



THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF MOVE UNITED

SUMMER ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

JULY-SEPTEMBER 2021

THE UNRECABLES SKI INTO APRIL AFTER A LATE START

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Summer Fun 2021

Welcome to Summer! We held our Club election at our Annual Meeting on June 8th. The results are in! Congratulations to our newly "re"-elected Board Members: **President Michelle McCarthy, Vice President Glenda Phillips, Secretary Amanda Davis, Treasurer Will Chung, and Membership Director John Gray.**

Sincerely, thank you all for continuing your generous service to our Club. We would not be able to continue without people such as yourselves willing to serve in leadership roles.

In addition to our elected Board officers, we have appointed officers who keep our Club running smoothly. Please congratulate and thank our Appointed Officers: Immediate Past President -- J Davis
Communications Dir – Gordon Cardona
Webmaster – Dee Armstrong
Ski Director- Dee Armstrong
Equipment Manager – Hannah Nishimoto
Winter Trips Director- Marina Sallaway

continued -- p. 6



The Unrecables enjoy Spring skiing at Mammoth in April.

The Unrecables 2021-22 Board of Directors

*Michelle McCarthy, President
Glenda Phillips, Vice President
Amanda Davis, Secretary
Will Chung, Treasurer
John Gray, Membership Director*

Congratulations!

INSIDE THIS ISSUE

- Support our New Fundraiser
- Amanda Davis
- Roma Carriere McCoy
- Bob Salerno
- Spring Skiing at Mammoth
- Membership Matters
- LA Council & FWSA News
- Skiing as Therapeutic Recreation
- FWSA Trips
- Keep Fit and Think Safety
- FWSA Convention in Oct

SUPPORT OUR NEW FUNDRAISER

AMANDA DAVIS

Hello everyone! The Board is excited to rollout our latest fundraiser!! We have partnered with a hand sanitizer company which cares deeply about working with non-profit organizations like ours. By partnering with them and getting the word out to our friends, family, and co-workers, we can raise significant funds for our club and continue to make a difference for our students and volunteers.

About the products:

The hand sanitizer is the highest quality sanitizer on the market. It's FDA registered and kills 99.99% of germs, USDA Certified bio-based product and contains no additional chemicals.

The dispensers and sanitizer were developed to work in any type of environment. There are 12- and 32-ounce touchless hands-free units, perfect for home, office, and large facilities. They are used in hospitals, school districts, restaurants, municipalities, hotels, and homes around the world.



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.

www.fundraisingitup.com

If you have any questions, let us know. Thank you for your support of our newest fundraiser!! ♦

Amanda

AMANDA DAVIS

BOARD SECRETARY



I became acquainted with The Unrecables through J. Davis. I accompanied him on a ski trip with the club while we were dating. I could instantly see the caring nature of each of the volunteers and was overwhelmed with inspiration by the students. While I knew I was not up to the task of tethering a student, I knew I would love to support the group in other ways as a shadow and assisting wherever I could. It has now been almost 18 years and I continue to be in awe of the determination of our students. I serve as the club's Board Secretary and held this position for a few years.

I began my career as an Electrical & Computer Engineer before mov-

ing into very successful technology sales & management roles spanning the semiconductor, electronic design automation, and information technology industries. My passion for health & wellness led me to specialize in health-care information technology. However, it was my HEART that led me to form my own company, open a Wellness Center, and partner with a revolutionary European medical device company. Together, we are impacting the lives of thousands of individuals globally. I have now refocused my efforts toward helping home owners adopt solar energy to power their homes. I love trying/learning new things, traveling, skiing, wine, and being with friends and family. ♦

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! ♦



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**

ROMA CARRIERE MCCOY
AUGUST 12, 1920 - APRIL 16, 2021

ROMA CARRIERE MCCOY passed away April 16, 2021, at the age of 100. She was born August 12, 1920, in Bishop, California, where she lived most of her life, except for a few years at Crowley Lake Dam and McGee Mountain. Her husband, Dave of 75 years, sister, Francis and brother, Marshall all preceded Roma in death.

Roma loved dogs, horses, and horseback riding, biking and dancing. As a young girl she demonstrated her talent by twirling atop the concrete pillars on Elm Street; and, as a teen enjoyed a 'full dance card' at the weekly dances held at Keough and The Masonic Hall. Roma learned to play the piano from her father, who came to Bishop as a music teacher and piano tuner.

Roma first spotted the love of her life, Dave McCoy, at a soda fountain in Independence, California, in the fall of 1939 when she was 18 and Dave 23. Their first dates were in the High Sierras hiking to alpine lakes, fishing and skiing (once Dave taught Roma how). In exchange, Roma taught Dave to dance. The two also loved touring Highway 395 on Dave's Harley Davidson, exploring the high desert country from Tahoe to Bakersfield. They wed on May 10, 1941. Their honeymoon, at a remote cabin up Rock Creek, required skiing the 9 miles in, Roma with strawberries in her backpack for shortcake on the woodstove.

The old adage 'Behind every successful man is a great woman' fit



Roma perfectly. While raising a growing family, she supported Dave's dream of building Mammoth Ski Area, accepting the sacrifices required from Dave's long days in the field, first as a Hydrographer for the Los Angeles Department of Water and Power and then, building, operating (and endlessly fixing) ski tows up and down Long Valley and eventually Mammoth.

When the couple had to begin charging skiers to ride their rope tows (to pay for gas) in the early 1940's, Roma collected the coins in a cigar box or a fishing creel. She greeted every skier with a smile and joined him or her for a few runs at the end of the day. For years, the McCoy 'bank' was the top drawer of Roma's dresser at the Crowley House. Every dollar went back into the growing business, after Roma made sure bills were paid, school clothes mended and Christmas presents purchased.

A lifelong accomplished and graceful skier, Roma earned numerous

ski-racing trophies, often outpacing her rivals as a new mother with a growing brood. But she always insisted that her greatest accomplishments were her six children.

Roma did it all! She learned to cook almost everything Dave caught or shot to keep the freezer full. And, there was always enough of her inspired cooking for friends, helpers and young ski racers who might stop by, or overnight on the living room floor, eager to help the couple get the ski area up and running the next day. She loved to knit for her family and there are many photos of she and Dave in matching 'Roma Original' ski sweaters.

Throughout her long life, Roma retained a love of hiking, fishing, camping, riding bikes and skiing. An interest in tennis led to a court on their Rocking K Ranch, where some of her grandchildren followed in her footsteps by learning to play. In later years, Roma and Dave took long rides on their ATV's through the high desert mountains they both loved.

Roma is survived by her six children: Gary (wife, Barbi), Dennis "Poncho" (wife, Beverly), Carl, Penny, Kandi (husband Rusty) and Randy, 19 grandchildren, 34 great-grandchildren and 1 great-great grandchild. ♦

*Memorial donations may be sent to:
Mammoth Lakes Foundation
P.O. Box 1815
Mammoth Lakes, CA 93546.*



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



REMEMBERING BOB SALERNO

SIN reports with sadness the death of **Bob Salerno**, freestyle skiing pioneer, ski deck operator and spokesman for scientology.

In his lifelong quest for “more air, more money,” Bob Salerno was a dominant competitor, a consistent overall champion and a founding father of freestyle. In the lead-up to the 1974 season, “Bad Bob” Salerno sold his 1960 Triumph TR3 and borrowed \$600 to join the tour as the classic dark horse at the season-opening Eastern Freestyle Championships in Waterville Valley, N.H., where he would go up against established pros like Wayne Wong, John Clendenin and Scott Brooksbank.

He flew home in a private charter—with a large check as the event’s combined champion. For that breakout season, he would collect \$18,000 in prize money plus two cars, a total payout worth \$135,000 in today’s dollars. He would win three of the five combined titles to become the Grand Prix Champion.

Bob’s timing was perfect, as was his mantra of “More air, more money.” Though soft-spoken and laid back, Bob became one of freestyle skiing’s biggest heroes, just as this American-born, music-fueled, make-it-up-as-you-go sport was soaring in popularity and drawing huge crowds, TV coverage and corporate sponsors.

A native of Ogden, Utah, Bob’s athletic foundation came from his late uncle Ted Salerno, who introduced him to water skiing competition. From there his focus turned to the mountains above Ogden and to Snowbasin, where he was a student and then an instructor in the acclaimed Earl Miller Ski School.

Bob built his resume in those glorious 1970s, regularly placing on the



podium and winning big events, including the combined title in the 1977 Professional Freestyle Championships at Heavenly Valley. He appeared in national ad campaigns for Bogner, McDonald’s and Right Guard, and in seven Warren Miller films. Though he accumulated almost two dozen podium results in major events during his career, he cites two achievements as his personal highlights: Skiing for Willy Bogner’s camera in his feature films “Ski Fantasy” and “Fire & Ice,” and twice winning the John Clendenin World Ski Enduro, a five-hour marathon race through moguls, gates and jumps, where he completed 21 runs and threw 36 helicopters.

Bob’s later contributions to the sport were equally impressive. In the late ‘70s the professional freestyle tour, screeched to a stop. Ski areas all over the country posted signs that said: “Inverted Aerials Prohibited.” In response to this Bob got permission from Nordic Valley Ski Resort, which he had a part ownership in, to build the largest water ramp in the world and an on snow aerial hill for winter jumping. Bob, Frank Bare, Hans Ribic and Jeff Chumas built it. Bob made it available for aerialists from all over the US and Canada to

train. The world’s first triple twisting triples were accomplished there. The water ramp, which was 28’ off the water, also enabled the quad somersault by Jeff Chumas, and the lay-full-full, and full-full-full by Frank Bare, which were literally years ahead of the sport.

This training resource was the largest in history at the time. As part owner of Nordic Valley and Director of Skiing, Bob produced several summer festivals involving his world champion friends. Salerno, along with Frank Bare, produced an NBC televised aerial event and a CBS televised aerial event, allowing competitors to have a playground for aerial acrobatic jumping in the summer and winter. It was almost ten years later that the next water ramp was built for Lake Placid aerial summer training, just before aerials became an Olympic sport.

As an athlete looking to improve his ballet, Bob traveled to Los Angeles as a 19-year-old to train on a rotating carpet ski deck. Seizing on the concept that indoor training could help non-skiers become proficient before they even hit the snow, he founded Virtual Snow LA and developed a video training program that would transform thousands of “never-ers” into skiers. Virtual Snow now has locations nationwide, and Bob logged more than 10,000 hours teaching all ages. ♦

*Snow Industry News,
May 28, 2021*

*Welcome
New Member*

Eugene Kim

SPRING SKIING AT MAMMOTH

KENNY CHAN

Even though the calendar said mid-April, the Unrecables April trip to Mammoth felt almost like summer skiing as Friday started off sunny, warm and clear. A group of Unrecables gathered for Friday skiing, as I carpooled up with the “J” Crew: **Joshua, Jennifer** and their son and student **Jeremy Hsu** on Thursday. We met up with **Rob and Michelle McCarthy** with kids Taylor and Jossi, who joined **Hannah Nishimoto** up in Roma’s Room in the Main Lodge at Mammoth Friday morning. I started off with a couple of “welcome back to the mountain” runs with **Jeremy, Josh and Jennifer Hsu**, who had not been skiing for over a year because of the pandemic. The J-Crew then split off to take some runs on their own, and I spent the rest of the sunny weekday morning scouting out the conditions and checking out the runs across the mountain. The J-Crew headed back down the mountain, having reacquainted themselves with their skis and saving energy for the full day of lessons planned for Saturday. After heading back to the Main Lodge at noon, I met up with Michelle, Taylor and Jossi, who were enjoying lunch on the outside deck. I took a few runs with

the much-taller-than-I remembered Jossi while Michelle and Taylor went in to the ski rental shop to get some different skis for Taylor. We all joined up for some runs in the afternoon with Rob, as the kids managed to catch some air in the terrain park. We ended our ski day as a surprise (very light) snow shower came in.

Saturday was again bright and sunny, a gorgeous day as we started off. The Friday group was joined for the weekend by long-time Unrecables veteran **Sigrid Noack** and welcoming first time Unrecables volunteer **Harlee Grunberg**. Because one of our scheduled students was unable to make the trip, we had a small army of volunteers to accompany our sole student, Jeremy Hsu, on his lessons. Jeremy did a great job adapting to the large crowd, and was skiing confidently on advanced runs all across Mammoth Mountain. We ventured all the way over to the Canyon Lodge before we headed back to enjoy lunch at the Main Lodge. Jeremy was able to pick up and practice some new skills, although as the conditions got slushier and more difficult in the afternoon, it became a challenge just to keep upright through the varying

conditions, as Jennifer unfortunately discovered. We hunted for the best skiing conditions, staying higher up on the mountain until it was time to call it a day (on the slopes at least). After several of us took a visit to the Second Chance Thrift shop to donate some skis and pick up some items (including replacing a pair of broken ski poles and picking up some free snacks!), we met up for pizza in a socially distanced restaurant in place of our traditional Unrecables Saturday evening group dinner. We all enjoyed the pizza and salad although we sat at different tables. The J-Crew also stopped by for a visit.

Sunday’s weather maintained the summer feeling, as we gathered for our final morning together of the weekend. Jeremy continued to hone his skills and Harlee fit in seamlessly with The Unrecables as we spent the morning skiing together as a group on the Main Lodge side of mountain. The highlight was taking Jeremy through the half pipe in the terrain park. It was a fun ending to a great weekend skiing with The Unrecables. ♦

Kenny



MEMBERSHIP MATTERS
JOHN GRAY



Unrecables Family, summer is upon us, which means the winter ski season is just around the corner. Help us prepare for 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. 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. ♦

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

President's Message

continued -- p. 1

Historian – Steve Lefkowitz
Sunshine Sigrid Noack
LA Council (LAC) Representatives – Sigrid Noack, Randy Benson

OPEN POSITIONS:

Please contact me if you would be interested in serving one of these roles that are vital to our club:

Public Relations Director

This position handles all publicity matters, such as announcing club events, publishing press releases, and attending events for the club.

Fundraising Director

Arranges and supervises all fundraisers, collects funds, does paperwork, and answers questions about fundraisers.

We welcome all members, newly joined or long-term members to consider volunteering to help on a committee with our elected and appointed Board members. We have several tasks throughout the year, and we could use your assistance!

I am looking forward to the next season and getting back on the snow. For now, let's enjoy what summer has to offer. Stay tuned for announcement of our summer party anticipated for August! ♦

Michelle

Sunshine

Richard Wu & family
beloved wife & mother passed in April

Roma McCoy
passed in April

Bob Salerno
passed in May

CALENDAR OF EVENTS

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

GO TEAM USA





The LAC Zoom meeting on May 3rd was again well attended. It's so much easier to chat online, than drive for an hour across Los Angeles. But the camaraderie is missing, that personal touch! Hopefully soon, we'll be able to meet in person again.

President **Sandy Blackwell** announced, that LAC will now meet quarterly instead of monthly. The next LAC meeting will be Monday, August 2nd.

Trip leader **Bruce Lee** advised that the Snowmass trip with FWSA has been sold out. We filled 32 pillows as well as 8 additional spaces in the Lodge. But there is still a wait-list! Rooming arrangements will be made later. **Nancy Ellis** of FWSA is working with a tour operator to get more beds. FWSA has some airline seats at a good price. So far, we have 13 of those. Transport from airport to ski area is NOT included, but options are good. The final price is still not available.

VP Membership **Iris Williams**, now in charge of Programs asked for suggestions for the Gala location neighborhood: West LA, Burbank, or UCLA were the suggestions.

Many clubs gave updates of their club activities:

SPACE PARK: Last year they skied with Long Beach and Century City. The 2021 trips were cancelled.

LOS PADRES: Brian said they're carrying on with Board meetings and some online club meetings. Individuals drove to Mammoth in April—great skiing. They plan outdoor meetings on Thursdays and a 1-day rafting trip on the Kern.

LONG BEACH: Gena reported they hiked Padres Canyon on April 25th and plan a bike-and-blade for May 16th. May 22nd was their annual banquet at a park.

BEACH CITIES: Bruce said they've been playing volleyball, and they still plan a Clambake for October 14-17 at Lake Cachuma; they have reserved the entire campground. They provide breakfast for 3 mornings and a band will entertain on Saturday night. Accommodations were discussed.

ROKKA: Laura advised the dates for ROKKA races are 12/11, 1/8 and 3/12. All clubs, who have people wanting to race can still race, including former ULLR members. Next year all will be combined (L.A., O.C. and S.D.) Registrations can use Team App.

CENTURY CITY: Vicki advised their installation will be at the Odyssey but no date yet. Most officers have remained the same after their elections. On June 18 they held a happy hour at the Blue Dog Beer Tavern, and plan a Delta trip July 8-11. The trip to Bruge in August is still on, and more Delta trips are scheduled for 8/11-14 and 8/26-29.

UNRECABLES: Gordon reported that the Mammoth ski trips in March and April were very good. The May trip was canceled. Gordon urged club members to continue to support The Unrecables by using AmazonSmile and Ralphs. Sigrid later added, that they also need equipment, particularly poles and short skis, as well as men's clothing. The club will provide a list of needed items for inclusion in the next "Snow Scene".

LOS PADRES: Jim reported, that their long-time member Paul Walker passed away from a heart condition. Members with Mammoth condos have done ski-

ing individually. A Jackson Hole, Wyoming trip is scheduled in early February. They recently returned from 8 days in Washington (rained the whole time, but they enjoyed everything and he especially recommends the Chihuly art glass museum). Their first large in-person meeting is planned in a park; 100 are invited. Their Kentucky Derby party hosted 50 people. Their first "regular" meeting is July 4 at their original venue. The June 26-28 Yosemite trip was sold out. Also planned is a Fall Foliage trip to Quebec plus 2 European trips next year.

SNOWBUSTERS: Todd Hood advised that they have beach bike rides, and planned some trips: Winterfest ski trip and possibly an October trip to Costa Rica, depending on exit requirements. The NBS Aspen Snowmass trip will be February 5-12, 2022.

EXECUTIVE BOARD: Iris advised, that they are "regrouping."

4 SEASONS WEST: Sandy reported, that Jane Gutierrez advised, that they are still not active.

PACIFIC RIM: Jane Wyckoff reported that Catherine and Gene Fulkerson have scheduled another fundraising wine-pairing 6-course dinner at their home, limited to 24-26 people on September 25. The donation of \$100 per person goes to support CAN-DO MS. Invitations will go out in June.

Please check in this newsletter for the FWSA Convention flyer. Hopefully many of us will plan to attend the convention. ♦





Back in the day when The Unrecables were first founded in 1980, we were probably envisioned as a healing, therapeutic group for a bunch of crips who had already gone through what the medical establishment called “rehabilitation” and who were probably going to live (at least for a little while longer). After all, that was all we (society) had as a template at the time and “fun” was not in the equation. “These people should be grateful that medical science has saved them” (ie. allowed them to “live”), but there’s a huge difference between existing and living. To be expecting more (participation in life) was too much to ask.

All was not doom and gloom, sweat and hard work, however. Included with all that exercise and therapy was the promise that The Unrecables would have a little recreation and fun too. It was a new concept. We were the local chapter of the National Handicapped Sports and Recreation Association (NHSRA), a national group set up by a bunch of Vietnam Vets who came out of the war disabled, were young and fit, and not quite ready to end their enjoyment of life just because they happened to be in a wheelchair or missing a few body parts. In the beginning, that promise was primarily the lure that we would go snow skiing when conditions permitted. Skiing was actually a good fit for “us” because it was one of the few times in our new lives that we didn’t have to fight against gravity, it actually assisted in our end goal (skiing). But as long as we were trying to change the

existing paradigm, why not go for it all. A full slate of recreational activities was tried (and were mostly successful). Done correctly, and with the help of some tremendously big-hearted volunteers, being in a wheelchair or missing some body parts became merely a slight inconvenience, not an insurmountable barrier.

We actively participated in sports (and life) year-round. Of course, snow skiing was our primary focus and we started with day trips to Big Bear and Wrightwood, branching out to overnights and long weekends at Mammoth and June, then week-long trips along with the LA Council and the Far West Ski Association (FWSA) to the Lake Tahoe resorts, interstate ski weeks to Colorado, Utah, Idaho, Wyoming, Montana, as well as international trips to Canada and New Zealand. But we also participated in kayaking, white water rafting, sailing, horseback riding (or carting for those who couldn’t balance on a horse), camping, hiking, fishing, water skiing, Las Vegas (gambling and entertainment), traveling and sightseeing, hot tubbing, barbecuing, partying, and dancing were just some of the things we tried (and accomplished).

For many, it was the first time that they actively took part in those things (and enjoyed life) since they became disabled and as an added bonus, it got them out of their parents’ living rooms for a while. Many of these recreation opportunities happened in conjunction with one another. For example, camping happened along with many of the other pursuits. While kayaking (in La Jolla and Mission Bay, Catalina, Angel Island, Big Bear), horseback riding (Arroyo Grande), white water rafting (Kern and American

Rivers), water skiing (Big Bear and Lopez Lakes), fishing and sailing (Big Bear), Las Vegas (water sports on Lake Mead), while hot tubbing was almost always done in conjunction with snow skiing. Parties ran the gamut from backyard, afternoon, barbecues in shorts, Tees, and sandals, to formal dinners and dancing (yes, I wore a tux). Our activities ranged from Sunday afternoon parties to over 3 weeks while touring New Zealand and Hawaii, skiing, sightseeing, and just plain having fun as part of an exchange during the NZ National Handicapped Skiing Championships. But alas, modern society (and insurance companies) being what they are, we are again limited in what we are allowed to participate in. We can “piggyback” off other group’s insurance as long as they plan and host the activity but because of insurance premiums and restrictions, The Unrecables are again limited to just winter sports and the activities related to them. Back to our original sport (snow skiing). Oh well, better this than nothing, it was (and continues to be) a great ride... ♦

Steve

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

FWSA TRIPS



FWSA Dive Trip 2021

Roatan, Honduras
October 9-16, 2021

FWSA Cruise 2022

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

FWSA Ski Week 2022

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

FWSA Mini-Ski Weeks 2022 & 2023

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

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.



THE UNRECABLES KEEPS FIT AND THINKS SAFETY

Summer Weight Gain in Kids

By Catherine Holecko

It sounds crazy, but summer is actually a risky time for weight gain in kids. "Many children finish the school year in June fitter and leaner than when they go back to school in August," says Lara Dugas, PhD, a physical activity epidemiologist who has studied childhood obesity.

During the school year, kids tend to eat and exercise on a more regular schedule, explains Dugas, who is an assistant professor at Loyola University Chicago Stritch School of Medicine.

When school is in session, kids may walk or bike to school, run around with friends during recess, participate in after-school sports, and so on. Being busy in the classroom keeps them from grabbing snacks all day long.

Summer Risk Factors and Fixes

Too much unstructured and unsupervised time can mean too much sedentary time. If no one's around to make sure they're being active, it's easy for kids to default to lazier pursuits. To reduce this risk, plan ahead for an active summer. Sign kids up for day camp, sports camp, or swim lessons.

If those aren't affordable, or available to kids your child's age, some creativity is in order. Could your child do some volunteering that keeps him busy and active, babysit for a younger child, or even work as a pet sitter/dog walker? Does his school, or your city parks and recreation department, offer inexpensive summer enrichment programs that incorporate physical activity?

For kids of all ages, you could consider a family activity challenge, to make sure everyone is getting some daily exercise. This is especially true if your child is a middle-schooler. That's the age at which kids' fitness levels tend to drop, according to studies of health-related fitness data—and it's when they're too old for child care and camp.

Too much screen time. Limits on TV, tablet, and computer time are super important in the summer, with so many hours of free time to fill! Whether your children are in your own care, someone else's, or on their own, stress the importance of keeping screens off as often as possible.

Never-ending snack time. I've seen this in my own kids, and often asked the question posed in this Parents magazine blog post: Must summertime be a food free-for-all? The opportunities for snacking are pretty much endless, and even though fresh produce abounds, so do ice cream and other frosty treats. To combat this, keep healthy snacks handy at home and on-the-go; enforce a smart snack policy for sports teams; and pack and shop wisely when you travel. Planting a garden is another way to encourage kids to snack wisely and get some physical activity at the same time.

Source: Bai Y, Saint-Maurice PF, et al. Prevalence of Youth Fitness in the United States: Baseline Results from the NFL PLAY 60 FITNESSGRAM Partnership Project. The Journal of Pediatrics Vol 67 No 2. ♦

"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.

HAPPY BIRTHDAY!

JULY

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



AUGUST

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

SEPTEMBER

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

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Safran & Associates*

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. ♦

THE UNRECABLES 2021-22 BOARD OF DIRECTORS

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Communications Director
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Public Relations Manager
Vacant

FWSA CONVENTION 2021

**Marriott Mission Valley
San Diego, CA**
October 7-10, 2021

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

FWSA DIVE TRIP 2021

Roatan, Honduras
October 9-16, 2021

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

THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: SEPT 6

Coming up in the next issue:

- 2021-22 Ski trips preview
- FWSA Convention preview ... and much more

**UNRECABLES
SOCIALS
ON ZOOM**

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

July 13
August 10
Sept 14
Oct 12

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

SPECIAL THANKS

Kenny Chan
Amanda Davis
John Gray
Steve Lefkowitz
Michelle McCarthy
Sigrid Noack

Photos Courtesy

Victor Chan
Sigrid Noack

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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



Change Service Requested

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SUMMER 2021

