 Board Meeting @ 7:00p
- 17-19 Mammoth ski trip

Contact our LA Council Representatives for LA Council Meeting dates & locations or visit lacouncil.org.



THE UNRECABLES KEEPS FIT AND THINKS SAFETY

Prevent Heat Illness This Season by Melinda Flegel

part 2

- **Rest athletes who are ill.**

Athletes should not exercise in a hot environment if they are suffering from a fever, respiratory infection, diarrhea, or vomiting. These athletes should be fully recovered and properly hydrated before resuming activity.

- **Strictly enforce adequate hydration.**

Athletes can lose a great deal of water through sweat. If this fluid is not replaced, the body will have less water to cool itself and will become dehydrated. Dehydration not only increases athletes' risk for heat illness, it also decreases their performance. In fact, athletic performance may worsen after only 2 percent of the body weight is lost through sweat. Dehydrated athletes may experience:

- decreased muscle strength,
- increased fatigue,
- decreased mental function (e.g., concentration), and
- decreased endurance.

Don't rely on athletes to drink enough fluids on their own. Most won't actually feel thirsty until they've lost 3 percent or more of their body weight in sweat (water). By that time their performance will decrease and their risk of exertional heat illness is increased. Also, they may not drink enough fluid to replenish the water lost through sweat.

For proper hydration

- 17 to 20 ounces of fluid at least 2 hours before workouts, practice, or competition;
- another 7 to 10 fluid ounces of water or sports drink 10 to 15 minutes before workouts, practice, or competition;
- as a general guideline, 7 to 10 fluid ounces of cool (50 to 59 degrees Fahrenheit) water or sports drink every 10 to 20 minutes during workouts, practice, or competition; and
- after workouts, practices, and competitions, 24 fluid ounces of water or sports drink for every pound of fluid lost through sweat (Manore et al. 2000).
- To determine the amount of weight lost through sweat, weigh athletes in their underwear before and after practices and competitions that take place in high heat and humidity.

- **Replenish electrolytes lost through sweat.**

In activities lasting longer than 45 to 50 minutes, substantial amounts of electrolytes such as sodium (salt) and potassium are lost in sweat. They allow for essential body functions, and therefore must be replaced. Sodium also helps activate the body's thirst mechanism, so it can stimulate athletes to drink (keep hydrated). The best way for athletes to replace these nutrients is by drinking a sports beverage (containing sodium) and eating a normal diet. Athletes can also replace sodium by lightly salting their food, so

salt tablets are not recommended. Just a small amount of potassium is lost in sweat. Oranges and bananas are good potassium sources.

- **Prohibit the use of sweatboxes, vinyl suits, diuretics, or other artificial means of quick weight reduction.**

Such improper and harmful measures have no place in sports. Athletes' well-being must be the first consideration in any weight-loss interventions.

- **Take an ASEP Sport First Aid Course**

Offered online, in the classroom, or in a blended format, this course offers coaches clear guidelines on what's expected of them as first responders, as well as action steps for the care and prevention of more than 110 athletic injuries and illnesses, including heat illness. Sport First Aid is recognized by state high school associations, school districts, state departments of education, and other individual sport organizations as meeting certification requirements.

For information on registering for the ASEP Sport First Aid online course visit the ASEP website at www.ASEP.com or call this toll-free number, 800-747-5698. ♦

Ski Dazzle Show™ **DECEMBER 6, 7 & 8, 2019**
SKI • SNOWBOARD • ACTIVE SPORTS • TRAVEL **LOS ANGELES CONVENTION CENTER**

Far West and LA Council snow enthusiasts,
Get ready to visit....

BIG SKY, Montana



Please use the tabs on the side to review all package options, or begin the registration process by clicking the Continue button below.

The package includes:

- 7 nights lodging in choice of slope-side Huntley Lodge or Big Horn Condos.
- FWSA events
- LAC Council events

Trip Options

- Upgrade to private room
- Discounted Lift tickets
- Optional Side Trips/Non Ski Activities
- Discounted rental equipment
- Optional Travel Protection

Trip Leader: Todd Hood 951.444.8633
SkiWeek@LACouncil.org



THE UNRECABLES

TRIP FORM 2019-20

Name _____ Date _____
Address _____ Mobile _____
City, State, & Zip _____ Phone (h) _____
E-mail _____ Phone (w) _____
Height _____ Weight _____ Birthdate _____ Gender _____
Disability _____ Medications _____

Equipment/Devices Used (i.e., wheelchair) _____

Ski Equipment Needed from Club _____

Ski School: (check one) Stand up skier Sit down skier V.I. skier Snowboard

Ski Level: (check one) Beginner Intermediate Advanced

Helmet Size: Small Medium Large XL XXL

Trip Fees: *No trip fees this season for current members.*

Non-members: Students \$50 Instructors \$25

Lodging: Do you need club lodging? YES NO • If YES, no. of people _____ No. of nights _____
(\$60 deposit required) NO • If NO, where are you staying? _____

Transportation: (check) Passenger Driver • Passengers' names: _____
• Will you drive? YES NO • Day/time you are available to leave _____

Is your membership current for 2019-20? YES NO • If YES, date membership submitted: _____

Reservation Form for Trip Date: _____

TRIP DATE

November 15-17, 2019
December 6-8, 2019
January 24-26, 2020
February 21-23, 2020
March 20-22, 2020
April 17-19, 2020
May 8-10, 2020

RESERVATION DEADLINE

October 28, 2019
November 18, 2019
January 6, 2020
February 3, 2020
March 2, 2020
April 6, 2020
April 20, 2020

**TRIP RESERVATION DEADLINE:
3 WEEKS PRIOR TO TRIP**

- Make the check payable to: The Unrecables.
- Read the **Trip Rules & Guidelines.** Keep them handy.
- Trip Forms are mandatory for ALL skiers. One form per trip per person.
- Non-members pay additional fee. Status is for the first trip with the club. Membership is required for participation in future trips.

TRIP CANCELLATION POLICY:

Cancellation fee is full price. Extenuating circumstances will be considered on an individual basis by the Board of Directors.

Contact

E-mail or send this form to: **Marina Sallaway**, *Winter Trips Director*, 11279 Senda Luna Llana, San Diego, CA 92130
Home: 858-793-1186; e-mail: wintertrips@unrecables.org



THE UNRECABLES

MEMBERSHIP APPLICATION

Name _____ Date _____
Family Members _____ Mobile _____
Address _____ Phone (home) _____
City, State, Zip _____ E-mail _____
Name & DOB _____ Name & DOB _____
Disability _____
Medical Equipment (i.e., wheelchair) _____
Medications _____ Dosage _____ Allergies _____
Physician's Name _____ Phone _____
Address _____ City, State, Zip _____
Emergency Name _____ Emerg Ph _____ Relation _____
Healthcare Insurance Co. _____ Healthcare I.D. No. (i.e., Medicare/Kaiser) _____
Are you a U.S. Veteran? Yes No Military Branch & Years _____

Describe any medical conditions limiting your participation in strenuous activities (i.e., heart condition, seizure disorder, etc.):

What sport or activity could you teach/lead/assist? _____

Are you interested in serving on any of the following committees? (Check all that apply)

_____ Publicity/PR _____ Winter Trips _____ Equipment _____ Transportation
_____ Fundraising _____ Social Programs _____ Newsletter/Web site

**Read & Sign
the Waiver on back!**

I consent to adding my contact information to the Membership Directory that is distributed to members. Yes ___ No ___

ANNUAL MEMBERSHIP FEES	
<i>(includes memberships in Disabled Sports USA, LAC, FWSA)</i>	
_____ Individual \$40.00	_____ Family \$60.00
_____ Individual Lifetime \$320.00	_____ Family Lifetime \$480.00
_____ Organization (1 year) \$50.00	_____ Organization (5 years) \$200.00

Check payable to: The Unrecables. Read & sign the Waiver & Release on the back, and mail this form and a check to:
John Gray, Membership Director, 11478 Via Promesa, San Diego, CA 92124.

Phone: 858-740-8017; e-mail: membership@unrecables.org

Disabled Sports USA Waiver & Release of Liability Agreement

Disabled Sports USA, and its affiliated Chapters (“Released Parties”) are non-commercial, not for profit activity providers. The purpose of this Disabled Sports USA Waiver & Release of Liability Agreement is to exempt, waive, and relieve Released Parties from any and all liability for any harm, wrongful death, personal injury, property damage, claim or cause of action, including, but not limited to liability arising from the negligence of Released Parties. “Released Parties” include Disabled Sports USA, Disabled Sports USA Los Angeles – The Unrecables, and their affiliates, successors, predecessors, parents, subsidiaries, owners, representatives, administrators, directors, officers, agents, coaches, employees, contractors, assigns, and volunteers; other participants, sponsoring agencies, sponsors, and advertisers; and, if applicable, the owners, operators, and lessors of premises on which the activities or events take place.

In consideration of the undersigned Participant being allowed to participate in any way in Disabled Sports USA and/or Disabled Sports USA Los Angeles – The Unrecables, Inc. related events and activities, the Undersigned (“Undersigned” means the Participant or the Participant’s parent, legal guardian, or legal representative when the Participant is under the age of 18 or legally incapacitated) agrees and acknowledges as follows:

1. Risks of Activity. Participant will be taking part in activities that can be hazardous and involve the risk of physical injury and/or death. The activities are inherently dangerous and Undersigned fully realizes the dangers of participating in the activities. The dangers and risks of the activities include, but are not limited to the condition of the premises and equipment, and the acts, omissions, representations, carelessness, and negligence of the Released Parties. Recognizing the risks and dangers, the Undersigned voluntarily chooses for Participant to participate in the activities and expressly assumes all risks and dangers of the participation in the activity, whether or not described above, known or unknown, inherent, or otherwise.

2. Release and Indemnification. Undersigned (a) unconditionally releases, forever discharges, and agrees not to sue the Released Parties for any claims or causes of action for any liability or loss of any nature, including personal injury, death, and property damage, arising out of or relating to Participant’s participation in any Disabled Sports USA/ Disabled Sports USA Los Angeles – The Unrecables events or activities or the Participant’s presence on or travel to the premises where such events or activities take place, including, but not limited to claims of negligence, breach of warranty, and/or breach of contract the Undersigned may or will have against the Released Parties; and (b) agrees to indemnify, defend, and hold harmless the Released Parties from and against any liability or damage of any kind and from any suits, claims, or demands, including legal fees and expenses whether or not in litigation, arising out of, or related to, Participant’s participation in such events or activities or the Participant’s presence on or travel to the premises where such events or activities take place.

3. Helmet Use. Undersigned agrees that Participant shall use a helmet when participating in the following activities: Alpine skiing, cycling, equestrian, ice hockey, outdoor rock climbing, snowboarding, white water kayaking, white water river rafting, and any other activity when directed by Released Parties. Undersigned understands that a

helmet is in no way a guarantee of safety and that no helmet can protect the wearer against all foreseeable impacts to the head, and that the activities can expose the Participant to forces that exceed the limits of protection provided by a helmet. Undersigned agrees to assume full responsibility for complying with this paragraph and that Released Parties shall not be liable for any injury or damages resulting from Participant’s failure to use a helmet.

4. Medical Treatment. Undersigned understands that the Released Parties do not have medical personnel available at the location of the activities. Undersigned hereby grants the Released Parties permission to administer first aid or to authorize emergency medical treatment, if necessary. Undersigned understands and agrees that any such action by the Released Parties shall be subject to the terms of this agreement and release, including any liability arising from the negligence of the Released Parties when administering first aid or authorizing others to do so. Undersigned understands and agrees that the Released Parties do not assume responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment.

5. Miscellaneous. Undersigned agrees (a) Participant will not engage in any activities prohibited by any applicable laws, statutes, regulations, and ordinances; (b) this Agreement shall be governed by the laws of the State of California and the exclusive jurisdiction and venue for any claim shall be located in the state courts located in Los Angeles County, CA; (c) this Agreement shall be binding upon the subrogors, distributors, heirs, next of kin, executors, and personal representatives of the Undersigned; (d) this Agreement shall be construed as broadly as permitted by applicable law; and (e) that in the event that any clause or provision of this Agreement shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Agreement.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING LEGAL RIGHTS THAT OTHERWISE MAY EXIST. BY SIGNING BELOW, I HEREBY REPRESENT THAT I AM AT LEAST 18 YEARS OF AGE AND FULLY COMPETENT TO SIGN THIS AGREEMENT ON MY OWN BEHALF.

Participant’s Signature	Participant’s Name (please print clearly)	Date

FOR PARTICIPANTS UNDER THE AGE OF 18 OR LEGALLY INCAPACITATED

Undersigned parent, or legal guardian, or legal representative acknowledges that he/she is not only signing this Agreement on his/her behalf, but that he/she is also signing on behalf of the minor or legally incapacitated adult and that the minor or the legally incapacitated adult shall be bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent, or legal guardian, or legal representative of a minor or legally incapacitated adult, the parent, legal guardian, or legal representative understands that he/she is also waiving rights on behalf of the minor or legally incapacitated adult that the minor or legally incapacitated adult otherwise may have. The Undersigned parent, or legal guardian, or legal representative agrees that, but for the foregoing, the minor or legally incapacitated adult would not be permitted to participate in the activities. By signing below, I hereby represent that I am the parent, legal guardian, or legal representative of a minor, or legally incapacitated adult Participant and that I have the authority to sign on the Participant’s behalf.

Minor’s DOB	Parent/Legal Guardian or Representative Signature	Parent/Legal Guardian or Representative Name	Relationship	Date

HAPPY BIRTHDAY!

OCTOBER

- 1 Ron Bass
- 13 Kathy Knott-Faris
- 17 Devin Riley
- 26 Fran Weber-Melville
- 31 Christiane Kosger

NOVEMBER

- 6 Amanda Davis
- 7 Mike Trujillo
- 7 Kathy Paisley
- 9 Paula Nerniroff
- 10 Richard Wu
- 15 Maggie Riley
- 17 Allison Aries
- 25 Jennifer Nerad-Sultan
- 28 Scott England
- 30 Eric Lue



DECEMBER

- 1 Daniel Garcia
- 1 Ken Sodoma
- 5 Debbie Beaudin
- 7 Glenda Phillips
- 9 Glenn Green
- 10 Diane Lenkin
- 19 J. Davis
- 25 Russell Young
- 27 John Melville



Thank You
Mammoth Mountain
for your support of our
adaptive ski program.

THE UNRECABLES ADVISORY BOARD

Honorable John Chiang
*California Board of Equalization,
Fourth District*

Bob Darvish, M.D.
*Physical Medicine & Rehabilitation,
V.A. Medical Center, West L.A.*

Margo Kairoff
*Senior Vice President,
Wells Fargo Public Finance*

Billy Kidd
*Olympic Silver Medalist
Director of Skiing, Steamboat Ski Resort*

Hal Nelson
*Director of Rehabilitation,
Downey Regional Medical Center*

Tom Safran
*Developer of Senior Housing,
Safran & Associates*

Thank You Donors

Chris Christman
Marcí Pettigrew



LAC/FWSA SKI WEEK 2020

Steamboat Springs, CO
February 2-9, 2020

Contact: Todd Hood
LAC Trip Leader
SkiWeek@LACouncil.org
951-444-8633

THE UNRECABLES 2019-2020 BOARD OF DIRECTORS

Michelle McCarthy, President
president@unrecables.org
310-795-5517

Glenda Phillips, Vice President
vicepresident@unrecables.org
310-390-4618

Secretary

Vacant

Will Chung, Treasurer
treasurer@unrecables.org
310-562-5396

John Gray, Membership Director
membership@unrecables.org
858-740-8017

APPOINTED BOARD MEMBERS

Dee Armstrong,
Ski Director/Webmaster
skidirector@unrecables.org
323-605-3396

Marina Sallaway,
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THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: DEC 2

Coming up in the next issue:

- Ski trip preview
- Snow Gala pictures ... and much more

UNRECABLES

SOCIALS

2ND TUESDAY, 6:30PM

Oct. 8

Nov. 12

Dec. 10

Jan. 14

IHOP Restaurant

4070 Lincoln Bl.

Marina Del Rey, CA

Cross st: Washington Bl.

Free lot parking.

Take I-405 fwy to Rte 90 West.

Exit on Lincoln Bl. and turn

North. Located on the

East side of Lincoln Bl.

SPECIAL THANKS

John Gray

Michelle McCarthy

Sigrid Noack

Marina Sallaway

Photos Courtesy

Sigrid Noack

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gwcadona@unrecables.com

THE UNRECABLES MEETINGS

SOCIALS: Every second Tuesday monthly at 6:30pm at IHOP Restaurant, 4070 Lincoln Bl, Marina Del Rey. Cross street: Washington Bl. Take I-405 fwy to Rte 90 West to the end of the freeway. Turn right on Lincoln Bl. The restaurant is located on the East side of Lincoln Bl.

BOARD MEETINGS: Every second Tuesday monthly, following the Social.

L.A. COUNCIL MEETINGS: Monthly at 7:00pm at various locations. Visit lacouncil.org for meeting dates & venue.

FAR WEST SKI ASSOCIATION

SAFETY SLOGAN

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES.

FIRST WITH SAFETY AWARENESS

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