



# THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF DISABLED SPORTS USA

WINTER ISSUE

OFFICIAL PUBLICATION OF  
THE UNRECABLES

JANUARY-MARCH 2020

## THE UNRECABLES KICK OFF THE NEW DECADE AT MAMMOTH

### PRESIDENT'S MESSAGE MICHELLE MCCARTHY



**I**t's A Wrap! As 2019 comes to a close, I would like to recap some of our Club events over the past year.

We enjoyed our wonderful monthly ski trips to Mammoth through May. Yes, we actually skied in May this past year!

We dined together the second Tuesday of each month at IHOP in Marina del Rey, and we welcome all of you to join us in 2020.

We finally were able to create Unrecables Wear. We still have T-shirts in stock if you missed out on the group purchase.

Several of our members participated in the Far West Ski Association Convention in Indian Wells in June, where **Victor Chan** represented our LA Council of Ski Clubs in the FWSA Man of the Year Competition. **Hannah Nishimoto** was honored with the Jimmy Huega Humanitarian Award. **Gordon Cardona** won 3rd Place in the FWSA Wentworth Outstanding Publication competition.

*continued -- p. 3*



Celebrating at the Snow Gala with LA Council Woman of the Year Soo Lee.

### 2020 Ski Trips Mammoth Mountain

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!*

### INSIDE THIS ISSUE

- Let's Go Skiing!
- The Unrecables' Early Days
- FWSA Convention 2020
- FWSA Trips
- Membership Matters
- Calendar of Events
- Snow Gala in the 1950's
- Keep Fit and Think Safety
- Shop Ralphs & AmazonSmile
- Trip Form 2019-20
- Membership Application

LET'S GO SKIING!  
MARINA SALLAWAY



Hello fellow Unrecables. It looks like the snow has started falling in Mammoth for the 2019-20 season! The Unrecables are looking forward to another great year on the slopes. As soon as you have a month in mind for a trip, email me, call me or send me a trip form to reserve your spot. It is very important to include all information from the trip form so I can accurately put a trip together.

The trip form, our club's waiver, and Mammoth's waiver are on the Unrecables.com website. Feel free to fill these papers out before a trip to save time. Also, send in your membership to **John Gray** before you attend a trip.

We look forward to seeing you this winter!

2020 Ski Trip Schedule

- January 24-26
- February 21-23
- March 20-22
- April 17-19
- May 8-10 ♦

Marina



Mammoth in December.

THE UNRECABLES' EARLY DAYS  
STEVE LEFKOWITZ



High Folks, Steve here, your new Club Historian. By the power vested in **Michelle McCarthy**, being our President, she dubbed me as your Club Historian, mainly due to the fact that I've been around the longest (no wisecracks here as to "boy, he must be old"). Next year is The Unrecables' 40th Anniversary and I've been tasked with writing a periodic column about some tidbits from our past.

First, there was a need that needed to be filled. At the time in 1980, there was very little in the way of sports or recreation for the segment of our population that happened to be physically disabled. Along came our founder, **Ron Bass**, who was able to combine two of his passions (he was a nurse and former ski patroller) who said, "I'm going to try to fill that void." A secretary / receptionist at a local Independent Living Center (Westside Center for Independent Living) came up with the acronym *unrecables* which stood for *UNlimited RECreational ABil-itiES* and we were born. It was truly the *Golden Age of Disability* where things started happening for our disabled population and everyone's awareness of issues concerning the disability community and conscious levels were being raised.

At first, we met every two weeks at Daniel Freeman Hospital in Inglewood for some stretching and exercises. It was more or less a rehabilitation setting, but there was always the lure of "when it snows - we will go skiing." There was little in the way of adaptive ski equipment back in those days but

the Club brought together what adaptive equipment they could find and with lots of creative thinking, innovation, and many rolls of Duct Tape we made it happen. When it snowed, as promised, we went skiing. We were a small, close-knit group where everybody had everybody else's phone numbers and the word went out, "it snowed yesterday, wanna go up to the mountains and go skiing?" At first, it was all local; Big Bear, Snow Summit, Wrightwood, and Mountain High (in 1980 half of it was still Holiday Hill). Later, we branched out to weekend trips at Mammoth Mountain.

Skiing is an expensive sport and many of our members were on fixed incomes. Economics being what it was, we were always scrounging around, trying to make it work as cheaply (inexpensively) as we could so all could participate. It was a while before we got Mammoth wired with lift ticket perks, fairly inexpensive lodging, and club sponsored Saturday night dinners, plus, able-bodied volunteers (with big hearts) all working together to make it happen. It was all pretty much an experiment as no one really was an expert at this adaptive skiing thing. No one got seriously hurt and you should have seen the smiles (ear to ear) on everyone - TABs (temporarily abled-bodied) and the disabled as well. The experiment was working. For many of us, this outing in the mountains and in the snow was something we never thought would happen again for us now that our lives had changed so much since we became disabled.

More next time! ♦

Steve

## FWSA CONVENTION 2020 -- PLAN AHEAD

SIGRID NOACK



Our own Woman of the Year **Soo Jeong Lee** was recently selected LAC Woman of the Year. Congratulations Soo! You are very deserving of this honor! Soo will be heading to the FWSA Convention in May to compete with representatives from the other nine councils in the Western US, for the honor of being crowned "FWSA Woman of the Year"! I'm sure that YOU will want to be there to support our own, very special Unrecables member, **Soo Jeong Lee**. Now it's time to start planning your trip to Portland!

The FWSA 88th Annual Convention is May 27-31, 2020. Only 5 months from now! Please do put those dates on your calendar NOW! Northwest Ski Club Council is planning a terrific five-day-event. The theme is "Rollin' on the River", with a Riverboat Gambler idea in mind. There will be a Dinner Cruise on the Willamette River on Wednesday evening, a Mt. Hood Adventure Day on Thursday, and the Annual Far West Pub Crawl on Thursday evening. Friday will be the Golf

Tournament at McMennamins, Edgefield. A Wine Tour and a Bike Ride are scheduled for Friday. The Awards Banquet is Saturday evening with musical entertainment and Casino tables. One of the highlights that evening will be the "FWSA Man & Woman of the Year" announcement! Of course we will all be cheering for our own candidate Soo! Other awards will also be given out. On Sunday there is a big brunch, the FWSA election, communication awards and Sigrid's report on "Charities & Our Community". You will love beautiful Portland. The city is known as the "Rose City", due to its many gorgeous rose gardens. You might want to plan to come early and stay late. You'll not get tired of the many things to do and see in fabulous Portland! FWSA will also be celebrating its 90th Anniversary during this weekend. Lots of history, interesting stories, and hopefully a few very special guests from the Pacific Northwest: **A.J. Kitt, Phil & Steve Mahre**, and others. This event will be held at the beautiful Red Lion on the River, Jantzen Beach in Portland, Oregon. See you all there! ♦



Sigrid

## President's Message

*continued -- p. 1*

In November, our members danced the night away at the LA Council Snow Gala where the theme was 50's Sock Hop. **Michael Julian** and **Soo Lee** were honored as our Club's Man and Woman of the Year. **Soo Lee** was crowned LA Council Woman of the Year! She will represent LA Council in Portland at the FWSA Convention in June 2020.

We kicked off the 2019-2020 season with a Dryland Volunteer/Instructor Training Clinic on November 16th, and an Instructor Training Clinic at Mammoth December 7-8. The snow is falling and we are looking forward to a fabulous season.

As we move into 2020, we are in need of a PR Director. If you are interested in helping out with a small task, as a Board Member, or if you would like more information about The Unrecables, please contact me at [president@unrecables.org](mailto:president@unrecables.org).

With gratitude,

Michelle

## FWSA TRIPS

### FWSA Annual Ski Week 2020

Big Sky, Montana  
January 25-February 1, 2020

### FWSA Mini Ski Week 2020

Big White, Canada  
March 29-April 3, 2020

### 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

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](http://fwsa.org).*



## MEMBERSHIP MATTERS

JOHN GRAY



**U**nrecables Family, Winter is here! Help us plan for a record-breaking season of new and returning students to the Unrecables Family. Pay your dues now 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](http://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](mailto:membership@unrecables.org). ♦

*John*

## CALENDAR OF EVENTS

### January

- 14 Social @ 6:30p
- 14 Board Meeting @ 7:00p
- 24-26 Mammoth ski trip
- 25-26 Festival of Human Abilities

### February

- 2-9 LAC/FWSA Ski Week
- 11 Social @ 6:30p
- 11 Board Meeting @ 7:00p
- 21-23 Mammoth ski trip
- 22-24 Abilities Expo

### 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

### May

- 8-10 Mammoth ski trip
- 12 Social @ 6:30p
- 12 Board Meeting @ 7:00p
- 28-31 FWSA Convention -- Portland

### 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](http://lacouncil.org).

### Festival of Human Abilities

January 25-26, 2020  
Aquarium of the Pacific



### Abilities Expo 2020 Los Angeles Show

February 21-23, 2020  
LA Convention Center  
West Hall  
Free Admission



*from The Unrecables*

**SNOW GALA IN THE 1950'S**  
**SOO LEE**

I was honored to be chosen as the club's Woman of the Year, and represent the club at LA Council's Snow Gala in November. I was a little bit overwhelmed, and not sure what I should do. It was my third time attending Snow Gala, and this year's theme was 50's reincarnated and poodle skirt doodle. With help of Google search, I sewed a poodle on my skirt for the party. Vice President **Glenda Phillips**, my dear husband **Mark Wrum**, and I arrived at the beautiful Almansor Court in Alhambra early. Music was playing and the disco ball was rolling already, and the LAC Board members were busy wrapping up the preparations.

**Hannah Nishimoto** in a shiny pink riding jacket arrived. **Gordon Cardona** came soon after, followed by **Dee Armstrong**. We settled in at our table right in front of the dance floor. President **Michelle McCarthy** came later after all her busy work. After meal, Hannah received her FWSA 2019 Jimmy Heuga Award presented by Dee. LAC Board member **Todd Hood** did a fine job as the emcee for the event.

During the LAC's Man and Woman of the Year competition, we learned about other clubs' men and women and their great contributions for the club and the communities.

**Glenda Phillips** served as a judge for the Man and Woman of the Year competition. Thank you Glenda! Then it was dance time! All of our club members went to the floor from start to the end. Dance time concluded with all LAC dancers lined shoulder to shoulder kicking and dancing in unison.

At the raffle drawing, there were a lot of raffle prizes to go around and **Gordon Cardona** was one of the guests who won the most prizes. He needed some help to carry all his prizes.

In the end, I was selected as the LAC Woman of the Year and go to FWSA Convention in June to compete at the FWSA level. Congratulations to **Pete Smith** from Wailers Ski Club who was named LA Council Man of the Year. It is three years in a row our club's Man or Woman of the Year won at the LA Council level after **Hannah Nishimoto** and **Victor Chan**. In the past, **Sigrid Noack**, **Gordon Cardona**, and **John Gray** also did the same job. Being the LA Council Woman of the Year is my personal honor but my guess is that LA Council recognizes our club's efforts and supports us. Thank you LAC and all the club members working hard for our club. ♦

*Soo*

**SOCK HOP HIGHLIGHTS**



## THE UNRECABLES KEEPS FIT AND THINKS SAFETY

### Skier & Snowboarder Collisions by Raul Guisado

Equipment advances, signage, and the "Responsibility Code", developed by the National Ski Areas Association (NSAA), have all aided in improving skier and snowboarder safety at ski areas.

#### NSAA Responsibility Code

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Despite safety advances, many injuries from collisions occur on the mountains every year. The winter sports experts at Robson Forensic are frequently retained to investigate these incidents when the injuries are severe. In this article we address the behavioral aspects most frequently at issue in skier and snowboarder collisions.

**Speed Control** - One common cause of collisions between skiers and snowboarders is the result of one or both individuals traveling too fast for their

abilities. Ski areas clearly mark the difficulty rating for each trail since not all runs can usually be seen from the bottom of the mountain and/or it may be difficult to appreciate how steep or narrow a trail is from far away.

All skiers and snowboarders should develop their speed control, turning, and stopping skills on easier runs before venturing into more challenging areas. Skiing and snowboarding are skill sports and a gradual progression is necessary in order to responsibly maintain control and avoid collisions.

**Observing Signs** - Another common cause of collisions between individuals at ski areas is the failure by one or both parties to alter speed and behavior in slow zones, congested areas, while on beginner runs, or in sections where trails merge or intersect. Ski areas generally post signs prior to these zones as a safety measure - to emphasize the need for awareness and controlled skiing and snowboarding. Disregarding warnings or failing to exercise restraint through these sections of the mountain creates a dangerous condition and increases the risk of collision.

**Safe Passing** - Getting too close to another person while passing is also a cause of collisions between skiers and snowboarders. As a result, ski areas make an effort to educate skiers and snowboarders of the Responsibility Code since often times, the individual being passed is unaware that they are being overtaken. It is the responsibility of the uphill skier to exercise reasonable care and only pass when there is ample space to do so and at a rate of speed that provides the ability to stop

or otherwise safely react to any movements made by the skier or snowboarder they are passing.

#### Tips for Avoiding Skier and Snowboarder Collisions

- Ski and snowboard within abilities and hone speed control, turning, and stopping skills on wide-open and relatively flat terrain before venturing into more challenging areas.
- Reduce speed in slow zones, beginner areas, on crowded runs, and where trails merge or intersect.
- Give others ample room when passing, share the slopes, and show respect for fellow skiers and snowboarders.
- Stop on the sides of a run so as not to obstruct the trail and in areas visible to approaching skiers and snowboarders.
- Reduce speed when approaching blind terrain.
- Look uphill and yield to others when starting downhill or merging into a trail.
- Educate youth on the responsibility code and the importance of terrain park etiquette and respect for other park users.
- Ski or snowboard behind young children to protect them from collisions.
- If a run is crowded, stop at the side of the trail and wait for a break between skiers and snowboarders before continuing.
- Minimize distractions such as cell phone usage and listening to music while skiing and snowboarding.

*continued -- p.7*

**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](http://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](http://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](mailto: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**

**Safety**

*continued -- p. 6*

**Ski Area Safety Measures for Reducing Skier and Snowboarder Collisions**

- Post proper signage prior to known congested areas.
- Alert skiers and snowboarders about areas where trails merge or intersect.
- Use fencing or closures when necessary to reduce skier and snowboarder speed prior to merging or intersecting another trail.
- Ensure that terrain park boundaries are well defined and that adequate fencing and closures are in place.
- Mark trails with clearly visible trail difficulty rating signs.

**WINTER SPORTS INVESTIGATIONS**

Our experts are often retained to investigate severe injuries and/or assess risks at ski and snowboard areas and other winter sports parks. The scope of our investigations will typically include an analysis of how the injury happened and the condition of the equipment and environment in which it occurred. In addition, our winter sports experts provide proactive risk assessment consultation to mountain resorts in an effort to prevent incidents. ♦





# 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	RESERVATION DEADLINE
November 15-17, 2019	October 28, 2019
December 6-8, 2019	November 18, 2019
January 24-26, 2020	January 6, 2020
February 21-23, 2020	February 3, 2020
March 20-22, 2020	March 2, 2020
April 17-19, 2020	April 6, 2020
May 8-10, 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](mailto: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

*(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](mailto: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.**

<b>Participant’s Signature</b>	<b>Participant's Name (please print clearly)</b>	<b>Date</b>

**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.

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

## HAPPY BIRTHDAY!

### JANUARY

- 3 Jesse MacGregor  
12 Mika Ito  
16 Inge Hobo-Scheinfarb  
24 Deborah Weller-Walton  
27 Keri Acosta

### FEBRUARY

- 14 Robert Arias  
17 Annette Mann  
18 Nancy Brown  
24 Soggy Kosger  
26 Stephanie Oberle  
27 Soo Lee



### MARCH

- 5 Dan Gertler  
9 Joseph Takeli  
20 Georgina Hackett  
21 Jason Fourier  
23 Chuck DeBerard

## Sunshine

### Jacquie Nemor

*beloved Ed Knott passed in October*

### Rob McCarthy & Family

*his beloved mother passed in November*



## 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*

## 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

**Amanda Davis, Secretary**  
secretary@unrecables.org  
949-887-3690

**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,**  
*Winter Trips Director*  
wintertrips@unrecables.org  
858-793-1186

**Hannah Nishimoto,**  
*Equipment Manager*  
equipment@unrecables.org  
310-990-9474

*Public Relations Manager*  
Vacant

**Steve Lefkowitz, Club Historian**  
historian@unrecables.org  
310-306-5249

**Sigrid Noack, Sunshine/LAC Rep**  
sunshine@unrecables.org  
310-499-8181

**Jay Davis, Past President**  
pastpresident@unrecables.org  
949-378-7895

**Gordon Cardona,**  
*Communications Director*  
communications@unrecables.org  
562-480-4398 (text)

## Thank You Donors

*Jacquie Nemor  
Erika Riddell-Strauss*



## 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 NEWS

## NEXT NEWSLETTER DEADLINE: MARCH 2

Coming up in the next issue:

- Ski trips & pictures
- FWSA Convention preview ... and much more

## UNRECABLES

### SOCIALS

**2ND TUESDAY, 6:30PM**

Jan. 14

Feb. 11

March 10

April 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

Soo Lee

Michelle McCarthy

Sigrid Noack

Marina Sallaway

## Photos Courtesy

Hannah Nishimoto

Sigrid Noack

## The Unrecables News

*published by*

**CARDONA COMMUNICATIONS**

**Gordon W. Cardona**

*Publisher*

[gwcardona@unrecables.com](mailto: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](http://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](mailto:info@unrecables.org)

Website: [www.unrecables.org](http://www.unrecables.org)



Change Service Requested

P.O. Box 24856

LOS ANGELES, CA 90024-0856

WINTER 2020

