



THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF DISABLED SPORTS USA

SPRING ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

APRIL-JUNE 2020

THE UNRECABLES WILL SKI & RIDE AGAIN SOON, SO STAY HOME, STAY SAFE

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



We Will Ride Again

While our 2019-20 season is on pause, I would like to share that The Unrecables fully supports the suspending of operations at Mammoth Mountain to protect the public's health. They are doing their part to keep us safe. The Board has officially canceled the April trip. The snow has been falling in the Sierras. When Mammoth re-opens, we will determine if we will be able to run another trip this season. In the meantime, we will continue to support each other.

Due to the current inability to gather and restaurant closures, we are working on an e-meeting for our monthly meeting in April. We will send a message by e-mail and Facebook once we have the details set.

Thank you to the volunteers and participants who helped make our trips a success. We will ride again once the world had healed.

If you are interested in helping out with a small task as a Board member or would like more information, please contact me. Stay healthy. ♦



Our February group at Mammoth Mountain.

This Issue is Dedicated to the

Memory of
Dave McCoy
&
Peace, Love, & Recovery of
People with COVID-19
and their families.

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FEBRUARY FUN MARINA SALLAWAY



Hello winter enthusiasts. We had a great trip in February, a full house. We would

like to welcome two new volunteers **Shannon Colleton** and **Sarah Schafenacker**. I think they skied with everybody!! A good introduction to the group. We also had two new VI students **Romiro Contreras** and **Hiram French**. Thank you to **Marlene Mourtzikos** for driving them up and guiding them through the weekend. **Bob Darvish** and **Michael Julian** shredded the mountain as usual. **Chelsea Faulkner**, **Steve Lefkowitz** and **Jason Julian** also joined the fun weekend. They all skied until they couldn't ski anymore. The trip also had eight kids 12 years old and under skiing and practicing their future volunteering skills! Thank you to **Victor Chan** and **Rob McCarthy** for videotaping and sharing at the dinner Saturday night.

So many fun volunteers on this trip: **Hannah Nishimoto**, **Victor Chan**, **Dean Francois**, **John Gray**, **Soo Lee**, **Marina** and **PJ Sallaway**, **Michelle** and **Rob McCarthy**, **Michael** and **Cindy Julian**, **Sigrid Noack**, **Marlene Mourtzikos**, and **Glenn Green**. It couldn't be done without you.

The weather behaved with a light snow flurry on Saturday and bright sunshine Friday and Sunday. Thank you **Hannah Nishimoto** for all of your work on the mountain.

Our last two trips have been canceled due to the COVID-19 pandemic. We will see you on the mountain next season. Have a safe Spring and Summer and practice social distancing. Stay home & stay healthy. ♦

HONORING DAVE MCCOY STEVE LEFKOWITZ



First, before we get into the body of this article I think we should pay homage to the

memory of the visionary that was **Dave McCoy**. Not only was he the prime mover behind the development of Mammoth Mountain Ski Area but he also was the principal reason that The Unrecables have a program at Mammoth. In the early days (1980), we went to Dave and said we'd like to have our program ski at your mountain but skiing is an expensive sport and many of our members are on fixed incomes, what can you do for us? He comped all our lift tickets (disabled students as well as volunteers), ensured that we always had a place at his ski area and we started a partnership that is still continuing today. BTW, at last count, a one day adult lift pass, weekend, non-holiday was \$189 so you can see that his gesture goes a long way. He will be sorely missed but fondly remembered by all the skiing and snow-boarding community.

The following article appeared in the L.A. Times on 2/9/2020. Check



Dave McCoy, 1915-2020

out this link for a brief history of both Dave McCoy and Mammoth Mountain: <https://www.latimes.com/california/story/2020-02-08/dave-mccoy-mammoth-mountain-dead-obituary>

R.I.P. Dave McCoy, 1915-2020

There were a few points that I mentioned in this column last time that bears further elaboration. It was the Golden Age of disability, a time of enlightenment and conscious raising, where everyone's awareness of issues concerning the disability community was coming to the fore. It was a time of Independent Living where disabled people with their gnarled bodies and missing limbs along with their wheelchairs and walkers were seen in the streets, parks, and yes, supermarkets and retail stores for the first time. Heretofore they (we) lived out our days secluded in our family's living rooms, or warehoused somewhere in nursing homes, never to be seen in public. Mobility was starting to be enhanced. Curb cuts in sidewalks at intersections were becoming a reality (although slowly). Guess who was being seen in broad daylight. With all this going on, why shouldn't some brave souls try snow-skiing (and generally living life)? Thus, our program "The Unrecables" was at the right place, at the right time. It's probably beyond the scope of this article, but for more on the Independent Living movement Google "Ed Roberts" - he was truly a pioneer and a unique individual and the "father" of this whole crusade.

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THE UNRECABLES HIT THE MAMMOTH SLOPES IN JANUARY

SIGRID NOACK



On our ride home, we had fun composing this article for **Gordon Cardona** for our newsletter. We were driver **Soo Jeong Lee**, passenger seat **Steve Lefkowitz**, and back seat drivers **Marlene Mourtzikos & Sigrid Noack**. For some reason everybody had trouble understanding the others, so there was lots of translation & interpretation happening! Here goes ...

It all began in a galaxy far far away!

There was a mountain named Mammoth!

And Mammoth has been very kind to The Unrecables for many, many years.

Thank you, Dave McCoy and Mammoth for allowing us to ski your beautiful mountain.

Our January trip was another really fun adventure. We hadn't seen **Marilyn Rodgers** for 15 years. Great to welcome her back, together with her husband **JD** & son **Ben**. Marilyn and Ben spent Saturday morning hitting the slopes with Ski Director **Dee Armstrong**. **JD** is a professional photographer and was trying to take pictures for the club. Since he recently had back

surgery, he couldn't ski this weekend. **JD** tried to take pictures off the balcony, but we were all over the mountain! Hope we get to see some of his photos, taken with those hugely long lenses. He had actually paid \$30 to park in the special VIP lot, that's how happy he was to hang with us! Thank you **JD**, it was great meeting you. Hope you'll be back to ski with us soon.

Anton Serikov skied with **Jay Davis**, **Glenn Green** and **Anton's** brother. Knowing **Anton**, he surely tried to wear out his team all over the mountain!

Chelsea Faulkner skied with **Soo Jeong Lee**, **Dean Francois** and **Joshua Hsu**. This was **Dean's** first time with a mono skier. He was surprised, that **Chelsea** was able to load onto the chair without his help! Poor **Chelsea**, she had driven up from LA that morning, so she was quite a trooper attacking the mountain, as she did, without sleep!

We're excited that our returning new volunteer **Marlene Mourtzikos** is happily preparing for her VI (visually impaired) certification. With most lifts closed on Sunday morning, it was the perfect time for her to practice on chair 11 during the white-out. She trained with **Hannah Nishimoto** in very poor visibility conditions. **Hannah**, as always, patiently endured

her role as instructor and guinea pig!

Steve Lefkowitz, ever daring and adventurous, tried to take it kinda easy on his first trip of the season. But Saturday afternoon **John Grey** and **Marlene Mourtzikos** seriously wore him out and the chair 2 moguls almost did him in! He was so exhausted, that for the first-time-ever, **Steve** missed the Saturday night meal! He slept right through to Sunday!

Jeremy Hsu had a super weekend, skiing almost the whole mountain with **Kenny Chan**, **Sigrid Noack**, and mom **Jennifer Hsu**. He has improved so much and cannot seem to get enough of Mammoth. He preferred many different slopes! So much fun hanging out with **Jeremy** and his parents.

Of course at the end of the day, most of us enjoyed the wonderful jacuzzi. Then the usual dinner hosted by our club in one of the condos. This time it was organized by **John Grey** and **Kenny Chan**, with a little female input from **Sigrid**. What a super group and fantastic mountain, another great Unrecables weekend!

Thank you **Marina Sallaway**, **Hannah Nishimoto**, **Dee Armstrong**, **Michelle McCarthy** and everyone else, who makes these trips happen! ♦

Sigrid



INSTRUCTORS' TRIP IN DECEMBER DEE ARMSTRONG

Welcome all to the 2019-20 ski season! The first trip was in December this year kicking off instructor training! This trip was a little small in attendance but mighty in training. Friday was sunny and the wind was down. This day was for stand up skiing, tethering, two point hold, various use of ski poles for instruction. Taking turns as students and instructors, using bamboo poles, ski tip connectors, spreader bars and tethering for safely skiing down the hill by **Soo Lee, Hannah Nishimoto, and Dee Armstrong**. We toured Disabled Sports Eastern Sierra and purchased raffle tickets for their Annual Gala.

On Saturday, the winds kicked up and there was morning snow, so the training was inside. **Soo Lee and Hannah Nishimoto** went over the Mountain Man and Dymanique bi-skis demonstrating and training for loading, unloading and dowel/balance/position testing. Fixed outriggers and hand-held outriggers along with measuring the proper length of the hand-held outriggers and position of the tip

connectors. After a break, more stand up instruction, practicing and measuring for proper length. In the afternoon, Brendan from Disabled Sports Eastern Sierra came over to give our annual briefing on Mammoth Mountain happenings, changes, rules and safety. Unfortunately, Ski Patrol was unable to give us their annual safety talk due to impending large storms predicted for Saturday night and Sunday.

Saturday ended with dinner at John's Pizza where fun was had by all! Thank you for joining us, **Victor, Laurissa, Glenn, Kenny, and David**. Thank you Hannah for taking care of the lift tickets, paperwork and lesson organization and Soo Lee for your training!!

On Sunday, some of us went up to the top of the mountain on the gondola to see the sights below. They have a museum up there now with displays of various animals of the region as well as Mammoth Mountain history. It was a terrific end to our trip. ♦

Dee



Group dinner in December.



Lunch with Wooley.

SUPERB SKIING DEE ARMSTRONG

Welcome to the first student trip of the 2019-20 season! This January weekend was a mix of stand-up and sit-down skiing. The weather was nice and so was the snow. We had a great group with students **Jeremy Hsu, Chelsea Faulkner, Steve Lefkowitz, and Anton Serikov!** Thank you to our volunteers, **Jennifer & Joshua Hsu, Amanda & Jay Davis, Glenn Green, John Gray, Kenny Chan, Soo Lee, Sigrid Noack, Dean Francois,** and newcomer **Marlene Mourtzikos!!** Also volunteering were **Marilyn Rodgers** and her two sons in training, **Cameron and Ben** along with her husband **Jay** who was taking pictures. I never thought I could end up wearing out a teenager on the mountain. I still have it!

Thank you **Jennifer Hsu** for organizing dinner and clean up on Saturday night at your downstairs condo! We had baked/roasted chicken, lasagna and lots of chips and sweets for the masses and a very nice evening going over the events of the day. Thank you **Hannah Nishimoto** for organizing the paperwork, lift tickets, lessons and making sure everyone had a fun and safe weekend!! ♦

Dee



Mono-ski group in January.

FAB FEB FUN DEE ARMSTRONG

Unfortunately I missed this trip due to technical difficulties with my ears, but **Hannah Nishimoto** filled me in. This was our biggest trip this season. A great group of 17 volunteers and 6 students! We had new students, visually disabled veterans and instructor trainees (physical therapists from USC). Welcome! Thank you **Hannah Nishimoto** for taking care of all of the lesson assignments, tickets, equipment and everything else. **Marina Sallaway**, thank you for your great work in organizing the traveling, rooming and Saturday night dinner!! Along with volunteers, we had many children in attendance, **Dominic, Niels, Kaitlyn, Jossi, Taylor, Colton and Dane**, along with **Soo Lee's** brother, his wife and children and **Bob's** mom.

Marlene Mourtzikos provided some blind guide training to two of our new instructors taking out our two new visually impaired veteran members, **Hiram French** and **Ramiro Contreras**. Walkie talkies purchased with funds donated to the club were used for these lessons.

New volunteers were also able to assist with mono and bi-ski students, **Chelsea Faulkner** and **Bob Darvish**. Our other stand up students were **Steve Lefkowitz** and **Jason Julian**.

Thank you to our volunteers, **Victor Chan, Dean Francois, Sandra Darvish, John Gray, Glenn Green, Cindy & Mike Julian, Soo Lee, Michelle & Rob McCarthy, Marlene Mourtzikos, Sigrid Noack, Marina & PJ Sallaway**, and **Sarah Schafenacker**!

Friday was sunny. Saturday had a threat of snow with some flurries and Sunday was warmer and sunny. So glad fun was had by all. ♦

Dee

2020 FWSA CONVENTION UPDATE

Far West Ski Association (FWSA) has reached the difficult decision to officially defer our Annual Convention scheduled May 28-31, 2020 at the Red Lion on the River Jantzen Beach in Portland, Oregon. We will return to Portland in June, 2022. The only other times the FWSA Convention was actually cancelled was in 1943 and 1944 during World War II. We will begin planning for our next convention at the San Diego Marriott Mission Valley in San Diego, California June 10-13, 2021.

Over the past two weeks, we've explored various options to avoid postponing the event. We had hopes of delaying it until August, but as the COVID-19 situation has continued to change rapidly and with the uncertainty in the US economy, it made holding the event in August impossible to guarantee and most importantly, impractical for you. We want our members and ski industry partners to have the best experience possible.

Our members and our families have been affected by this pandemic as has everyone in the mountain travel industry. We understand that difficult decisions were made to close resorts, hotels, and cancel trips and tours.



On behalf of Far West Ski Association's team, we sincerely apologize for any inconvenience this may have caused you. We very much appreciate and thank you for your patience and understanding while we worked through this difficult issue.

This pandemic affects us all and we are all in this together. We urge you to do your part and comply with the "Social Distancing" to help slow the exponential spread of the virus. With your help, we can "Flatten the Curve."

FWSA is one of the country's largest ski associations in the United States, now with ten active councils representing more than 53,000 skiers and boarders from more than 160 clubs in twelve western states – Alaska, Arizona, California, Colorado, Hawaii, Idaho, Nevada, Oregon, South Dakota, Utah, Washington and Wyoming.

For additional information regarding the Far West Ski Association, please visit our website at www.fwsa.org, or contact:

Gloria Raminha

President

Far West Ski Association

Email: president@fwsa.org ♦

FWSA 2020-21 BOARD OF DIRECTORS

Gloria Raminha, President
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Gordon Cardona, VP Communications
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MEMBERSHIP MATTERS

JOHN GRAY



Unrecables Family – In the past I have listed 11 amazing benefits of membership with The

Unrecables:

- 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
- Assistant instructors can ski/snowboard 1.5 days, per trip, for FREE.
- 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 and Social Meetings
- Eligible to run for office

- May assist with organizing trips and activities
- Your dues help us to continue to offer these FREE services.
- Gives you that really good feeling that you are doing the right thing!

As we all comply with the stay-at-home orders to reduce the spread of COVID-19, I would like to share a really cool 12th benefit of membership: Making new friends, shared experiences with old friends and memories of great days carving the slopes of Mammoth.

Below is a perfect example of all of that from our last trip to Mammoth this past February. We really are a FUN group to hang out with, ski/snowboard, and tell stories. ♦

John



John, Steve, Dean, and Sigrid on top of chair 12 at Mammoth.

Dave McCoy

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Another point in the previous article was the place advancing technology played in all this. I wrote in our last newsletter that there was little in the way of adaptive skiing equipment at the time we were born but with a little creativity, innovation, and lots of rolls of Duct Tape, we made it happen. Nowhere could the role of technology be seen more than in the development of sit skis - used by those who had spinal cord problems and even those who had issues with standing or walking. At first we used an "arroya". It was little more than a fiberglass sled with a couple of metal runners. It was "steered" with a couple of heavy metal picks that the skier dragged in the snow. Because the arroyo sat directly on the snow, going over moguls was quite a jarring experience and the steering control was questionable at best. Even easy intermediate runs were beyond the ability of most skiers. Today we have mono and bi-skis where the skier sits in a plastic bucket suspended above 1 or 2 skis respectively, where the bucket is attached to the skis by a series of shock absorbers, leafs, springs, and hinges. Many even have self-loading mechanisms (to get on chair lifts). I have seen advanced disabled skiers in these devices tackle even black diamond runs.

Stay tuned for more tidbits from history in our next newsletter. ♦


Steve



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

April

- 14 Social online @ 6:30p
- 14 Board Meeting @ 7:00p

May

- 12 Social online @ 6:30p
- 12 Board Meeting @ 7:00p

June

- 9 Annual Meeting & Elections

July

- 14 Social @ 6:30p
- 14 Board Meeting @ 7:00p

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

FWSA TRIPS



FWSA Annual Ski Week 2021
Sun Valley, Idaho
January 30-February 6, 2021

FWSA Mini Ski Week 2021
Zermatt Resort & Spa, Utah
March 2021

International Ski & Snowboard Trips
Solden, Austria in 2021
Chile in Summer 2021
Madonna di Campiglio in 2022

FWSA Adventure Trips
Africa - 2022
Galapagos Islands - 2024

Check out details at fwsa.org.

THE UNRECABLES KEEPS FIT AND THINKS SAFETY

How to Protect Yourself from COVID-19 Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself

- Clean your hands often
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that con-

tains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

- Stay home if you're sick
- Stay home if you are sick, except to get medical care.

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection. ♦

We are in this together!





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

(includes memberships in Disabled Sports USA, LAC, FWSA)

_____ 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!

APRIL

13 Erin Hayden
14 Bobbie Benson
20 Babak Darvish
26 Michael Zimmerman
28 Chrissy Knee

MAY

12 John Grey
18 Lauren Kucma
29 Jessica Downs
29 Greg Smith
31 James Oakley
31 John Oakley



JUNE

1 Bridget Morell
2 Cathy Kinder
3 Chris Stanley
5 Darryl Coit
5 Marina Sallaway
7 Nili Hudson
10 Karen Boyko
11 Dina Garcia
11 Marc Lafleur
27 Michelle McCarthy
29 Cindy Julian
30 Terry Walton



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

THE UNRECABLES ADVISORY BOARD

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*California Board of Equalization,
Fourth District*

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*Senior Vice President,
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*Director of Rehabilitation,
Downey Regional Medical Center*

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

Sunshine

Dee Armstrong
retired from CHP in December

Marilyn Rodgers
welcome back in January

Family of Dave McCoy
Dave passed in February

Kathy Copeland
beloved husband Jack passed in February

Amanda Davis & Family
beloved mother passed in March

Dina Garcia
new job at Access Services

THE UNRECABLES 2019-20 BOARD OF DIRECTORS

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

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

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Vacant

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Communications Director
communications@unrecables.org
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THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: JUNE 8

Coming up in the next issue:

- 2020 Election results
- Fitness & safety ... and much more

UNRECABLES

SOCIALS

NOW ONLINE

2ND TUESDAY, 6:30PM

April 14

May 12

June 9 -

Annual Meeting & Elections

on Zoom or Skype.

Check your e-mail

for details.

Stay safe, stay home.

SPECIAL THANKS

Dee Armstrong

John Gray

Michelle McCarthy

Sigrid Noack

Marina Sallaway

Photos Courtesy

Victor Chan

Hannah Nishimoto

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Publisher

gwcardona@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

CONTACT THE UNRECABLES

Text: 562-480-4398

Like us on Facebook

E-mail: info@unrecables.org

Website: www.unrecables.org



Change Service Requested

P.O. Box 24856

LOS ANGELES, CA 90024-0856

SPRING 2020

