

THE

UNRECABLES

NEWS

THE UNRECABLES • MEMBER CHAPTER OF MOVE UNITED

OFFICIAL PUBLICATION OF THE UNRECABLES

JANUARY-MARCH 2023

NEW YEAR, NEW SKI SEASON

PRESIDENT'S MESSAGE MICHELLE McCarthy



WINTER ISSUE

appy New evervone! The start of the new year is a perfect time to reflect upon the

past year and practice gratitude.

Many things fill me with gratitude during my reflection of 2022: We were able to bring our Unrecables family together for our monthly series of trips to Mammoth. Mammoth continues to sponsor our Club, which enables us to be able to share the joy of snow riding with people of different abilities. Our Unrecables family grew by several members last year. Though a couple members moved away, I am grateful for the time and dedication they gave the Club while they were with us. I am grateful that my love of skiing has been passed down to my kids. As the snow continues to fall, all snow riders are grateful that Mother Nature is blessing us with an abundance of snowfall at the start of 2023.

I look forward to seeing you on the mountain and/or hearing your stories of what you are grateful for this year. •



Our instructors' clinic at Mammoth in December 2022.

INSIDE THIS ISSUE

- New Policies for our Ski Trips
- December Highlights
- The Early Years
- Membership Matters
- FWSA Trips
- Free Skis & Clothing
- Support Unrecables Fundraisers
- Unrecables Merchandise
- Hit the Slopes Safely
- Calendar of Events
- Membership Application

The Unrecables 2023 Mammoth Ski Trips

- January 20-22
- February 24-26
- March 17-19
- April 14-16
- May 5-7
- June 2-4 conditions permitting



NEW POLICIES FOR OUR SKI TRIPS VICTOR CHAN



I know I'm getting excited about the ski season with the Unrecables, or maybe it's just anx-

iety? Being the Trip Director definitely takes the volunteering to a new level, but I'm up for the challenge. **Dee** has made modifications to the web site and we've come up with new information forms (Thank you Kenny and others for suggestions and proofreading), one for volunteers and one for students. They are info forms and not a trip form because we are only requiring that they be filled out once per season, unless your info changes, and are tailored to better suit the type of participant. They're not perfect as I was hoping to squeeze the trip schedule on it, but there is a lot more general info and I hope you'll be pleased with the changes. If you have kids going on the trip, if they are 13 or younger and staying in the same room as the parents, they are \$25 per child per night. Check out the forms on the website or refer to my email blast. Oh and by the way, if you haven't already and are planning on going to Mammoth this season, please fill one out (electronically is preferred) and email it back to me at

vicjchan@juno.com. Also remember to do the waivers and get them to Hannah.

If you want to go on a trip, now you can just email or text me 30 days in advance the names of those going, number of nights you would like lodging, and whether you need or can provide transportation.

As you may have noticed, I'm using Mailchimp to send out email blasts. Bear with me as I relearn it. I enjoy being able to add pictures and produce an attractive email which I hope will increase participation. It looks like about 10 of us will be going (have gone?) on the December volunteer trip. Unfortunately condo prices have shot up a lot and that is why we are charging \$90 per night per person. I'm hoping inflation will settle down and maybe condo prices will drop. Still, even though it might be a bit more expensive than cheap hotels, the condo is nice because of the full kitchen, room to spread out a bit, and of course, the company of your condo mates!

As always, feel free to contact me with questions and let new recruits know my contact info. We have a few new folks coming to join us! Looking forward to seeing everyone again! •

Víctor



DECEMBER HIGHLIGHTS







MAMMOTH MOUNTAIN -- THE EARLY YEARS STEVE LEFKOWITZ



his newsletter's historian i a n's column will feature Mammoth Mountain in the early

years - at least MY early years there. The first time that I went to Mammoth was in 1968-69 (maybe 69-70). In those days, prior to Global Warming, the snow was pretty good in December and even in November. The base wasn't all that deep yet (especially in November) but the snow was there and the resort was humming. As a result, I'm not sure if it was before or after January 1st. As per usual this article is based solely on my memories, which are around 53 years old at this point, and not on some exhaustive Google search, so its accuracy may be a little sketchy. Those of you who were on an email thread back in the Spring may have been privy to some of these recollections but here is a somewhat expanded version.

When I first spied Mammoth as a teenager, I thought to myself, ahhh, I'd arrived. No rope tows, no single chairs, and people were actually wearing ski outfits instead of just sweatshirts and blue jeans. And the mountain - this was a REAL mountain. It was pretty intimidating. Coming from the mid-west (Minnesota), there was no terrain like this – anywhere! And there was no mountain driving on a windy road which oftentimes made me car sick. Of course, it was a narrow, 2-lane, poorly lit, icy road, but at least it was relatively straight.

When looking out from the Main Lodge, the first expanse you saw was Broadway. It was the widest run I had ever seen. It had 2 T-bars, with 1 on either side. Then, there was the

huge ramp leading up to the loading platform for chair #1 (also on one side of Broadway). It was maybe 20-25 yards long and wide enough so that 2 rows of skiers were able to SIDESTEP up it (~15 feet wide) - a task that I couldn't do today owing to the fact that I now use tip connectors and sidestepping for me is impossible. Notice that I called it chair #1. In those days all the chairs were numbered, there were no chair names. Some other things that have changed since then: McCoy Station. Then, known as the mid-station, it was little more than the building that housed the terminus for the lower gondola and the beginning for the upper gondola. Canyon Lodge was a much smaller building and was then known as Warming Hut #2. Eagle Lodge didn't exist at all (not even as a concept). There was no such thing as "the backside" or, if it was already developed, I was not adventuresome enough to explore it and never saw the area. Over time, as new technology became available, the chair lifts slowly evolved. The slower, fixed, double chairs transitioned to triple and high-speed, detachable guads. The only doubles left on the mountain now are chairs #s 12, 13, and 14. The last center pole, double chair (of special interest to sit skiers) was #4 (Roller Coaster) and has long been replaced.

Back then, the only way to the top was via the upper gondola. There was no chair 23. The small building on the summit ridge was just the gondola house. You would exit the gondola, step thru the doors, and you were on the snow. There was no fancy Eleven53 Interpretative Center or cafe. The first time I ever ventured up there it was cold and windy (almost gale force).

There was a young girl in front of me. I was a teenager and she was younger than I was. She looked over the edge (Climax) and started to cry. "My parents left already and I don't have my medical insurance card with me." It was so cold that her tears froze on her cheeks. I began to think that maybe I had made a mistake also. I guess she didn't know that you could ride the gondola back down if you felt in over your head. But I was already up there so I decided to explore a bit - young, indestructible, and foolish? A short way down the ridge was Cornice. In those days there really was a cornice. The ski patrol would pound down a narrow part of the lip at one end so those of us who didn't want to catch any air could enter there. Almost everybody did, so in a short time, it became a very narrow, icy rut, that traversed a very steep, upper section of the run. The very key concept was hold on and don't fall here. If you did, there was a very long, uncomfortable slide ahead of you. Remember, there was no grooming up here in those days, the moguls were the size of Volkswagen Bugs, it was all above tree line, very steep, and there was nothing to stop you. Looking back, it's a wonder that I'm still alive today to write this article.

Steve



DECEMBER FUN







MEMBERSHIP MATTERS JOHN GRAY



F a m i l y:
Welcome to
Winter and our 202223 ski season. Help
us provide an excep-

tional experience this season for our adaptive skiers and snowboarders who are eager to get outside and race down the slopes of Mammoth Mountain. Please send in your MEMBERSHIP DUES and any additional DONATION you feel is appropriate to help us continue in 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".

To renew your membership, or become a member for the first time, please visit us at <u>unrecables.org</u>. For your convenience, you can now PAY ONLINE. You can download the Membership Application from the website. If you are unable to join us on the slopes this upcoming season, we would still appreciate your membership dues. •

John

BENEFITS OF MEMBERSHIP

- 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/snow-board 1.5 days, per trip, for FREE.
- Students: No fees for the lifts, ski equipment or professional instruction
- Exclusive 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!

We appreciate your Participation and Support

Membership categories:
Individual \$40
Individual Lifetime \$320
Family \$60
Family Lifetime \$480
Corp/Organization \$50/year or \$200/five years

The Unrecables Scholarships Available

Eligible to current members for trips and events.

One scholarship per member per season.

For details please contact

Michelle or Victor

Welcome New Members

Dave Blanchard Ramiro Contreras Laura Goodkind Kim Gundlach Adam Hitchcock Matthew Levine Leeann Morris Mike O'Connell

FWSA TRIPS

FWSA Annual Ski Week 2023 Jackson Hole, Wyoming January 21-28, 2023

FWSA Mini Ski Week 2023 Taos, NM February 25-March 2, 2023

FWSA Annual Ski Week 2024 Steamboat, CO January 27-February 3, 2024

FWSA Mini Ski Week 2024 Big White, BC Canada March 2024

International Ski & Snowboard Adventures Zermatt, Switzerland w/extension February 2023 Madonna di Campiglio, Italy 2024 Val d'Isere, France with extension February 2025

Summer Ski Week 2025 Val Nevado, Chile with extension to the Atacama Desert

Summer 2025

FWSA Adventure Trips East & Central Africa - 2024 Galapagos Islands - 2026

Check out details at fwsa.org.





FREE SKIS & SKI CLOTHING AVAILABLE!









Contact Sigrid for ski clothing.

THE UNRECABLES' **NEW FUNDRAISER Order your Hand Santizer Today!**

Click on the link on our website, you will see our Unrecables logo. Click on our logo to order. All orders placed from the Unrecables logo will support our club.

If you have any questions, contact Amanda Davis. Thank you for your support of our newest fundraiser.

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

- 1. Go to www.RALPHS.com
- 2. Scroll to bottom of the Home page.
- 3. Click "Kroger Community Rewards" under Community Contribution.
- 4. Click Link your Shopper's Card.
- 5. Fill in your info (NPO # WY343).
- 6. 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

SHOP AMAZONSMILE

The Unrecables is part of Amazon-Smile! It's simple fundraiser, somewhat similar to the Ralphs 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! •



The Unrecables Clothing & Merchandise Store



The Unrecables Merchandise and Clothing Store is now open! There are 38 products to choose from. All the profits (100%) from the items sold go directly to The Unrecables fund for continuing our mission to provide exciting and meaningful snow sports experiences on the slopes of Mammoth Mountain for individuals with a physical disability. We continue to offer these services with no charge to the student for ski equipment, ski instruction, and lift tickets. The link to The Unrecables Store can be found on our homepage (www.unrecables.org).



CALENDAR OF EVENTS **Ianuary** Social on Zoom @ 6:30p 20-22 Mammoth trip **February** Social on Zoom @ 6:30p 24-26 Mammoth trip March Social on Zoom @ 6:30p 17-19 Mammoth trip April

Social on Zoom @ 6:30p

10

14

11

14-16

May

11

5-7 Mammoth trip 9 Social on Zoom @ 6:30p **Iune** 8-11 **FWSA Convention** 13 Social on Zoom @ 6:30p July

Mammoth trip

2023 Mammoth Ski Trips

Social on Zoom @ 6:30p

- January 20-22
- February 24-26
- March 17-19
- April 14-16
- May 5-7
- June 2-4 conditions permitting



Thank You Mammoth Mountain

> for your support of our adaptive ski program.





FOUNDED

Far West Ski Association's

2023 Mini Ski Trip

February 25—March 2, 2023

Taos Ski Valley

TRIP PACKAGE PRICE STARTING AT

\$1,258

Based on double occupancy. Single supplement pricing is available Price does NOT include air or lift tickets.

Sign up by October 1st and you will get a discount on your trip price. Early Bird discount expires October 2, 2022

Trip Insurance is highly recommended to protect your trip costs

Included:

Five night's lodging

- **Snake Dance Condos**
- Ski in/Ski out
- 2bdrm condo—split King
- 1bdrm condo—split King

Welcome Reception

Farewell Dinner

Souvenir Ski Vest

Shuttle Albuquerque Airport (must arrive between 10am—2pm)

Optional for Purchase:

3-day Adult Lift Ticket--\$444 4-day Adult Lift Ticket--\$578 3-day Senior Lift Ticket--\$267 4-day Senior Lift Ticket--\$464 **Discounted Equipment Rental**

Taos is on the IKON Pass (must reserve your ski days with IKON)

Optional Activities:

- Snowmobile Tours
- Spa Services
- Sledding
- Ice Skating
- **Art & History Museums**
- Taos Pueblo—World **Heritage Site**

Snake Dance Condos are steps from lift 1. Spacious units with fully equipped kitchens. King/Split Kings each bedroom. Après ski, food shopping & restaurants nearby.

110 Trails—24% Beginner; 25% Intermediate; 51% Advanced/Expert

Historic Town of Taos has many spas, an historic district, museums, and Taos Pueblo, a multi-story adobe structure home to numerous artisans.

Contacts: Marilyn Sigler—503-504-3663 – marski@teleport.com

Nancy Ellis -- 530-582-0566 - Fwsatravelnancy@sbcglobal.net

Information & Online Signup: http://fwsamini.sat.tours

FWSA CST #2036983-40



THE UNRECABLES

MEMBERSHIP APPLICATION

Name		Date	
Family Members			
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 medic	al conditions limiting your participation in s	strenuous activities (i.e., heart co	ondition, seizure disorder, etc.):
What sport or activ	ity could you teach/lead/assist?		
Are you interested	in serving on any of the following comm	ittees? (Check all that apply)	the Read & Sign Transportation back!
Publicity/P	R Winter Trips _	Equipment	Transportation Transportation
Fundraisin	g Social Programs _	Newsletter/Web site/Soc	cial Media
I consent to adding	my contact information to the Members	ship Directory that is distributed	
	ANNUAL MEMBERSHIP FEES (includes memberships in Move United, LAC, FWSA)		
	Individual \$40.00 Individual Lifetime \$320.00 Organization (1 year) \$50.00	Family \$60.00 Family Lifetime \$480 Organization (5 year	

Check payable to: <u>The Unrecables</u>. Read & sign the Waiver & Release on the back, and mail this form and a check to: **John Gray, Membership Director, 4890 Renovo Way, San Diego, CA 92124.**

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

Move United Waiver & Release of Liability Agreement

Move United, and its affiliated Chapters ("Released Parties") are non-commercial, not for profit activity providers. The purpose of this Move United 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 Move United, 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 Move United and/or Disabled Sports USA Los Angeles – The Unrecables 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.
- Risks of Participation. The Undersigned recognizes and understands that while Released Parties have undertaken reasonable steps to lessen the risk of transmission of communicable diseases, including but not limited to, COVID-19, in connection with participation in the activities, the Released Parties are not responsible in any manner for any risks related to communicable diseases in connection with Participant's participation in the activities. Specifically, the Undersigned understands that COVID-19 is a highly contagious and dangerous disease, and that contact with the virus that causes COVID-19 may result in significant personal injury or death. Undersigned is fully aware that participation in the activities carries with it certain inherent risks related to transmission of communicable diseases ("Inherent Risks") that cannot be eliminated regardless of the care taken to avoid such risks. Inherent Risks may include, but are not limited to, (1) the risk of coming into close contact with individuals or objects that may be carrying a communicable disease; (2) the risk of transmitting or contracting a communicable disease, directly or indirectly, to or from other individuals; and (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from communicable diseases or the treatment thereof. Further, the Undersigned understands that the risks of all communicable diseases are not fully understood, and that contact with, or transmission of, a communicable disease may result in risks to the Participant including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks.

- The Undersigned hereby voluntarily accepts and assumes all risk of loss, personal injury, sickness, death, damage, and expense for the Participant arising from such Inherent Risks. Furthermore, the Undersigned represents and warrants that Participant does not knowingly carry any communicable diseases that may be transmitted during participation in the activities.
- 3. Release and Indemnification. Undersigned 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 Move United/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.
- 4. 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.

HAPPY BIRTHDAY!

JANUARY

3 Jesse MacGregor

12 Mika Ito

16 Inge Hobo-Scheinfarb

27 Keri Acosta

FEBRUARY

14 Robert Arias

17 Annette Mann

18 Nancy Brown

24 Soggy Kosger

26 Stephanie Oberle

27 Soo Lee



MARCH

20

5 Dan Gertler

9 Joseph Takeli

Georgina Hackett

21 Iason Fourier

22 Matthew Levine

23 Chuck DeBerard

24 Ramiro Contreras

24 Leeann Morris

LA COUNCIL 2022-23 BOARD OF DIRECTORS

Sandy Blackwell, President Sandra Knapp, Secretary Norbert Knapp, Treasurer Todd Hood, VP Membership Iris Williams, VP Programs Laura Preiss, VP Travel David Krupp, Past President Vacant: VP Communications

Sunshine

Will Chung

recovering from a biking accident

Brian Cruise's brother

recovering from a stroke

THE UNRECABLES ADVISORY BOARD

Bob Darvish, M.D.

Physical Medicine & Rehabilitation, V.A. Medical Center, West L.A.

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 Staying Safe

Since 2020, The Unrecables have been staying safe, and not producing paper copies of the newsletter.

If you would like to have a paper copy mailed to you, please e-mail Gordon Cardona at communications@unrecables.org and he will send a copy.

FWSA MINI-SKI WEEK 2023

Taos, NM

February 25-March 2, 2023

Contact: Laura Priess

LAC VP of Travel Call: 818-800-3166

Email: rokkaracers@aol.com

Thank You Donors

Amanda Davís Níck Terry

THE UNRECABLES 2022-23 BOARD OF DIRECTORS

Michelle McCarthy, President president@unrecables.org

310-795-5517

Amanda Davis, Secretary amanda.davis.home@cox.net

949-887-3690

Will Chung, Treasurer will90254@yahoo.com

310-562-5396

John Gray, Membership Director membership@unrecables.org

858-740-8017

APPOINTED BOARD MEMBERS

Dee Armstrong,

Ski Director/Webmaster

skideemon@earthlink.net

323-605-3396

Victor Chan,

Winter Trips Director

vicjchan@juno.com

858-208-6088

Hannah Nishimoto,

Equipment Manager

hannahnishimoto@yahoo.com

310-990-9474

Steve Lefkowitz, Historian

stevenlefko@aol.com

310-306-5249

Jessica Han, Public Relations Manager

jessicahanot@gmail.com

951-255-9034

Sigrid Noack, Sunshine/LAC Rep

skisig@gmail.com

310-499-8181

Jay Davis, Past President

jveezer@cox.net

949-378-7895

Gordon Cardona.

Communications Director

communications@unrecables.org

562-480-4398 (text)

Vice President

Vacant

THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: MARCH 6

Coming up in the next issue:

- Ski trips
- FWSA Convention preview

... and much more

UNRECABLES
SOCIALS
ON ZOOM

2ND TUESDAY MONTHLY 6:30 PM

Jan 10 Feb 14 March 14 April 11

Check your e-mail or Facebook for Zoom meeting link, or e-mail info@unrecables.org.

SPECIAL THANKS

Victor Chan John Gray Steve Lefkowitz Michelle McCarthy

Photos Courtesy Victor Chan

The Unrecables News
published by
CARDONA COMMUNICATIONS

Gordon W. Cardona Publisher gwcardona68@gmail.com

THE UNRECABLES MEETINGS

Socials: Every second Tuesday monthly at 6:30pm on Zoom. Check your e-mail or Facebook for the Zoom link. **BOARD MEETINGS**: Every second Tuesday monthly, following the Social on Zoom.

LA COUNCIL MEETINGS: Every first Monday quarterly at 7:00pm on Zoom. E-mail our LA Council Representative for Zoom meeting link. Everyone is welcome.

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



P.O. Box 24856 Los Angeles, CA 90024-0856

WINTER 2023

