



# THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF MOVE UNITED

WINTER ISSUE

OFFICIAL PUBLICATION OF  
THE UNRECABLES

JANUARY-MARCH 2022

## THE UNRECABLES PRACTICE SAFETY PROTOCOLS WHILE SKIING

### PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Winter has Arrived!

**W**elcome Winter! We are grateful to Mother Nature for gracing us with snow in December. This year finds our world still struggling with the ongoing pandemic. We are continuing to closely monitor State and Mammoth safety guidelines as we progress toward each of our planned trips.

Our COVID-19 safety protocols for our trips may be found on our website at [www.unrecables.org](http://www.unrecables.org). Here are a few highlights. All trip attendees shall: 1) Verbally state independently or with the assistance of a care provider their COVID-19 vaccination status, 2) Complete an COVID-19 symptom screener either online or complete the COVID-19 symptom check form at the mountain, 3) Remove oneself from the activity independently or with the assistance of a care provider if showing signs of illness; 4) All individuals must wear an appropriate face mask covering nose and mouth in indoors, in lift lines, on shuttles and buses.

*continued -- p. 7*



The Unrecables play at Mammoth in December.

### THE UNRECABLES 2022 SKI TRIPS

Jan 21-23  
Feb. 25-27  
March 18-20  
April 22-24  
May 13-15

**Contact: Marina Sallaway**  
[wintertrips@unrecables.org](mailto:wintertrips@unrecables.org)  
858-793-1186

### INSIDE THIS ISSUE

- Ski Safely with Us
- Steve Lefkowitz
- Successful Instructors' Trip
- With Friends Like These...
- Membership Matters
- Free Skis & Clothing Available
- Support Unrecables Fundraisers
- 2021 FWSA Award Winners
- Calendar / Sunshine
- Keep Fit and Think Safety
- Membership Application

**SKI SAFELY WITH US**  
**MARINA SALLAWAY**



**H**ello Unrecables! Our first trip to Mammoth in December was a success!! As we

gear up for the rest of the season, remember to let me know as soon as possible which trip you would like to attend. Please send in a Trip Form with your request for a trip. It helps me plan and coordinate the trips better. Our website is a great source of info, like trip dates, COVID protocols, contact info, scholarship applications, trip forms and more!! This newsletter is also an excellent way to get to know what The Unrecables are doing regarding, trips, fundraising, community activities and getting to know members.

Thanks, and we will see you on the mountain!

**2022 Ski Trips**

Jan 21-23  
Feb. 25-27  
March 18-20  
April 22-24  
May 13-15



*Marina*



*Thank You*  
**Mammoth Mountain**

*for your support of our  
adaptive ski program.*

**STEVE LEFKOWITZ**  
**CLUB HISTORIAN**



**S**everal people have asked that I write a short bio about myself. Perhaps they're just nosey (you know who you are). So, for this newsletter we're going to switch it up a bit. Rather than write about some aspect of Club history, I'll just write about mine.

The first part of my existence was more or less uneventful. I was born, graduated from UCLA, worked as a Food & Drug Specialist for the California Department of Health (later Health Services), and then before I could finish applying to graduate school, for all intensive purposes, I died on a lonely mountain in the Andies in February of 1980. My physical body didn't die, just every fiber of my being did. Emotional, intellectual, and yes physical (I could no longer walk, talk, or even sit up in bed). So, in reality, a new life was beginning that fateful night in Argentina...

I had graduated from college and decided to take a couple of years off before starting graduate school to recharge my emotional psyche as well as my bank account. I had just started interviewing at schools, but all the while still following my passions. One of which happened to be mountain climbing. This brought me to the Andes, the mountain range where Mt. Aconcagua is located (wholly within Argentina) and is the highest mountain in the Americas, the highest outside Asia, and the highest in both the Southern and the Western Hemispheres with a summit elevation of 6,961 meters (22,838 ft) [from Wikipedia]. However,

I never achieved the summit.

It was only the second mountain in my whole career that I didn't top out on (on the other I was turned back by a storm). As near as we figured (our whole expedition consisted of a friend and me), we were somewhere between

18,600 and 18,900 feet. Before the trip, we had tried to buy an altimeter, but in those days nothing that we could afford (both of us were not too far removed from our "starving student" days), small (and lite enough to carry), and was accurate to 22,838' was available, so we had to triangulate our position using map and compass and that was done none too carefully because no one knew that that would be our last night at that elevation. I had been higher once before but had never slept this high prior to this. Sometime during the night while sleeping on the side of the mountain, the doctors think that something went wrong with my breathing and I didn't get enough oxygen to my brain. I say think because they're not sure what happened, what caused it, etc. and only treated the symptoms saying that an autopsy might not even give them any answers. I quickly told them that I was OK with not knowing and I could wait! The problem was that if one got down to a lower elevation quick enough, the symptoms often completely reversed in time (sometimes a lot of it), if you didn't, you died. No one had ever lived with permanent symptoms before me. Helicopters

*continued -- p. 5*

## SUCCESSFUL INSTRUCTORS' TRIP TO MAMMOTH DEE ARMSTRONG

Our first Mammoth Mountain trip of the season was a success! Thank you **Hannah Nishimoto** and **Soo Lee** for heading up the education line up. Hannah, thank you for managing the equipment for the weekend, not an easy task! **Victor** and **Kenny Chan**, thank you for being wonderful hosts for dinner on Friday and Saturday nights! **Glenn Green**, thank you for helping Hannah and taking care of me. **Randy Benson**, thank you for joining us and leading the Visually Impaired part of our program! Thank you Disabled Sports Eastern Sierra and **Mark Spieler** for meeting with us for our annual orientation in December!

**Amanda and Jay Davis** came up, but had some car trouble so Amanda was able to join us for Friday, part of Saturday and both were able to make it for Friday dinner. Thank you both for making the effort and hope to see you again soon with a working car. More on this story next.

We had one new member on this trip, Harlee. Thank you Harlee for joining us and being a great addition to our group!

We started off Friday with a free ski day followed by bi-ski clinics on Saturday and finished up with visually impaired workshop Sunday morning.

The weather was nice, sunny Friday with some winds and wet weather over Saturday and Sunday. Victor and Kenny prepared and served up spaghetti on Friday night and chicken on Saturday night. Hannah provided and prepared food as well.

It was nice to get back on the snow and find all of those forgotten body parts needed for skiing. Finally recovering and realizing I need to visit my exercycle a bit more often.

The mountain was open and masks required indoors. We were able to meet in Roma's Room and do the morning prep and workshops indoors before going outside with the bi-skis. Most of our favorite places to eat are open, The Tavern, John' Pizza Works, Toomies and others.

Thank you all again and I look forward to skiing with you during our next trips. ♦

Dee

## WITH FRIENDS LIKE THESE... DEE ARMSTRONG

You leave for a trip to the Mountains for a skiing/instructing weekend. Once you get to Mammoth, your car dies. This really sucks, but you try to make the best of it.

You are not alone in the middle of nowhere, you are among friends who will help you get what you need. **Kenny** and **Victor Chan** were there for **Jay** and **Amanda Davis**. They got Amanda to the hill on Friday and Jay to a garage. Poor Jay was stuck with his car pursuing repairs and did not get a chance to ski, but he and Amanda were able to join us for dinner Friday night and it was a fun night!

Saturday, Victor and Kenny were able to help Jay and Amanda get a tow to Bishop and they would tow it home from there.

This is why you go on trips with friends, so you are not alone and if you need assistance, someone is there to help.

Thank you Victor and Kenny for being able to help Jay and Amanda join our trip and to get them on their way back home. To good friends! ♦

Dee





## MEMBERSHIP MATTERS

### JOHN GRAY



**U**nrecables Family, Winter is here. Help us provide an exceptional 2021-22 season full of students eager to get outside and racing down the slopes. 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 [www.unrecables.org](http://www.unrecables.org). 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.

Please contact our Membership Director **John Gray** with any questions: [membership@unrecables.org](mailto:membership@unrecables.org). ♦

*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/snowboard 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 |

## FREE SKIS & SKI CLOTHING AVAILABLE!



Contact Sigrid for ski clothing.



## Steve

*continued -- p. 2*

couldn't fly high enough to rescue me (technology being what it was in 1980), now they can. I had to get down to a base camp (~14,400') where they could fly to and also land. The climber's creed, attitude was a lot different in those days than it is today. Today, there's a lot more money involved, with all these "guided tours" (even to Mt. Everest), so climbers will step over dead and/or dying climbers to reach their goal (the summit). Back then you would drop everything to aid a fellow climber in distress. For me to get down from just under 19,000' to Base Camp (at 14,400') required the assistance of fellow climbers from Japan, Yugoslavia (yes, it was still a country back then), the East Coast of the U.S., and then the final rescue was from the Argentine Army and Air Force (which we had to pay for). They all (including my climbing partner and friend) had a hand in helping to save my life.

Well, this short bio is already too long and I've only just started. There are whole chapters left to tell about how I was "broken" out of an Argentine military hospital, how I got back to the States (the plane I was in developed a fuel leak somewhere over Peru), how my passport was taken away by the Chilean Police and held under machine gun observation for 6 hours, my hospitalization (3 hospitals, 2 countries, 8 months, inpatient and 2 more hospitals, 3 times per week for 5

months, outpatient), my journey from not being able to turn over in bed or vocalize at all to skiing some black diamonds, living independently and talking (kinda) and, of course, the next 42 years. If anyone should like to discuss any of this in more depth - I'd be happy to do so. I can talk about this for hours (and there are many interesting and unusual stories).

I do want to add one more thing though. It was my love of the mountains and all things outdoors that gave me goals to strive towards that aided greatly in my rehabilitation. One might say that I was in the right place at the right time (was I really?) because I was in a rehab hospital when The Unrecables were first being formed in 1980. It was in a peer group therapy session that another patient told me about them. They seemed right up my alley and something that I could really get into (that part of me never died). When I got out of the hospital at the end of the summer I looked them up. I was in time for their first ski trip that winter - nobody was sure what to do with me (I didn't fit neatly into any disability category) and it was a learning experience for everyone. That was 42 years ago and I have never regretted it for 1 minute. The Unrecables family, now MY family, has been there for me every step of my journey and they made getting back into "life" a goal worth striving for. I thank them from the bottom of my heart. *If I can do this - I can do anything!* ♦



### Scholarships Available

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

For details please contact  
**Michelle or Marina**

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

Once you click on the link, 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.

[www.fundraisingitup.com](http://www.fundraisingitup.com)

### 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)

### SHOP AMAZONSMILE

The Unrecables is part of AmazonSmile! 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! ♦





## 2021 FWSA AWARD WINNERS

### Hans Georg Award

Nancy Ellis (Sierra Council)

### J. Stanley Mullin Award

Jim Nachbar (Arizona Council)

### Elizabeth "Schatzi" Wood Award

Chris Gill (San Diego Council)

### Terry Smith Award

Debi Phelps (Bay Area Council)

### Bill Mackey Award

Kevin Bracken of Winter Park Resort

### Tommi Tyndall Award

Holidaze Ski Tours

### Bill Berry Hard News Award

Shawn Styles, Television Meteorologist and Lifestyle Reporter from San Diego

### Bill Berry Featured Article Award

Jimmy Petterson, author, *"Skiing Around the World, Volume II"*

### Warren Miller Modern Media Award

Chris Anthony, producer of the movie *"Mission Mt. Mangart"*

### Snowsports Builder Awards

Shone Malliet, founder and CEO of Winter4Kids

Candace Cable, 9-time Paralympian, and winner of 12 medals, including 8 gold medals.

### President's Award

Debbie Stewart (Sierra Council)

### Council's Man & Woman of the Year

Bill Behnke, *Arizona Council*

Sandi Shaub, *Northwest Council*

### Western Ski Heritage Award

John Lundin, author, *"Skiing Sun Valley"*

### Environment Award

Richard Lubin, DC (posthumously)

### Historic Ski Club Award

Sahalie Ski Club, 1928

### Charities & our Community Recognition

Skiyente

Four Seasons West

Bogus Basin

Get Off Your Rockers

Monterey

SnowBusters

### COMMUNICATIONS AWARDS Wentworth Outstanding Publications

#### Outstanding Club Newsletters

MASTERS

1st Mountain High

ADVANCED

1st The Unrecables

NOVICE

1st Castro Valley

### Outstanding Council Newsletters

1st Bay Area

2nd Los Angeles

3rd Northwest

### Outstanding Club Websites

MASTERS

1st Mountain High

ADVANCED

1st The Unrecables

2nd Inskiers

NOVICE

1st Torrey Pines

2nd Snowchasers

3rd Get Off Your Rockers

### Outstanding Council Websites

1st Bay Area

2nd Northwest

3rd San Diego

### Outstanding Club & Council Social Media Awards

1st Get Off Your Rockers

2nd Ski the Northwest

3rd NBS Western Region



## CONGRATULATIONS TO THE UNRECABLES



### CALENDAR OF EVENTS

#### January

11 Social on Zoom @ 6:30p  
21-23 Mammoth ski trip

#### February

8 Social on Zoom @ 6:30p  
25-27 Mammoth ski trip

#### March

4-6 Abilities Expo  
8 Social on Zoom @ 6:30p  
18-20 Mammoth ski trip

### Sunshine

**Glenda Philips**  
*moving to Camarillo*

**Michelle McCarthy**  
*mother recovering from breast cancer*

### Thank You Donor

*Gerry Mitchell*

## President's Message

*continued -- p. 1*

In addition to the above, those trip attendees who are unvaccinated must:

1) Wear a mask when riding chairlift, when on snow for lesson set-up, and when leading a lesson within 10 feet of another instructor or student. If not wearing an KF94 or N/KN95 grade mask, they will need to double mask.

2) Be able to manage taking their masks on and off in appropriate circumstances independently or with the assistance of a care provider.

3) Refrain from sitting at same table(s) as other club members when inside for lesson assignments, breaks or meals.

4) Unvaccinated attendees must refrain from attending indoor Club gatherings in a condo for evening socials.

5) Arrange their own lodging and transportation to the mountain, as the Club will not be able to pair vaccinated individuals with unvaccinated individuals at this time.

These protocols are subject to change. Thank you for your understanding as we work to keep our Unrecables family safe and on the snow!

With gratitude. ♦

*Michelle*



GO TEAM USA

## THE UNRECABLES KEEPS FIT AND THINKS SAFETY

### Staying Fit as a Person with a Disability

*Jillian Day*

**M**ost people understand that fitness is vital for their physical health. What's more, a solid exercise routine can work wonders on your mental health as well. Typically, getting 150 minutes of moderate-intensity cardio (or 75 minutes of vigorous cardio) along with two days of strength training is considered the minimum amount necessary for adults. However, if you're one of the 61 million adults with a disability, that may seem easier said than done.

Luckily, it is possible to stay fit as a person with a disability. If you aren't sure where to begin, here are some tips that can help.

#### **Talk to Your Doctor**

Before you start a new exercise routine, it's usually best to speak with your doctor. Depending on your medical condition, you may need to customize your approach to ensure you remain safe. Additionally, if your workout may result in weight loss or gain, your doctor may need to adjust their treatment plan, so it's wise to keep them in the loop.

Plus, they may be able to recommend exercises that benefit you more specifically. As a result, they may be able to assist you with a targeted workout regime designed to improve your quality of life.

#### **Start Slowly and Ramp Up Gradually**

If you're new to working out, start

slowly. You want to get your body used to moving before you begin tackling long or arduous workouts, ensuring you don't experience any excessive discomfort during or after you exercise.

Once you establish your initial routine, ramp up gradually. Even small increases add up, so don't rush things by trying to tackle too much too fast. That way, you're less likely to sustain an injury and more likely to stick with your routine long-term.

#### **Don't Push Through Pain or Other Worrisome Symptoms**

Exercising can be a bit uncomfortable. However, while some soreness is fine, working out shouldn't cause outright pain. Additionally, dizziness, nausea, irregular heartbeat, clammy hands, and shortness of breath aren't something you should push through.

If you begin experiencing anything beyond discomfort and soreness, stop exercising. Make a mental note of what's happening and what you were doing before worrisome symptoms arose.

In some cases, you may simply need to scale back for a bit to avoid injuries. Speak with your doctor about what you experienced, ensuring you get their feedback before proceeding with that kind of workout.

However, if you begin having symptoms of a serious medical emergency, such as a heart attack or stroke, seek immediate medical attention. Call 911 to make sure you can get care quickly.

#### **Try Working Out in a Pool**

If you have joint-related issues, working out in a pool may allow you to exercise more comfortably. Swimming can build muscle and improve endurance significantly, but even walking or moving in water can be a solid choice, creating a level of resistance that can enhance muscle tone.

Additionally, when you're submerged in water, you functionally reduce the effect of your weight by up to 90 percent. That effectively reduces impact, keeping your joints comfortable and reducing the likelihood of certain kinds of injuries.

#### **Embrace the Right Technology**

Technology can actually improve the quality of your workout. Fitness apps can introduce you to new exercises and give you tips for maintaining proper form. Smartwatches can monitor your heart rate to make sure you're getting into an optimal zone, and some even track your blood oxygen levels, something that may be crucial for individuals with breathing challenges or certain other conditions.

Even headphones can be a great exercise tool. By listening to motivating music while you exercise, you may have an easier time maintaining the appropriate level of intensity. Plus, it can make working out more fun. If you need headphones, balance quality with your budget. That way, you'll get a great experience without breaking the bank. ♦

**Be Smart. Stay Safe.  
Get Vaccinated.**





## 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/Social Media

**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 Move United, 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, 4890 Renovo Way, San Diego, CA 92124.**

Phone: 858-740-8017; e-mail: [membership@unrecables.org](mailto: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.

**2. 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. The 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 (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 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

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

## FWSA TRIPS

### FWSA Mini-Ski Weeks 2022 & 2023

Zermatt, Utah  
March 20-25, 2022  
Big White  
March 2023

### FWSA Cruise 2022

Whittier, Alaska to Vancouver, BC  
June 21-July 2, 2022

### International Ski & Snowboard Trips

Solden, Austria -- Feb. 2022  
Croatia -- Sept. 2022  
Zermatt, Switzerland -- Feb. 2023  
Val Nevado, Chile -- Summer 2023  
Madonna di Campiglio, Italy -- 2024  
Val d'Isere, France -- Feb. 2025

### FWSA Adventure Trips

East & Central Africa -- 2024  
Galapagos Islands -- 2026

Check out details at [fwsa.org](http://fwsa.org).

## 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 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](mailto:communications@unrecables.org) and he will send a copy. ♦

## FWSA ANNUAL MINI-SKI WEEK 2022

**Zermatt, Utah**  
March 20-25, 2022

**Contact: Gloria Raminha**  
FWSA Trip Leader  
Call: 661-800-8229 or 661-829-5996  
Email: [garski2011@gmail.com](mailto:garski2011@gmail.com)

## THE UNRECABLES 2021-22 BOARD OF DIRECTORS

**Michelle McCarthy, President**  
[president@unrecables.org](mailto:president@unrecables.org)  
310-795-5517

**Glenda Phillips, Vice President**  
[vicepresident@unrecables.org](mailto:vicepresident@unrecables.org)  
310-390-4618

**Amanda Davis, Secretary**  
[secretary@unrecables.org](mailto:secretary@unrecables.org)  
949-887-3690

**Will Chung, Treasurer**  
[treasurer@unrecables.org](mailto:treasurer@unrecables.org)  
310-562-5396

**John Gray, Membership Director**  
[membership@unrecables.org](mailto:membership@unrecables.org)  
858-740-8017

## APPOINTED BOARD MEMBERS

**Dee Armstrong,**  
*Ski Director/Webmaster*  
[skidirector@unrecables.org](mailto:skidirector@unrecables.org)  
323-605-3396

**Marina Sallaway,**  
*Winter Trips Director*  
[wintertrips@unrecables.org](mailto:wintertrips@unrecables.org)  
858-793-1186

**Hannah Nishimoto,**  
*Equipment Manager*  
[equipment@unrecables.org](mailto:equipment@unrecables.org)  
310-990-9474

**Steve Lefkowitz, Historian**  
[historian@unrecables.org](mailto:historian@unrecables.org)  
310-306-5249

**Sigrid Noack, Sunshine/LAC Rep**  
[sunshine@unrecables.org](mailto:sunshine@unrecables.org)  
310-499-8181

**Jay Davis, Past President**  
[pastpresident@unrecables.org](mailto:pastpresident@unrecables.org)  
949-378-7895

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

*Public Relations Manager*  
Vacant



# THE UNRECABLES NEWS

## NEXT NEWSLETTER DEADLINE: MARCH 7

Coming up in the next issue:

- 2022 General Elections
- FWSA Convention preview ... and much more

## UNRECABLES SOCIALS ON ZOOM

2ND TUESDAY MONTHLY  
6:30 PM

Jan 11  
Feb 8  
March 8  
April 12

*Check your e-mail or Facebook  
for Zoom meeting link, or e-mail  
info@unrecables.org.  
Stay safe, get vaccinated!*

## SPECIAL THANKS

Dee Armstrong  
Jillian Day • John Gray  
Steve Lefkowitz  
Michelle McCarthy  
Sigrid Noack  
Marina Sallaway

## Photos Courtesy

Dee Armstrong  
Hannah Nishimoto

The Unrecables News  
*published by*  
**CARDONA COMMUNICATIONS**

**Gordon W. Cardona**  
*Publisher*  
gwcadona68@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 2022

