



# THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF MOVE UNITED

FALL ISSUE

OFFICIAL PUBLICATION OF  
THE UNRECABLES

OCTOBER-DECEMBER 2021

## THE UNRECABLES PARTY & SERVE AT THE FWSA SILENT AUCTION

### PRESIDENT'S MESSAGE MICHELLE MCCARTHY



#### Summer Party 2021

The Unrecables are more than just a ski club, we are a family. Our family had a fabulous outdoor gathering at the lovely Middleton home in Carlsbad on August 15th.

Our hosts, **Rocio and Glen Middleton**, provided us with a delectable combination of Mexican and Middle Eastern food. **Kaz and Kazi Shintaku** brought a couple of side dishes to share. **Steve Lefkowitz** brought photos from the past 2-3 decades which stimulated an afternoon of reminiscing.

In attendance were: **Glen, Rocio and Scott Middleton (hosts), Gordon and Wally Cardona, Michelle, Robert, Taylor and Joslyn McCarthy, Steve Lefkowitz, Glenda Phillips, Victor, Kenny and Dominic Chan, Jennifer, Josh and Jeremy Hsu, Kaz and Kazi Shintaku**. The kids had fun over Mario Kart, which is always a hit.

Please check inside and our website at [unrecables.org](http://unrecables.org) for our Mammoth trip dates. We are looking forward to getting back on the snow! ♦



The Unrecables volunteer as bid runners at the FWSA Silent Auction in October.

### Congratulations The Unrecables

#### First Place

Wentworth Outstanding Publication

#### First Place

Outstanding Website

*Congratulations Dee & Gordon!*

*List of winners will be in the next issue.*

### INSIDE THIS ISSUE

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**BOOK YOUR TRIP TODAY!**  
**MARINA SALLAWAY**



**H**ello fellow win-  
t e r  
enthusiasts! As the weather starts to turn colder, we are

starting to plan our Unrecables ski season. We are not sure exactly how it will look concerning protocols up at Mammoth but we will keep you posted.

Here are our planned dates for the 2021-22 season. Please check our website [Unrecables.org](http://Unrecables.org) for any changes as the dates get closer.

Please book soon with me. It makes my job a lot easier with lodging and logistics. The Trip Form will be on the website soon. Thank you for your understanding.

**2021-22 Ski Trips**

Nov. 12-14

*Opening Weekend at Mammoth*

Dec. 10-12

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.*

**MARINA SALLAWAY**  
**WINTER TRIPS DIRECTOR**



**I**n 2002, I was invited on a kayaking trip by my friend **Anne Schmidt**. We kayaked from Sausalito to Angel Island in San Francisco. Two members of the Unrecables were on the trip, **Steve Lefkowitz** and **Georgina Hackett**.

From there, my friend asked me if I knew how to ski. It had been a few years, but yes I could ski. I went to the dryland training and met the core instructors who would welcome me into The Unrecables. The next month I went on the instructor training trip to Mammoth Mountain. To save on costs of lodging, The Unrecables share condos with other members. I happen to be put in a condo with **PJ Sallaway** and his friends who arrived very late. The next morning, we all skied and learned skills for the upcoming season. PJ and I became friends and were married 2 years later from that weekend!! And kids four years after that. I have been the Winter Trips Director since my second season and enjoy meeting and talking with the new volunteers and members.

I am a teacher by trade and have taught people from 2-75 years old. I coached high school volleyball for 14 years. I was the director of a beach camp where I taught swimming, canoeing and kayaking. I loved being a kindergarten teacher and now run

the garden club at my kids elementary school. I enjoy music in many forms; collecting records (3,000 LPs to date), playing instruments, and listening to many genres. Being outside is one of my most favorite places whether it is hiking, skiing, biking, gardening or camping. My family recently bought a pop up camper and have been taking it out as much as possible. We even took a month trip to Canada and back with it!!

I have twin boys who keep me busy. They play/try many activities from basketball, golf, rock climbing. Flag football and anything else that gets them to move. Skiing is a great activity we do as a family and I hope to enjoy the sport for many years to come! ♦

**CALENDAR OF EVENTS**

**October**

12 Social on Zoom @ 6:30p

12 Board Meeting @ 7:00p

**November**

9 Social on Zoom @ 6:30p

9 Board Meeting @ 7:00p

13 Adaptive Sports Festival

**December**

10-12 Ski Dazzle

14 Social on Zoom @ 6:30p

*Sunshine*

**Glenda Philips**

*beloved father passed in October*

**John Wiley**

*passed in October*

**Michelle McCarthy**

*mother recovering from breast cancer*

## THE UNRECABLES TO SERVE AS BID RUNNERS AT FWSA CONVENTION

### SIGRID NOACK



We were asked by the Far West Ski Association to help out at the annual Convention, this year

held at the beautiful San Diego Marriott Mission Valley Hotel, on October 7-10. This was very exciting news, because we were planning to hold a Happy Hour there on Friday night anyway, for our Southern club members. We have quite a few very active members in the San Diego area. The Silent Auction on Friday night is open to the community and to all ski groups, whether they attend the whole convention weekend or not. It is the big Trade Show, where Ski Resort representatives and other travel related businesses, including hotels, present packages, that attendees can bid on. They are quite amazing deals to be had. Often the packages go for 50% or less of their value! People will be bidding on Snow Sports and Adventure trips and gear.

The Unrecables were invited to take on the "Bid Runners" jobs. Many of our members have agreed to take part. This is also a fund-raiser for our group, as the club will earn \$500 for our bid runners that evening. The job entails very little work, but volunteers need to be responsible. People who bid on these packages are serious about getting a good deal. So, it's actually a quite serious job. Each donated package will have its own time noted, when their bidding will end. The endings will be

at varying times during the evening. The Unrecables bid runners will be identified with ski racing bibs. And when one package bidding has ended, one of our Unrecables will immediately draw a line below the last bidder's name, to show that this bidding war has ended. The last name is the winner. The bid sheet will then be delivered to the cashier table by one of our Unrecables. There, the person who "won" the bid will pay for their package.

Friday night is the big night for FWSA. The Silent Auction and Snow Sports Show officially kicks off the convention weekend from 6:30 till 10:00pm. All attendees will receive one FREE hosted featured drink between the hours of 6:30 till 8:00pm. The Silent Auction will take place in the Rio Vista Ballroom in the Marriott hotel.

The Unrecables are combining a club Happy Hour at 6:00pm with our bid runner commitment. The following Unrecables members have stepped up and are volunteering to help out with the FWSA Silent Auction: Thank you **John Gray, Ann Page, Victor & Dominic Chan and Katherine, Kenny Chan, Marina Sallaway, PJ, Colton, & Dane Sallaway, Amanda and J Davis, Hannah Nishimoto, Soo Lee, Mark Wurm, and Sigrid Noack.**

Special thanks to **Gordon Cardona** for designing our beautiful name tags for the bid runners and updating our brochure and business cards, and thank you **Hannah** for making new collages for our table at the Silent Auction. ♦

*Sigrid*

## SILENT AUCTION HIGHLIGHTS





## MEMBERSHIP MATTERS

### JOHN GRAY



**U**nrecables Family – Fall is here and Winter is approaching fast. 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](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.

*We appreciate your participation and support!*

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

*John*

## BENEFITS OF MEMBERSHIP

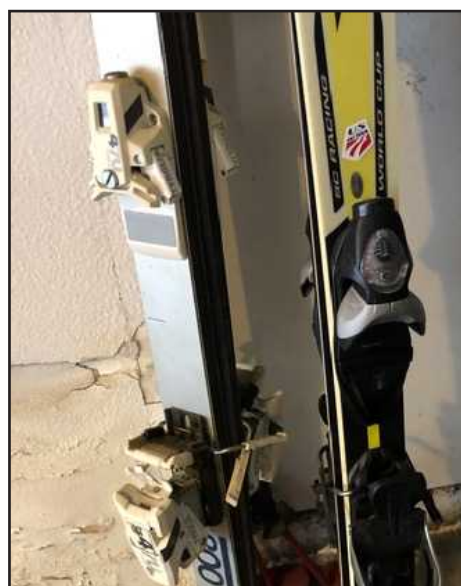
- Four issues of the club newsletter (quarterly)
- Priority on all trips and activities
- Members do not pay any trip fees for ski trips to Mammoth
- Assistant instructors can ski/snowboard 1.5 days, per trip, for FREE.
- Students: No fees for the lifts, ski equipment or professional instruction
- Exclusive 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.*

## The Unrecables' New Shirts Available

*Most sizes available.*

Contact Michelle McCarthy, [president@unrecables.org](mailto:president@unrecables.org)



## FWSA TRIPS



### 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

### FWSA Cruise 2022

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

### International Ski & Snowboard Trips

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

### FWSA Adventure Trips

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

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

## 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 UNRECABLES' NEW FUNDRAISER

### Order your Hand Sanitizer 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! ♦



## FALL FUN

### Paddle Boarding in Newport Beach, CA

**October 23, 2021**

11:00am-4:00pm

30-minute sessions available.

Sign up online.

*See page 6 for details.*

<https://linktr.ee/AdaptiveFreedom-Foundationorg>

3RD ANNUAL • FREE • EVERYONE CAN PLAY

# ADAPTIVE SPORTS FESTIVAL

**SATURDAY, NOVEMBER 20, 2021 | 9 AM – 4 PM**  
BROOKSIDE PARK, 360 N. ARROYO BLVD. PASADENA CA 91103

- ARCHERY
- BEEF BASEBALL
- RUGBY
- BASKETBALL
- TENNIS
- HANDCYCLING
- BOCCIA
- POWER SOCCER
- DANCE
- PICKLEBALL
- BOXING
- ART WORKSHOP
- GOLF
- RESOURCE FAIR

EQUIPMENT & INSTRUCTION PROVIDED

PRE-REGISTRATION REQUIRED

FOR MORE INFO AND TO REGISTER, PLEASE VISIT [TRIUMPH-FOUNDATION.ORG/ASF](http://TRIUMPH-FOUNDATION.ORG/ASF)

PASADENA TRIUMPH FOUNDATION

For accessibility information or to request an accommodation, please contact: (818) 796-7744 or [info@triumphfoundation.org](mailto:info@triumphfoundation.org). Funding at least 10 hours advance notice will help ensure availability. To help protect the spread of COVID-19, please consider and understand: Closures and/or limited use limit event and please stay home if you feel sick, even if your symptoms are mild.

## Ski Dazzle Show

SKI • SNOWBOARD • ACTIVE SPORTS • TRAVEL

**DECEMBER 10, 11 & 12, 2021**  
**LOS ANGELES CONVENTION CENTER**

## The Unrecables 2021 Dryland Clinic

Contact Michelle McCarthy  
or Marina Sallaway  
for date & details.



## AFF OFFERS PADDLE BOARDING NICK MACHADO

**A**daptive Freedom Foundation (AFF) is a foundation for inclusion through adaptive water sports and recreation.

We do this by providing life-changing experiences to individuals with disabilities along with their families and friends through therapeutic water sports and recreation. We help foster confidence and self-esteem by smashing self-limiting beliefs! If we can float a wheelchair on the water, then our only limitation is our imagination!

### **Mission Statement:**

Adaptive Freedom Foundation, a 501(c)3 nonprofit, believes sports in general raise our quality of life. Sports build confidence, improve our physical fitness, and emotional well-being. We believe everyone should have the opportunity to participate.

AFF uses WASUP™ (Wheelchair Adapted Stand Up Paddle) boards as tools to include the portion of our society that has been limited due to beliefs and a lack of adaptive equipment. These boards secure a wheelchair onto a stand up paddle board and allow everyone the opportunity to get out on the water and enjoy. What was previ-

ously thought impossible is now possible!

AFF partners with other foundations to share the gift of WASUP™ and the healing powers of the water. We are stronger together. We regularly host "Paddle Days" to introduce our WASUP boards and get people out on the water.

Through the use of our WASUP™ Boards we see adaptive stand-up paddle boarding becoming something accessible to everyone. We are working to build teams to compete in Stand Up Paddleboard (SUP) races and spread awareness of the sport.

We will start chapters, which will duplicate what we have done in Southern California and Hawaii, to multiply the lasting effects of WASUP™ and adaptive sports with the community locally, nationally and internationally.

Through donations, corporate partners, corporate sponsors, and our volunteers we are able to offer this opportunity free of charge. We are changing one life at a time as we paddle through doors that they may have felt were previously closed to them! ♦

*Nick*

## PADDLE BOARDING IN NEWPORT BEACH

**I**t's time to get out and WASUP! Come out and join us for a day of play! Adaptive Freedom Foundation will be bringing their WASUP (Wheelchair Adapted Stand Up Paddle) boards along with standard Stand Up Paddle boards.

They offer six 30-minute sessions. The sessions will start at 11:00am on October 23rd at Marina Park in Newport Beach, CA.

Check in will start at 10:30 am and all paddlers are requested to check in 15 minutes prior to their scheduled session.

The boards will be sanitized between sessions. All volunteers will use masks if asked by participants. If you forget a mask and would like one, one will be provided for you on the beach.

Don't miss out! Spots fill up fast! This is a free event. Reserve your spot by selecting a free ticket online. ♦

<https://linktr.ee/AdaptiveFreedom-Foundationorg>



## PARTY IN CARLSBAD



## THE UNRECABLES KEEPS FIT AND THINKS SAFETY

### Winter Safety Tips

#### Drive Safely in the Snow

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions. Prepare your vehicle for the upcoming winter season.

#### Avoid Shoveling, Snowblowing Injuries

Shoveling snow or using a snowblower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those that have inactive lifestyles.

#### Treat Frostbite Immediately

Use first aid to help someone who may have hypothermia or frostbite. Online and classroom courses are available at workplaces and other organizations through NSC. Download the NSC first aid app and you will be

ready to give first aid for frostbite, hypothermia and many other emergencies.

#### Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives. Every year, over 400 people die and 50,000 are treated for carbon monoxide poisoning. The most common symptoms of carbon monoxide poisoning are often described as "flu-like" – headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

#### Avoid Injuries While Enjoying the Winter Weather

Whether you are skiing, snowboarding, sledding or skating, take safety precautions like learning basic skills and using the appropriate gear for the sport.

Source: National Safety Council. ♦



Welcome  
New Member

Brook Komar





# LA Council of Ski Clubs/FWSA Annual Ski Week

## Aspen Snowmass Jan 29 to Feb 5 2022



**4 mountains, 5,527 acres, 362 trails, 41 lifts, 2 amazing towns, 1 lift ticket**

### Package includes:

Seven nights hotel or condo lodging (double occupancy) and amenities\*

- Stonebridge Inn Hotel K / 2Q avail \$1475/pp
- Top of Village condo (ski in/ski out) 2 Bedroom: \$1420/pp
- Top of Village condo (ski in/ski out) 3 Bedroom: \$1420/pp



**Amenities\*** (Does NOT include Air and/or Ground Transportation)

- ✓ Welcome Party
- ✓ Mountain Picnic
- ✓ Dine Around/Dessert/Dance
- ✓ Après Party
- ✓ Racing
- ✓ LA Council Night Dinner



**Lift Tickets:** [Senior is 65+] Or Ikon pass purchase

- |   |  |
|---|--|
| <input type="checkbox"/> Senior 3-day \$211 | <input type="checkbox"/> Adult 3-day N/A   |
| <input type="checkbox"/> Senior 4-day \$259 | <input type="checkbox"/> Adult 4-day \$315 |
| <input type="checkbox"/> Senior 5-day \$324 | <input type="checkbox"/> Adult 5-day \$422 |
| <input type="checkbox"/> Senior 6-day \$389 | <input type="checkbox"/> Adult 6-day \$528 |

**Ikon Pass:** **UNLIMITED Pass for Aspen/Snowmass IKON Pass** can be used at Aspen Snowmass for all 4 mountains. IKON Base Pass users will require an upgrade to IKON Base Pass Plus (\$150). New IKON Passes can be purchased through tour operator for Unlimited & receive \$50 lodging credit: [fwsa-passes.events.ski.com](https://fwsa-passes.events.ski.com)

**ACT NOW, SPACES ARE LIMITED!**

**Total pricing: (Lodging choice & lift tickets): \$\_\_\_\_\_**

### PAYMENT SCHEDULE

Deposit at Signup: \$500  
Due by June 15: \$500  
Due by Aug 15: \$600  
Due by Oct 15: Balance

### TRIP INSURANCE

**IS HIGHLY RECOMMENDED**  
—  
Penalties are included

### CANCELLATION POLICY

**Without any penalty by -- July 12**

- Penalty: July 15 - Aug 15 - \$100 (FWSA)
- Penalty: Aug 16 - Sep 14 - \$200(FWSA) & \$50(LAC)
- Penalty: Sep 15 - Dec 14 -Single Supplement (FWSA) & \$250 (LAC)
- Penalty: Dec 15 to Jan 29 - NO REFUND

**Send Trip checks to:** Sandra Blackwell, LAC, P.O. Box 10266, Glendale, CA 91209  
(818) 441-6191 Email: [Sandyblack976@gmail.com](mailto:Sandyblack976@gmail.com)

Make checks payable to: Los Angeles Council of Ski Clubs and mail to above address

**TRIP LEADER:** Bruce Lee, email: [bleeva@yahoo.com](mailto:bleeva@yahoo.com); Phone: 310-867-5632

Name: \_\_\_\_\_ [Must have REAL ID or passport for domestic flights after 10/1/21]

Address: \_\_\_\_\_

Cell phone: \_\_\_\_\_; Email: \_\_\_\_\_

**\*\* You must be a member of an affiliated ski club or a FWSA direct member \*\***

Fill out the FWSA registration information and return all paperwork to Bruce Lee via email or mail.

**LAC CST #2083418-40 \* FWSA CST #2036983-40**





## 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!

### OCTOBER

- 1 Ron Bass
- 13 Kathy Knott-Faris
- 17 Devin Riley
- 26 Fran Weber-Melville
- 27 Kim Vuong
- 31 Christiane Kosger

### NOVEMBER

- 6 Amanda Davis
- 7 Mike Trujillo
- 7 Kathy Paisley
- 9 Paula Nerniroff
- 10 Richard Wu
- 15 Maggie Riley
- 17 Allison Aries
- 25 Jennifer Nerad-Sultan
- 28 Scott England
- 30 Amanda Arsenaault Fraenkel
- 30 Eric Lue



### DECEMBER

- 1 Daniel Garcia
- 1 Ken Sodoma
- 5 Debbie Beaudin
- 7 Glenda Phillips
- 9 Glenn Green
- 10 Diane Lenkin
- 19 J. Davis
- 25 Russell Young
- 27 John Melville

## THE UNRECABLES 2021-22 SKI TRIPS

- Nov. 12-14
- Dec. 10-12
- Jan 21-23
- Feb. 25-27
- March 18-20
- April 22-24
- May 13-15

**Contact: Marina Sallaway**  
Winter Trips Director  
wintertrips@unrecables.org  
858-793-1186

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

## FWSA ANNUAL SKI WEEK 2022

**Aspen/Snowmass, CO**  
*January 29-February 5, 2022*

**Contact: Sandy Blackwell**  
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*Public Relations Manager*  
Vacant

# THE UNRECABLES NEWS

## NEXT NEWSLETTER DEADLINE: NOV 29

Coming up in the next issue:

- 2022 Ski trips
- FWSA Convention recap ... and much more

## UNRECABLES SOCIALS ON ZOOM

2ND TUESDAY MONTHLY  
6:30 PM

Oct 12  
Nov 9  
Dec 12  
Jan 11

Check your e-mail or Facebook  
for Zoom meeting link, or e-mail  
[info@unrecables.org](mailto:info@unrecables.org).  
Stay safe, get vaccinated!

## SPECIAL THANKS

John Gray  
Nick Machado  
Michelle McCarthy  
Sigrid Noack  
Marina Sallaway

## Photos Courtesy

Victor Chan • Sigrid Noack  
Marina Sallaway

The Unrecables News  
published by  
**CARDONA COMMUNICATIONS**

**Gordon W. Cardona**  
Publisher  
[gwcardona68@gmail.com](mailto: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

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