



# THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF DISABLED SPORTS USA

SUMMER ISSUE

OFFICIAL PUBLICATION OF  
THE UNRECABLES

JULY-SEPTEMBER 2019

## THE UNRECABLES PARTY AT FWSA CONVENTION

### PRESIDENT'S MESSAGE MICHELLE MCCARTHY



**S**ummertime!  
The beginning of summer was heralded by our Election was held at our Annual Meeting

in June. We are grateful to our wonderful Board for their willingness to serve another year. Please congratulate our 2019-20 Unrecables Board Members:  
President: Michelle McCarthy  
Vice President: Glenda Phillipps  
Treasurer: Will Chung  
Membership Director: John Gray  
Secretary:

As you can see, we are still in need of a Secretary. If you would be willing and able to attend most of our Board meetings that are held in Marina del Rey on the 2nd Tuesday monthly, we would love to have you join us! The Secretary compiles minutes from our Board meetings, and has voting rights within our Club. Our Appointed Board Members will be announced in July.

Our Elected and Appointed Board Members keep our Club strong. We welcome those of you who would like to assist with small tasks/activities or would like to help remotely. There is something for everyone. If you are interested in helping out, or need more information, please e-mail me. ♦



Our group party and take home awards at the FWSA Convention in June.

### 2019 Election Results

#### The Unrecables

*Michelle McCarthy, President*  
*Glenda Philipps, Vice President*  
*Will Chung, Treasurer*  
*John Gray, Membership Director*

#### L.A. Council

*Sandy Blackwell, President*  
*Dan Haste, Treasurer*  
*Paula White Hazzard, VP Programs*  
*Todd Hood, VP Travel*

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**WHY I DECIDED TO  
BECOME A LIFETIME MEMBER**  
KATHY PAISLEY

I became a paraplegic in a car accident in 1983, at the age of 15. I had heard about adaptive sports, but didn't know how to become involved until I met a guy in a wheelchair at the mall. He introduced me to the club. My first event was a water skiing/camping trip and the second was a snow skiing trip to Mammoth. I was hooked immediately! Not only was I hooked on the thrill of skiing, but was also impacted by the support and love of the volunteers and members of the club. I immediately felt welcomed. I spent the next several winters on the slopes of Mammoth. I also branched out to other ski resorts with trips affiliated with the FWSA. I owe a huge debt of gratitude to The Unrecables for introducing me to sports and for being instrumental in building my confidence as a woman with a disability who was determined to prove that anything was possible. I decided to become a lifetime member to support ongoing efforts to help others benefit from all The Unrecables has to offer. ♦

*Kathy*



**MEMBERSHIP MATTERS**  
JOHN GRAY



Summer is upon us. With memories of an epic Winter still in our heads, we have a few months of rest before gearing up for next season. 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 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*



May fun in Mammoth.

**AWESOME APRIL IN MAMMOTH**  
**DEE ARMSTRONG**

**T**hank you to our volunteers and students who were able to join us in April. **Michael Julian** made a special overnight trek Friday night so he could tether **Dr. Bob Darvish** this weekend. The Achievers were able to lend us one of their instructors, President **Greg** to help with tethering. Thank you very much Greg and The Achievers for your much appreciated assistance. Thank you **Michael** for your extra efforts, your skills are greatly appreciated!

**Steve, Anton and Casey** were our other students. Anton got to ski with the Achievers. Thank you Achievers, it was nice sharing our trips this year! Thank you to **Kenny, Karen, Bill, Carolne, and the Sallaway** family who joined us as volunteers and skiers!

This year we ended up very tight regarding volunteers. Please, if you are a volunteer or student, encourage any friends who are good skiers to

consider volunteering as an instructor for the Unrecables. We are in need of skiers who would be able to tether or help lift sit-down or stand up skiers. I encourage any of our current volunteers to consider getting certified through PSIA so you can hone your skills and gain better knowledge of adaptive skiing. If you are interested in becoming certified, The Unrecables may be able to help offset some costs of the certification and continuing education.

Also, we are in need of people in West Los Angeles, East Los Angeles or near the San Fernando Valley who can either drive someone or help them drive. Transportation and instructors was our biggest challenge this year.

Everyone, have a great summer and see you next season! Yes, there was a May trip, but I missed it. ♦

*Dee*



**VOLUNTEERS NEEDED**  
**SARA ROSELL**

*Volunteers Needed for  
 Some Fun in the Sun!*

**T**he United States Adaptive Recreation Center is preparing another summer of fun and adventure, offering instruction in water skiing, jet skiing, fishing, sailing, and kayaking. Throughout the months of July and August volunteers can help in a variety of capacities.

Expertise in the water sports activities is not necessary, due to the team teaching approach. During these sessions, duties may include helping on the dock, aboard a sailboat, water-ski boat, kayak, or fishing boat, jumping off jet skis, serving lunch, helping participants transfer from wheelchairs to boats or water skis and back, setting up tents, making s'mores, you name it!

The training session will be June 29. We ask you to commit to six days of volunteering, including one of the Big Bear overnight sessions and four of the Big Bear single-day sessions, though you are welcome and encouraged to volunteer even more! Volunteers must be 16 years of age.

If you are interested in learning more, please visit [www.usarc.org](http://www.usarc.org) or call Sara Rosell at 909.584.0269. ♦

**Casa Colina Centers' Outdoor Adventures**  
**24TH LAND MEETS SEA SPORTS CAMP**  
 Marine Stadium  
 Long Beach, CA  
 August 13-15, 2019  
 Featuring: Water skiing, jet skiing, sailing, out-rigger canoeing, kayaking, harbor cruises, Gondola rides, tennis, handcycling, & more.  
 Contact: Priti Vaidya,  
 909.596.7733, ext. 4131

## 2019 FWSA CONVENTION WAS HOT!

SIGRID NOACK

What a fun weekend we had in Indian Wells at the FWSA Convention! There were four of us Unrecables: **Dee Armstrong, Victor Chan, Glenda Phillips, and Sigrid Noack**. Here is a little run-down of the amazing weekend. Excerpts taken from a FWSA report.

It was hot, hot, hot in Indian Wells, at the beautiful Hyatt Regency Indian Wells Resort & Spa. We had some great outside activities, such as a trip to the Palm Springs Air Museum, and a Legends & Icons Tours of Homes, in greater Palm Springs. Luckily, participants were either in air-conditioned buses, or air-conditioned buildings. Thursday evening, we held our Annual Pub Crawl, sponsored by Steamboat Ski & Resort Corporation, starting at the Renaissance Indian Wells Resort & Spa, followed by a trip to downtown Palm Springs for their weekly Street Fair, where everyone had time to shop, mingle and eat. Last stop was back at the Hyatt Regency Indian Wells Resort & Spa for dessert and nightcap.

Friday began with the 13th Michael German Memorial Golf Tournament, a ride out to the Tram, overlooking the San Jacinto Mountain,

followed by lunch, and for those who stayed back at the hotel...a wonderful Spa Day was lined up as another optional activity. A fun-filled, water-filled, 2-hour Pool Party followed, ending the evening with the "Club Happy Hour" on the Verde Vista Terrace and the 34th Annual Silent Auction. We raised just short of \$25,000 on fabulous ski and adventure trips.

Saturday was a day of Travel Expo, Snowsports Leadership Academy, and Public Affairs Panel discussions, all highlighted on Saturday evening with a very nice Awards Banquet and music by Victor Cannon, D.J. of "Can Do Productions".

Elections were held on Sunday morning as part of our Annual General Meeting. **Gloria Raminha** remains as President, **Sheri Parshall**, Secretary, **Randy Lew**, Treasurer, **Nancy Ellis**, V.P. of North American Travel, **Tom Bundgard** and **Jo Simpson**, Trustees, and **Fran Long**, V.P. of Public Affairs. The rest of the Directors remain in place until elections next May 31, 2020 at the 88th Annual Far West Convention in Portland, Oregon. Congratulations to all of our new and returning Board of Directors! ♦

*Sigrid*



## FWSA CONVENTION FUN

VICTOR CHAN

This was my first time to a FWSA convention and I didn't quite know what to expect. I arrived Thursday evening with my son **Dominic** and after checking into the Hyatt at Indian Wells we enjoyed some time together in the pool.

Friday afternoon I registered and attended the Man and Woman of the Year Meeting where I met several of the other candidates. Everyone was very nice and we had a good time. I then went to the trade show and talked to some of the exhibitors from lesser known resorts which was informative. My brother **Kenny** showed up Friday evening to spend time with Dominic over the weekend while I attended the functions.

Saturday was a busy day. In the morning I was interviewed by several judges in the FWSA suite. They were all very kind and supportive. I felt my answers were good and well received, I tried my best to represent the Unrecables and the spirit of our club. The fine lunch was followed by an even better keynote speaker, Mountaineer and Everest Climber **Dr. Jon Kedrowski** who gave a great inspirational talk about his trials and tribulations growing up, conquering mountains, and overcoming the odds. A few memorable anecdotes were the time he felt abnormally bad on a climb to Camp 4 at Everest only to realize later that his oxygen hose was disconnected, another time when had he not been roped in, would have been blown off the face of Everest, and the time in Colorado when a bear broke into his car while he was hiking and dragged his ice chest off into the woods. He had video and slides of some harrowing

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**CONGRATULATIONS TO 2019 FWSA AWARD WINNERS**

**Snowsports Builder Award**

Barbara Alley Simon  
Barbara Yamada

**Hans Georg Award**

Linda McGavin

**Elizabeth "Schatzi" Wood Award**

Jeannine Davis

**J. Stanley Mullin Award**

Joe Harvis

**Jimmie Heuga Award**

Hannah Nishimoto,  
The Unrecables, Los Angeles Council

**Jordan-Reily Award**

Kim Stravers

**Bill Mackey Award**

Larry Young

**Tommi Tyndall Award**

Steamboat Ski Resort

**Terry Smith Award**

John Walsh

**Bill Berry Award, Hard News**

Curtis Fong, "The Guy from Tahoe"

**Bill Berry Award, Featured Article**

Dr. Jon Kedrowski, Author & Ski Mountaineer for his book: "Sleeping on the Summits: Colorado Fourteener High Bivys"

**Warren Miller Modern Media Award**

"Brotherhood of Skiing" - Directed by Tyler Wilkinson-Ray and Colin Arisman. Produced by Faith E. Briggs.

**President's Award**

Debbi Kor  
Connie Burdette

**FWSA Councils'**

**Man and Woman of the Year**

Todd Hood, Snowbusters, LAC  
Becki Robinson, Bend Ski Club, NWSCC

**Program Award Recipients**

**Western Ski Heritage Award**

Jane Wyckoff, Judith Miller, Steve Markman for their documentation "A History of Single Ski Club of Los Angeles on its 50th Anniversary"

**Safety Person of the Year**

Peter Smith

**Environment Award**

Janine Rands

**Snowsports History Recognition Award**

No award

**Charities & Our Community Awards**

**Black Diamond**

1st Rusty Bindings

**Communication Awards**

**Wentworth Outstanding Publication**

Masters

- 1st Pacific Rim Alliance  
Catherine Ohl, Editor
- 2nd Mountain High Snowsport Club  
Emilio Trampuz, Editor
- 3rd **The Unrecables**  
Gordon Cardona, Editor

Novice

- 1st Long Beach Ski Club
- 2nd U.S. Adaptive Recreation Ctr.
- 3rd Conejo Ski & Sports Club

**Outstanding Web Sites**

Masters

- 1st Mountain High Snowsport Club  
Emilio Trampuz, Editor
- 2nd Pacific Rim Alliance  
Catherine Ohl, Webmaster
- 3rd Reno Ski & Recreation Club  
Sandra Stocks, Webmaster

Advanced

- 1st Conejo Ski Club

Novice

- 1st Bogus Basin Ski Club
- 2nd Inskiers Ski Club
- 3rd Phoenix Ski Club

**Outstanding Ski Club**

Novice

- 1st Long Beach Ski Club



## THE UNRECABLES KEEPS FIT AND THINKS SAFETY

### Prevent Heat Illness This Season

*(This excerpt is adapted from Sport First Aid 4th Edition by Melinda Flegel and reprinted from this American Sport Education Program text with permission from Human Kinetics.)*

According to National Center for Catastrophic Sport Injury Research data (Mueller & Cantu, 2008), 20 deaths due to exertional heat stroke occurred during high school and collegiate football between 2000 and 2007. The threat of exertional heat-related illnesses and their often tragic consequences are not unique to football. Athletes in any sport performed in hot weather may be at risk. Fortunately, these illnesses and their debilitating effects are very preventable.

Take these steps to provide the safest environment for your athletes:

#### • Monitor weather conditions and adjust practices accordingly.

High air temperature and humidity percentages can be hazardous. Keep in mind, however, that football exertional heat-related deaths have occurred at temperatures as low as 82 degrees with a relative humidity index at only 40 percent. If heat and humidity are equal to or higher than these conditions, acclimate athletes to the weather and have them wearing light practice clothing. Also, schedule practices for early morning and evening to avoid the heat of the day.

#### • Acclimate athletes to exercise in high heat and humidity.

In warm weather, athletes need time (14 days) to adjust to exercising in high heat and humidity. The National Ath-

letic Trainers Association (Casa & Csillan, 2009) recommends acclimatizing athletes with these guidelines:

#### Days 1-5:

- Only one practice per day which does not exceed 3 hours (this includes conditioning exercises, warm-up, stretching, cool-down activities, and actual practice time).

- One walk through is also allowed, however, it should be separated from the practice by at least three hours during which athletes rest in a cool environment.

- For sports requiring additional protective equipment, athletes should only wear helmets during days 1-2. Accordingly, athletes should not do activities which require additional protective equipment.

- Only helmets and shoulder pads should be worn on days 3-5.

- Contact with blocking sleds and tackling dummies can begin on day 3.

#### Days 6-14:

- If practice is held on 6 consecutive days, athletes should have one day of complete rest before the next practice is held.

- Days of rest or days where practice is missed do not count toward the 14 days of acclimatization.

- Full protective equipment can be worn starting on day 6.

- Full contact can begin on day 6.

- Double practice days can begin but should involve no more than five hours total in a day. Neither practice should last more than three hours.

- Double practice days should be separated by a single practice day on days 6-14.

- Practices during double practice days should be separated by at least three hours where the athletes relax in a cool environment.

- On single practice days, limit activity to no more than one walk through and one practice and separate the two between at least three hours of rest in a cool environment.

#### • Switch to light clothing and less equipment.

Athletes stay cooler if they wear shorts, white T-shirts, and less equipment (especially helmets and pads). Equipment blocks the ability of sweat to evaporate. It's especially important for athletes to wear light clothing and minimal equipment during days one through five of acclimatization.

#### • Identify and monitor athletes who are prone to heat illness.

Dehydrated, overweight, sunburned, heavily muscled, or deconditioned athletes are at risk, as well as athletes that previously suffered heat illnesses, and those taking certain medications (antihistamines, antidepressants, decongestants, some asthma medications, certain supplements, and attention-deficit/hyperactivity disorder medications).

Closely monitor these athletes and make sure they drink plenty of fluids. Rest dehydrated athletes until they have become rehydrated.

Signs and symptoms of dehydration include:

- thirst,
- flushed skin,
- fatigue,
- muscle cramps,
- apathy,
- dry lips and mouth,
- dark colored urine (should be clear or light yellow), and
- feeling weak.

*Part 2 in the Fall 2019 issue. ♦*

**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, 2018.

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**

**CALENDAR OF EVENTS**

**July**

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

**August**

- 13 Social @ 6:30p
- 13 Board Meeting @ 7:00p
- 13-15 Land Meets Sea Sports Camp

**September**

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

**October**

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

**November**

- 2 Snow Gala
- 12 Social @ 6:30p
- 12 Board Meeting @ 7:00p

*Contact our LA Council Representatives for LA Council Meeting dates & locations or visit [lacouncil.org](http://lacouncil.org).*

**Convention Fun**

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scenes, like crossing a ladder bridge over a crevasse in the Khumbu Icefall on Everest. I have been interested in Everest for years and recently watched a few programs about it and the men who climbed it. Meeting Jon after the talk was one of the weekend highlights.

That afternoon I attended some seminars on travel planning and getting people to volunteer and take on leadership roles in clubs. Award winners were announced Saturday evening. Congrats to **Hannah Nishimoto** for winning the Jimmie Heuga Award! Another highlight of the weekend. Although someone else won the Man of the Year for FWSA (which was well deserved) I had a great time. I wish to thank everyone who supported me throughout the years and for this honor of LAC's Man of the Year. ♦

*Victor*

# FAR WEST SKI ASSOCIATION

Big Sky, Montana • Jan. 25 — Feb. 1, 2020



## Contact Information

Arizona	Linda Johnston	(602) 790-0961	<a href="mailto:ljohnston6@yahoo.com">ljohnston6@yahoo.com</a>
Bay Area	Gail Burns	(650) 255-7883	<a href="mailto:gailburns@earthlink.net">gailburns@earthlink.net</a>
Central	Fran Long	(805) 712-5781	<a href="mailto:fancat87@gmail.com">fancat87@gmail.com</a>
Los Angeles	Todd Hood	(951) 444-8633	<a href="mailto:SkiWeek@LACouncil.org">SkiWeek@LACouncil.org</a>
NBS Western Region	Frank Robertson	(310) 722-0934	<a href="mailto:fwrjr@yahoo.com">fwrjr@yahoo.com</a>
Northwest	Christine Ciardi	(503) 819-3128	<a href="mailto:c2blondie@hotmail.com">c2blondie@hotmail.com</a>
Orange	Judy Thurman	(714)883-1216	<a href="mailto:ylskicat@aol.com">ylskicat@aol.com</a>
San Diego	Alan Godwin	(619) 663-6626	<a href="mailto:alan@skiclub.us">alan@skiclub.us</a>
Sierra	Carlene Boutacoff	(650) 208-4839	<a href="mailto:cboutacoff@gmail.com">cboutacoff@gmail.com</a>
	Debi Phelps	(530) 414-8503	<a href="mailto:DebiPhelps8@gmail.com">DebiPhelps8@gmail.com</a>

### Package Includes:

7 Nights Lodging—close to slopes

Welcome Party

Mountain Picnic

Banquet/Dance

Farewell Party

### Additional Options Available:

Group Air/Ground Transfers

Discounted 5-6 Day Lift Tickets

Day Trip to West Yellowstone

Council Challenge Races

Activities for Non-Skiers/Riders

"The Voice of the Western Skier"



CST # 2036983-40



Must be a member of a Far West Ski Association Club or Direct Member





## 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!

### JULY

2	Ian Kucma
4	Hannah Nishimoto
5	P.J. Sallaway
6	Steve Lefkowitz
14	Stella Levin
14	David Scheinfarb
17	Amade Nyirak
18	Dee Armstrong
20	Sigrid Noack
26	Doug Brown
28	Randy Benson
28	Don Taetsch
30	Casey Caputo



### AUGUST

3	Hal Ellis
10	Gordon Cardona
11	Sue Taetsch
12	Helen DeBerard
17	Keith Bonchek
19	John Wiley
26	Brent Myers

### SEPTEMBER

12	Carolyn Galantine
15	Rob McCarthy
16	Herbert Raymond
16	Christopher Oakley
24	John Kriz
26	Scott Nakada
29	Marc Rosenberg



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

## THE UNRECABLES ADVISORY BOARD

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

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*Director of Rehabilitation,  
Downey Regional Medical Center*

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

## Sunshine

**Inge & David Scheinfarb & Family**  
*moved to Ventura County*



## FWSA ADVENTURE TRIP 2019

### Philippines

*September 28-October 12, 2019*

**Contact: Randy Lew**  
FWSA Trip Leader  
Cell: 530-304-0802  
E-mail: FWSA13Randy@telis.org

## THE UNRECABLES 2019-2020 BOARD OF DIRECTORS

**Michelle McCarthy, President**  
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**Glenda Phillips, Vice President**  
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### APPOINTED BOARD MEMBERS

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**Gordon Cardona,**  
*Communications Director*  
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562-480-4398

# THE UNRECABLES NEWS

## NEXT NEWSLETTER DEADLINE: SEPT 2

Coming up in the next issue:

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

## UNRECABLES

### SOCIALS

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

July 9  
August 13  
Sept. 10  
Oct. 8

## 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

Dee Armstrong  
Victor Chan  
John Gray  
Michelle McCarthy  
Sigrid Noack

## Photos Courtesy

Kenny Chan  
Sigrid Noack

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**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)



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**SUMMER 2019**

