



THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF MOVE UNITED

SPRING ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

APRIL-JUNE 2021

THE UNRECABLES RETURN SKIING AFTER A TOUGH YEAR

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Spring has Sprung!

Pandemic restrictions have been slowly lifting, and our club has been slowly returning to the slopes. We had a small but successful first 2021 trip to Mammoth in March. For this installment, I would like to highlight our safety procedures that have been developed in line with those of Mammoth Mountain and Disabled Sports Eastern Sierra. The health and safety of our members is our highest concern. Please see the feature on page 3.

Please join our Social Meetings the second Tuesday monthly at 6:30pm via Zoom. Invite your snow riding friends to join as well! **Gordon Cardona** is our host, and he sends out the link a few days prior to each meeting. It is also on The Unrecables Facebook page. If you did not receive a link last month, please contact Gordon at communications@unrecables.org, or you may contact me at president@unrecables.org. We will make sure you receive the link to our next Zoom social. We would love to see you there! Meanwhile, pray for more snow! ♦



The Unrecables return to Mammoth in March.

The Unrecables 2021 Election Season

*Board Nominations
May 11*

*General Elections & Annual Meeting
June 8*

*Contact President Michelle McCarthy
for more information.*

INSIDE THIS ISSUE

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RETURNING TO MAMMOTH MARINA SALLAWAY



We had our first trip in March and it was a success. Some fresh fallen snow and good weather for the weekend. Thank you to **Hannah Nishimoto, Kenny Chan, Victor Chan, and Sigrid Noack** for volunteering their time. **Sean Sornborger** had a great time! See Victor's article on page 5.

We are looking forward to our April trip. We are also looking forward to next season when most things will be up and operational as usual.

Thank you all for your patience this season. I hope everyone stayed safe and you are looking forward to next season!

Spring Ski Trips

April 16-18
May 14-16

All dates are subject to change or cancellation due to COVID. Thank you for your understanding. ♦

Marina



1980 - 2020

DEE ARMSTRONG SKI DIRECTOR & WEBMASTER



At the end of 2019, I retired from the State of California after 29 years of working with computers. I still enjoy fixing and working with computers, just not full time. Skiing, bowling, fishing, computer games, camping, and river rafting are other hobbies I enjoy along with volunteering.

I was born in 1964 with Larsen's Syndrome which is a connective tissue disorder resulting in joint dislocations, scoliosis and various other unique situations involving bones and cartilage throughout my body. I stand 4 feet 2 inches tall and I am considered a "Little Person". I can walk and at times use canadian (fore-arm crutches) or use a wheelchair, either sitting or using it as a walker.

The first Unrecables meeting I attended was in 1979 when I was fourteen years old. I didn't pursue skiing at that time due to physical problems and other activities in school or scouts. Summers were usually part camp, part scouting and part having another operation to fix a problem.

In 1983, my swim teacher at Pierce College encouraged me to take the "Handicapped Ski Class", which had trips to Mountain High on Fridays during the ski season. After a lot of time holding onto a bamboo stick between two ski instructors, we found skiing would be possible and I was allowed to try 'outriggers'. The following year a pair of outriggers (fore arm crutches with retractable short skis in

place of tips), were donated to me by a disabled ski organization. After much practice and instruction, I was able to ski independently with the biggest challenges being getting on the lift and getting up after falling. A

shadow was assigned with me when skiing, just in case. After a few years, I wanted to share my love for skiing with others similar to me who may feel stuck when it comes to walking. Skiing became a new freedom which didn't rely solely on my legs and I could use my arms to make up for the balance issues. I became a shadow or guide in my ski class and later decided to become certified to teach as an adaptive ski instructor.

In 1986 I reconnected with The Unrecables and became a volunteer ski guide assisting with lessons or demonstrating how to use outriggers. In 1988, The Unrecables had a group go to Breckenridge, Colorado for an annual adaptive training and certification week (formerly Chapstick Challenge). About seven of us went on the trip and five or so of us took the courses and tests for certification in different areas of adaptive skiing. Those of us who tested passed, it was just amazing, fun and a lot of hard work.

Currently, I volunteer as an adaptive ski instructor, Ski Director, and Webmaster for The Unrecables. I have also served as President and Newsletter Editor during my early years with the club. ♦

Mammoth Mountain COVID-19 Safety Protocols

- > Please stay home if you are not feeling well.
- > Observe 6ft distance from individuals not in your group.
- > Double masks are required indoors, lift lines and on lifts, in gondolas, shuttles, and when social distancing with others outside is not possible
- > Single layer, perforated or ventilated gaiters are NOT allowed.
- > Warning for mask violation will be marked on your pass or ticket profile, if you do not comply, your lift ticket/pass may be suspended or revoked.
- > Hand washing and sanitizing stations are available throughout the resort.
- > High-touch points (railings, bathrooms, door handles, tables, chairs, etc) and high traffic areas are disinfected frequently.
- > Capacity limits are set for indoor spaces (stores, restaurants, restrooms, lockers).
- > Please adhere to all signage and guidelines (eg walkway patterns and one-way entrance/exit).
- > Avoid congregating in common areas when possible.
- > Respect employees at all times, including while they are enforcing COVID-19 related regulations.

The Unrecables Health & Safety Protocols

The following procedures are specific to our club for this season. This information is subject to change.

- > COVID-19 Symptom Screen will be conducted by phone or e-mail the week of the trip, and each morning when you check in to participate with the club.
- > Contactless check in: Waivers and Emergency Forms are available on our website at unrecables.org. Please fill out the forms and email them to the Winter Trip Director by Tuesday the week of the trip.
- > Volunteers: Request a link to the video of the virtual Dryland Instructor/ Volunteer Clinic from our Communications Director, Gordon Cardona at communications@unrecables.org, if you did not attend the clinic this year. Complete the Clinic post-test and e-mail it to Hannah Nishimoto by Tuesday the week of the trip.
- > All equipment will be sanitized at the end of the day.
- > Each person/family is responsible for their own transportation and lodging.
- > The club will not host the traditional Saturday night dinner this season.



THE UNRECABLES KEEPS FIT AND THINKS SAFETY

The benefits of physical activity and exercise have been demonstrated across the lifespan. We are meant to move and many of our body's systems work better when we are consistently physically active.

For managing symptoms of depression, some research suggests that elevated levels of aerobic activity (exercise that significantly raises our heart rates) may be associated with greater reductions in depressive symptoms. Consider engaging in physical activity once or twice daily that include brief periods (30-90 seconds) of greater intensity. For some, this might be accomplished through exercise in their homes including jumping jacks, mountain climbers, and sequencing strength training exercises (i.e. standing squats, push-ups, sit-ups). For others, the use of home exercise equipment such as treadmills, elliptical machines, and stationary bikes may be helpful.

Strength-training has been shown to reduce symptoms of anxiety for individuals with and without an anxiety disorder. Weightlifting using exercise equipment or household items (textbooks, canned goods, milk jugs filled with water, paint cans) may help us to reduce the negative effects of stress and anxiety.

Regular walks are recommended for older adults and among individuals managing chronic medical conditions. The benefits of strength training and weightlifting (low weight with high numbers of repetitions) may be even greater in older adults to maintain quality of life and functioning. ♦

Source: Michigan Medicine



The Board members of LAC have been doing their jobs for several years. Now, they feel, that it's time to give others a chance at their jobs. Do they still like their jobs? I believe they do, but it's time for a change.

That's why we need YOU! We are asking YOU to think about taking on a job with LAC. Here are the job openings: President, Secretary, Treasurer, VP Travel, VP Programs, and VP Membership.

Requirements for being on the Board of LAC:

1. Be able to use Zoom.
2. Enjoy meeting people from other ski clubs.
3. Enjoy working alongside **Gordon Cardona**, VP Communications.
4. Be interested in helping out.
5. Enjoy being active with fun people.

The Election is Monday, April 12th on Zoom. That's very soon!!!

The Snow Gala might still be happening this Fall, and **Paula Hazzard** is looking for an assistant. This is a great way to start getting into LAC.

If you might be interested in getting involved, drop Gordon or me a note, and maybe you could join us for the next meeting on Zoom. We would love to help get you started.

FWSA/LAC Ski Week 2022

The 2022 FWSA/LAC Ski Week is to Aspen/Snowmass, Colorado on January 29-February 5. Basic cost will be ca. \$1,400 plus air. LAC President **Sandy Blackwell** & VP Travel **Todd Hood** will be getting more info for us. The accommodations sound really attractive at the Stonebridge Hotel and the Top of the Village Condos. Let's all think about this trip. It sounds super.

FWSA Trips

International Ski Week 2021
Valle Nevado, Chile
July 2021

Annual Ski Week 2022
Aspen/Snowmass, Colorado
January 29-February 5, 2022

Mini-Ski Week 2022
Zermatt, Utah
March 20-25, 2022

International Ski Week 2022
Madonna di Campiglio

FWSA Convention 2021
Marriott Mission Valley in San Diego
October 7-10, 2021 (New date)

Norbert Knapp reported the FWSA Convention is October 7-10 in San Diego. Vendors have committed to

this date. The Knapps will be in charge of registration and will be looking for volunteers for 3 hour shifts. LAC is being asked to promote this event. Our Man and Woman of the Year announced in 2019 will be competing for the LAC Man & Woman of the Year in October 2021. Hotel prices are \$159 per room, same as last year's quote.

Plans include: Thursday night sail around San Diego harbor and pub crawl; Friday golf tournament, trolley tour and bike ride by the beach, plus the Friday night auction. Get more information on the FWSA website.

FWSA elections for ALL offices will be held at Convention in October 2021 since there were no elections in 2020. ♦



Sigrid



The Unrecables'
New Shirts Available
Most sizes available.

Contact Michelle McCarthy
president@unrecables.org
for more information.



OUR FIRST SKI TRIP OF THE SEASON

VICTOR CHAN

Friday dawned to a cold, windy, snowy day. Snow was nice, but visibility was low. **Kenny Chan** and I enjoyed an interesting ski day, and at lunch learned that Roma's Room was open for people having their lunch! Yeah!

Saturday, March 20th was much better in terms of weather. It was still a bit cloudy and overcast on the hill. We met in Roma's Room at 8:30am. It was great to see **Sean Sornborger**, **Sigrid Noack**, and **Hannah Nishimoto** again. Finally something, that resembled "normal" after a tough year. Hannah assigned me to be the lead instructor. We headed out to Discovery chair and helped Sean get into his skis with the tip spreader and heel spreader bars. They are such simple, yet so valuable ski aides. At the top of chair 11, we attached the tethers to the tip clamps and I wrapped excess length around my hands. Off we went, down the slope. We could tell, that it had been a couple of years, since Sean last skied. He was tentative, tense, and didn't seem confident. After a few runs though, Sean asked to go down without tethers. We agreed. Sean exhibited his ability to turn, control his speed, stop, and go where he wanted to. He skied all the way down and stopped near the

lift. We cheered him on and saw how happy he was. It was one of those moments that make the packing, loading, 8-hour drive, unloading, and unpacking all worth it. He skied a few more runs on his own and really enjoyed it. We all did. By the end of the morning he had his ski legs and confidence back.

In the afternoon, Sean continued to improve and was able to ski on his own down Apple Pie, the other run off chair 11. Often he was gliding almost all the way to where we merge with other skiers in line. I continued to give him skiing tips and he was very appreciative of everything. We took lots of pictures and videos on the runs. Later in the afternoon we had a bit of a scare, when an out of control skier was going straight down the slope at high speed and brushed right past Sean, running over his skis. Amazingly, Sean stayed up, while the lady crashed several yards in front of him. Sean continued to ski to the bottom with Sigrid and Hannah, while Kenny and I checked on the lady and helped her. Sean was very shocked about the whole incident, but was taking it in stride. He kept saying "THAT Woman!", even the next day.

Sean skied nine runs in the morning and 11 in the afternoon for a total of 9.5 miles of skiing with over

5000 feet of vertical drop. In the evening, we all enjoyed a delicious pizza dinner. Thank you Hannah.

Sunday morning Sean was itching to get to the slopes, even though he said he didn't sleep super well. At first, Sean seemed a bit tentative and asked for the tethers. But after a couple of tethered runs, he was ready for skiing on his own. He got so confident, that he was willing to try the terrain park with tethers. After a couple of "sit-down" falls, Sean was still in good spirits, with no damage done. We skied the small quarter pipe, and he then followed Kenny over the rollers! We were thrilled that he then skied them on his own. We loudly cheered him on. He and we had so much fun skiing, that we ended up skiing until almost noon.

Overall it was a great trip, and seeing Sean get so elated at how he skied really made my spirits soar. While it may seem like we volunteers are there to help the disabled skiers, the same could be said of them helping us, and THAT I believe is what keeps me coming back year after year. ♦

Victor

edited by Sigrid Noack



MEMBERSHIP MATTERS

JOHN GRAY



Unrecables Family, WE **N E E D** YOUR HELP. Donations to our club are down significantly and our expenses are increasing. Due to social distancing requirements, sharing rides and condos is difficult to do which results in increased costs to our students. So 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. 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 season, we would still appreciate your membership dues.

LIFETIME Membership

What a deal!

Please contact our Membership Director **John Gray** with any questions: membership@unrecables.org. ♦

John

*Welcome
New Member*

Harlee Gruenburg

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!

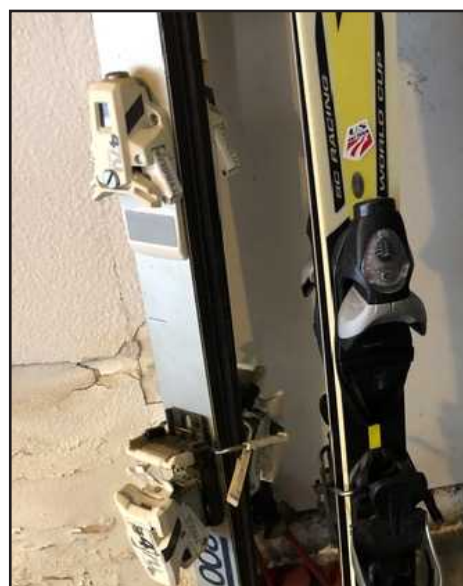
We appreciate your Participation and Support

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!



Please contact Sigrid Noack for details.

SUPPORT THE UNRECABLES AND SHOP RALPHS!

RE-REGISTER YOUR RALPHS CARD

1. Log onto www.RALPHS.com
2. Click Community Contribution.
3. Click on "Participant"
4. Follow the easy steps to enroll. Our NPO # 80831. Please complete all the information!
5. Sit back and watch your grocery shopping save YOU \$\$ and at the same time earn \$\$ for our club!

Thank you for your support!

Contact Sigrid Noack
sigrid@unrecables.org

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! ♦



CALENDAR OF EVENTS

April

- 13 Social on Zoom @ 6:30p
- 13 Board Meeting @ 7:00p
- 16-18 Mammoth ski trip

May

- 11 Social on Zoom @ 6:30p
- 11 Board Meeting @ 7:00p
- 14-16 Mammoth ski trip

June

- 8 Annual Meeting @ 6:30p

July

- 13 Social on Zoom @ 6:30p
- 13 Board Meeting @ 7:00p

August

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

September

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

*Contact our LA Council Representatives
for LA Council Meeting Zoom links.*

FWSA TRIPS



FWSA Cruise 2021

Whittier, Alaska to Vancouver, BC
June 23-30, 2021

FWSA Dive Trip 2021

Roatan, Honduras
October 9-16, 2021

FWSA Ski Week 2022

Aspen/Snowmass, Colorado
January 29-February 5, 2022

International Ski & Snowboard Trips

Solden, Austria in 2021
Chile in Summer 2021
Madonna di Campiglio in 2022

FWSA Adventure Trips

Africa - 2022
Galapagos Islands - 2024

Check out details at fwsa.org.

FWSA CONVENTION 2021

Marriott Mission Valley
San Diego, CA

October 7-10, 2021

Contact: Sigrid Noack
LA Council Representative
lacre@unrecables.org
310-499-8181

Sunshine

John Wiley

*cancer treatment going well;
recovering from shingles;
received a new chair from VA*

Brian Cruise

his father recovering from heart surgery

Todd Hood

his beloved mother passed from COVID

Thank You Donors

*2H Construction
Randy Benson
Blackbaud Giving Fund
Karen Finfer
Glen Middleton
Gerry Mitchell
Inge & David Scheinfarb
Schlinger Family Foundation
STUDIOS Architecture*

The Unrecables Scholarships Available

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

For details please contact
Michelle or Marina

"The Voice of the Western Skier"



88th Annual Far West Ski Association Convention

October 7 - 10, 2021

at the
San Diego Marriott Mission Valley

Hosted by the *San Diego Council of Ski Clubs*



San Diego Marriott Mission Valley

8757 Rio San Diego Dr, San Diego, CA 92108

Reservations www.marriott.com/sanmv or
call **800-228-9290**, Group Name: **Far West Ski Association**.

Room Rates per night plus tax single or double occupancy —
\$159 per night

Room Registration Deadline September 10, 2021

Hotel Features

- Located a block from the San Diego River, near I-8 and I-805
- Stunning views and private balconies
- Heated outdoor Pool and whirlpool spa
- Private pool cabanas, a full bar and restaurant
- Restaurant & Lounge • Extensive concierge services
- Full-service business center, and notary public
- Fitness Center and jogging trail

Transportation

- Fly into San Diego International Airport (SAN)
- 8 miles to Hotel by taxi, bus, or Express Shuttle Service
- The hotel doesn't provide a shuttle service.

Convention Highlights

- Silent Auction & Trade Show
- Travel Expo
- Snowsports Leadership Academy
- Public Affairs Panels
- Celebrity Speakers
- Saturday Awards Banquet
- FWSA General Meeting & Elections

Optional Activities

- **Thursday**
 - ° Sail around the San Diego Harbor
 - ° Taste of San Diego Pub Crawl
 - ° Aqua Adventures
- **Friday**
 - ° 14th Annual Michael German Memorial Golf Tournament at Riverwalk Golf Course
 - ° Trolley tour La Jolla /Mt. Soledad Memorial
 - ° Bike Ride by the Beach

www.fwsa.org

Debbi Kor
FWSA Convention Chairperson
fwsadebbi@comcast.net
503-314-7078

For Silent Auction information:
silentauction@fwsa.org
503-314-7078

Chris Gill & Barbara Blasé
Host Council Coordinators
hostconventionchair@fwsa.org
858-382-1457

A portion of the Silent Auction proceeds will benefit the US Adaptive Recreation Center Big Bear Co.



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

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.

Move United Waiver & Release of Liability Agreement

5. 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.

6. Miscellaneous. Undersigned agrees (a) Participant will not engage in any activities prohibited by any applicable laws, statutes, regulations, and ordinances; (b) this Agreement shall be governed by the laws of the State of California and the exclusive jurisdiction and venue for any claim shall be located in the state courts located in Los Angeles County, CA; (c) this Agreement shall be binding upon the subrogors, distributors, heirs, next of kin, executors, and personal representatives of the Undersigned; (d) this Agreement shall be construed as broadly as permitted by applicable law; and (e) that in the event that any clause or provision of this Agreement shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Agreement.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING LEGAL RIGHTS THAT OTHERWISE MAY EXIST. BY SIGNING BELOW, I HEREBY REPRESENT THAT I AM AT LEAST 18 YEARS OF AGE AND FULLY COMPETENT TO SIGN THIS AGREEMENT ON MY OWN BEHALF.

Participant's Signature	Participant's Name (please print clearly)	Date

FOR PARTICIPANTS UNDER THE AGE OF 18 OR LEGALLY INCAPACITATED

Undersigned parent, or legal guardian, or legal representative acknowledges that he/she is not only signing this Agreement on his/her behalf, but that he/she is also signing on behalf of the minor or legally incapacitated adult and that the minor or the legally incapacitated adult shall be bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent, or legal guardian, or legal representative of a minor or legally incapacitated adult, the parent, legal guardian, or legal representative understands that he/she is also waiving rights on behalf of the minor or legally incapacitated adult that the minor or legally incapacitated adult otherwise may have. The Undersigned parent, or legal guardian, or legal representative agrees that, but for the foregoing, the minor or legally incapacitated adult would not be permitted to participate in the activities. By signing below, I hereby represent that I am the parent, legal guardian, or legal representative of a minor, or legally incapacitated adult Participant and that I have the authority to sign on the Participant's behalf.

Minor's DOB	Parent/Legal Guardian or Representative Signature	Parent/Legal Guardian or Representative Name	Relationship	Date

Move United Media Release Agreement

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Participant's Signature	Participant's Name (please print clearly)	Date

FOR PARTICIPANTS UNDER THE AGE OF 18 OR LEGALLY INCAPACITATED

Undersigned parent, or legal guardian, or legal representative acknowledges that he/she is not only signing this Agreement on his/her behalf, but that he/she is also signing on behalf of the minor or legally incapacitated adult and that the minor or the legally incapacitated adult shall be bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent, or legal guardian, or legal representative of a minor, or legally incapacitated adult, the parent, legal guardian, or legal representative understands that he/she is also waiving rights on behalf of the minor or legally incapacitated adult that the minor or legally incapacitated adult otherwise may have. By signing below, I hereby represent that I am the parent, legal guardian, or legal representative of a minor, or legally incapacitated adult Participant and that I have the authority to sign on the Participant's behalf.

Minor's DOB	Parent/Legal Guardian or Representative Signature	Parent/Legal Guardian or Representative Name	Relationship	Date

HAPPY BIRTHDAY!

APRIL

- 1 Harlee Gurenburg
- 14 Bobbie Benson
- 20 Babak Darvish
- 26 Michael Zimmerman
- 28 Chrissy Knee

MAY

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



JUNE

- 1 Bridget Morell
- 2 Cathy Kinder
- 3 Chris Stanley
- 5 Marina Sallaway
- 10 Karen Boyko
- 11 Dina Garcia
- 11 Marc Lafleur
- 27 Michelle McCarthy
- 29 Cindy Julian



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

THE UNRECABLES ADVISORY BOARD

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The Unrecables Staying Safe

Since March 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 CRUISE 2021

Whittier, AK to Vancouver, BC
Coral Princess
June 23-30, 2021

Contact: Nancy Ellis
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THE UNRECABLES 2020-21 BOARD OF DIRECTORS

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Public Relations Manager
Vacant

THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: JUNE 7

Coming up in the next issue:

- 2021 Election results
- Spring skiing ... and much more

UNRECABLES
SOCIALS
ON ZOOM

2ND TUESDAY MONTHLY
6:30 PM

April 13
May 11
June 8 -

Elections & Annual Meeting

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

SPECIAL THANKS

Dee Armstrong
Victor Chan
John Gray
Michelle McCarthy
Sigrid Noack
Marina Sallaway

Photos Courtesy

Victor Chan
Sigrid Noack

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Publisher

gwcadonna@unrecables.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 monthly 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

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SPRING 2021

