



# THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF MOVE UNITED

FALL ISSUE

OFFICIAL PUBLICATION OF  
THE UNRECABLES

OCTOBER-DECEMBER 2022

## HONORING MARINA AND THANKING OUR WONDERFUL VOLUNTEERS

### PRESIDENT'S MESSAGE MICHELLE MCCARTHY



I would like to use this message to thank our volunteers who have helped keep our Club running over the past years. First, thank you to those volunteers who have served and who currently serve in our elected and appointed Board positions. Without volunteer service at this level, our Club would not continue to exist. Most have served their roles for many years. As our new snow season approaches, please consider which role you may be willing to help out in the next year.

Next, thank you to each and every one of you who have volunteered on one, or more, of our trips. Because of your participation, we are able to invite more skiers with adaptive needs to join us at Mammoth.

At this time of year we are able to recognize an outstanding volunteer. Though there are many who deserve this honor without question, this year we are honoring **Marina Sallaway** as our Volunteer of the Year. Marina has served as our fabulous Winter Trips Director for 17 years. Most people may not realize how challenging it is to co-

ordinate the logistics of trip planning. Marina did an amazing job with every trip!

Once again, a hearty "Thank You" to all of our volunteers!

As we are one month away from Mammoth opening, let's pray for snow! ♦

*Michelle*

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Marina Sallaway,  
2022 Volunteer of the Year  
(formerly Woman of the Year)

### The Unrecables 2022-23 Mammoth Ski Trips

- Nov. 18-20 (Instructors' trip)
- Dec. 16-18 (Instructors' trip, if no Nov trip)
- January 20-22
- February 24-26
- March 17-19
- April 14-16
- May 5-7
- June 2-4 *conditions permitting*

WELCOME TO OUR NEW SKI SEASON  
VICTOR CHAN



Greetings to everyone from your new Winter Trip Director! First of all, and most importantly I'd like to give **Marina Sallaway** a huge THANK YOU for her hard work, patience, and diligence for being Trip Director for so many years. I'm just touching the tip of the iceberg and it was a monstrous task for her. This season I wish she can come on more trips and enjoy them more without as much stress leading up to it. Luckily she is assisting me with the transition and I appreciate your patience and understanding if (when) I slip up. Hopefully it won't be anything major.

Here are the dates for this coming season which have been reviewed by the instructors and approved by Mammoth.

- November 18-20 (Instructors' trip)
- December 16-18 (Instructors' trip, if no Nov trip)
- January 20-22
- February 24-26
- March 17-19
- April 14-16
- May 5-7
- June 2-4 (conditions permitting)

I am planning to reserve condo #151 now for as many of the trips as I can, and one additional condo for the well attended months of February, March and April. Cancellation policies have been getting earlier and are now typically 60 days. Condo spots will be first committed first served, with students given priority. Late cancellations may be subject to pay unless we can find someone to take the spot. We will likely stick with a set cost per person per night for those staying in a club reserved condo, but be aware that condo prices have risen (like everything else) so we may have to charge a little more. We should know what the amount will be within the next few weeks and will post on the website.

For those of you who may not know me too well, I finished my 10th season with The Unrecables this last season. I worked with PJ Sallaway back in 2012 when he asked me to try it out and I've been hooked ever since. My brother **Kenny Chan** soon joined the group as well. We are advanced skiers, but I have had my oops moments in the past when not skiing with The Unrecables, except for the ski handle to the googles/eye on my first trip! I like to take video and pictures if I can while

shadowing, and usually try to play back the videos on the TV at the Saturday dinner which is always thoroughly entertaining. I live in north San Diego with **Linley**, my wife of 30 years and our kids **Kathryn** (22), **Laurissa** (21), and **Dominic** (13) who have all skied a number of times with the group and we hope will continue to in the future. I am almost always the planner of trips and vacations for my family and extended family (and produce my infamous spreadsheets), so I'm familiar with condo reservation processes and getting the best deals possible. I'm an electrical engineer and have been working part time as a consultant since 2016. I'd like to say that working part time leaves me a lot of free time, but I'm always busy with projects, volunteering, and things to do. I have an older sister who is an artist and used to be an architect, but sadly doesn't ski. I've been a cyclist since I was 13, and used to swim, run a little, and play tennis, but now I've been playing pickleball with Kenny, Dominic, and the Sallaways regularly.

Thanks for your time and I look forward to serving the club. ♦

*Victor*



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

**The Unrecables  
Scholarships Available**

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

For details please contact  
**Michelle or Victor**

**2022-23 Mammoth Ski Trips**

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- June 2-4 conditions permitting

**YOU'VE CONQUERED THE SNOW...  
HOW ABOUT CONQUERING THE SKIES?  
SIGRID NOACK**



**T**his summer six new pilots were honored with a Wing Pinning Ceremony at the Oshkosh AirVenture event on Tuesday, July 26th in Oshkosh, Wisconsin. Thanks to scholarships and an intensive six-week flight-training program offered by Able Flight at Purdue University, these wheelchair-bound young people are now officially pilots. Who said it shouldn't and couldn't be done? If I can do this (snow skiing), I can do anything! Even fly!

It was exciting to watch this ceremony. Congratulations to Andy Burnette, Ryan Chen, Stephanie Cibello, Austin "Chance" Field, Nathaniel Miller, and Chris Murad. I was able to meet and chat with these brand new pilots, who live in all parts of the US. One of the pilot was not able to make it to the ceremony. Ryan Chen

is almost my neighbor here in Marina del Rey! He will hopefully start skiing with us next season. Ryan became disabled due to a snowboarding accident in 2009. He is the co-founder of Neurogum. (I just looked it up, it's an interesting product.) His proud mother flew in from Japan to watch Ryan receive his pilot wings.

This is Able Flight's 16th year of providing full-ride flight-training scholarships and aviation career training scholarships. This wonderful non-profit organization is based in North Carolina and together with Purdue University in Indiana enables people with disabilities to become pilots as a hobby or train them for aviation industry careers. Able Flight makes dreams, that seem out of reach, take flight, by helping these individuals become pilots.

One of the inspirational speakers at this ceremony was Jessica Cox, the world's first armless pilot. Jessica is a motivational speaker and owns her

own airplane. What an amazing woman and an inspiration to us all.

Able Flight selects six individuals each year to receive this pilot training. The sponsors supporting the scholarships are: ForeFlight, Lockheed Martin, Hartzell Propeller, Aircraft Spruce & Specialty, and Sporty's Pilot Shop. What an exciting program. It might be something for YOU. For more information, check out [ableflight.org](http://ableflight.org).

PS: Another note to our members: You might remember one of our members, Chris Hargreaves? He passed away several years ago, but he used a wheelchair and decided after many years of skiing, that he also wanted to learn to fly. Chris took lessons up at Big Bear from a wheelchair pilot instructor and became a pilot. We flew together almost every week, heading somewhere for lunch. Twice we flew all the way to the East Coast. Chris was an amazing person. Many of us have wonderful memories of Chris. ♦

*Sigrid*





## FALL FUN

4TH ANNUAL • FREE • EVERYONE CAN PLAY

# ADAPTIVE SPORTS FESTIVAL

SATURDAY, NOVEMBER 5, 2022 | 9 A.M. – 4 P.M.  
BROOKSIDE PARK, 360 N. ARROYO BLVD, PASADENA CA 91103

- ARCHERY
- AQUATICS
- BASKETBALL
- RUGBY
- HANOCYCLING
- POWER SOCCER
- TENNIS
- PICKLEBALL
- DANCE
- ART RETREAT
- BOXING
- RESOURCE FAIR
- GOLF
- AND MORE!
- DISC GOLF

EQUIPMENT & INSTRUCTION PROVIDED  
PRE-REGISTRATION RECOMMENDED

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

**PASADENA** **TRIUMPH**

For accessibility information or to request an accommodation, please contact (818) 794-7313 or [CSG@triumphfoundation.org](mailto:CSG@triumphfoundation.org). Providing at least 24 hours advance notice will help ensure availability.

## Ski Dazzle Show

SKI • SNOWBOARD • ACTIVE SPORTS • TRAVEL

**DECEMBER 9, 10 & 11, 2022**  
**LOS ANGELES CONVENTION CENTER**

### CALENDAR OF EVENTS

#### October

11 Social on Zoom @ 6:30p

#### November

5 Adaptive Sports Festival

8 Social on Zoom @ 6:30p

18-20 Instructors' trip--Mammoth

#### December

9-11 Ski Dazzle

13 Social on Zoom @ 6:30p

16-18 Mammoth trip

#### January

10 Social on Zoom @ 6:30p

20-22 Mammoth trip

#### February

14 Social on Zoom @ 6:30p

24-26 Mammoth trip

#### March

14 Social on Zoom @ 6:30p

17-19 Mammoth trip

## MEMBERSHIP MATTERS

JOHN GRAY



Unrecables Family, it is time to start planning for the 2022-23 Winter Season. Help us provide an exceptional experience this season for our adaptive skiers and snowboarders who are eager to get outside and race down the slopes of Mammoth Mountain. Please send in your MEMBERSHIP DUES and any additional DONATION you feel is appropriate to help us continue in support of our mission: "to promote adaptive sports (ex: skiing Mammoth), and encourage people with disabilities to participate in sports, recreational and social activities in their communities".

To renew your membership, or become a member for the first time, please visit us at [unrecables.org](http://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. ♦

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

# SNOW CODE

## KNOW YOUR LIMITS.

- > Ride to your ability, control your speed.
- > Be aware of the conditions.
- > Take a lesson.

## FIND YOUR SPACE.

- > Stop where you can be seen.
- > Give others room.
- > Look ahead.

## PROTECT YOURSELF.

- > Obey all signs and closures.
- > Tired, take a rest.
- > Wear a helmet.

## FWSA TRIPS

### FWSA Annual Ski Week 2023

Jackson Hole, WY  
January 21-28, 2023

### FWSA Mini-Ski Week 2023

Taos, NM  
March 2023

### International Ski & Snowboard Trips

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

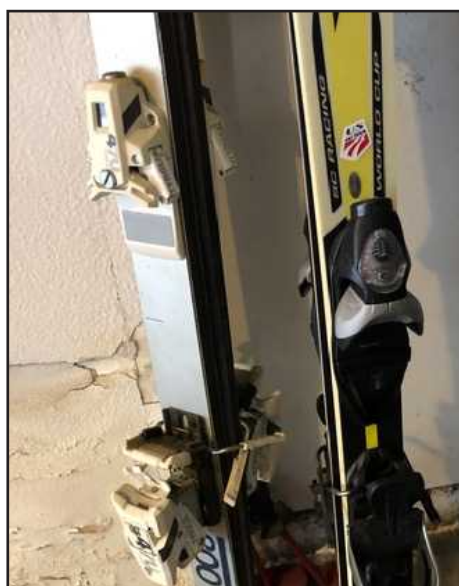
### FWSA Adventure Trips

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

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



## FREE SKIS & SKI CLOTHING AVAILABLE!



*Contact Sigrid for ski clothing.*

## THE UNRECABLES' NEW FUNDRAISER

### Order your Hand Santizer Today!

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

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

## SUPPORT THE UNRECABLES AND SHOP RALPHS!

### RE-REGISTER YOUR RALPHS CARD

1. Go to [www.RALPHS.com](http://www.RALPHS.com)
2. Scroll to bottom of the Home page.
3. Click "Kroger Community Rewards" under Community Contribution.
4. Click Link your Shopper's Card.
5. Fill in your info (NPO # WY343).
6. Watch your grocery shopping save YOU \$\$ and at the same time earn \$\$ for our club!

*Thank you for your support!*

**Contact Sigrid Noack**  
[sigrid@unrecables.org](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! ♦



## LA COUNCIL 2022-23 BOARD OF DIRECTORS

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

## The Unrecables 2022 Dryland Clinic

Contact Michelle McCarthy  
or Victor Chan  
for date & details.



## The Unrecables Clothing & Merchandise Store



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

# 2023 Far West Ski Association

# JACKSON HOLE

## WYOMING ski week

# JAN 21 THRU JAN 28



## FAR WEST SKI ASSOCIATION

*Sign up and relax, we take care of everything.*



- Welcome reception at Snow King
- Seven Nights Lodging
- Banquet dinner / dance at Snow King
- Mountain picnic at base of Snow King (lift ticket NOT needed for picnic)
- Council après event
- GS race at Snow King
- Council Challenge Race at Jackson Resort
- And much more

Please select your accommodations. The lodging is all in town. There are frequent buses from the hotels to the Jackson Hole Resort. There will be bus from the 49er to Snow King for the events. New intermediate and beginner area chair lifts.

49er Hotel 2Q	\$1,035 (\$540 single supplement)
49er Studios 2Q (slightly larger than hotel room)	\$1,090 (\$595 single supplement)
49er DLX Bridger Fireplace 2Q	\$1,135 (\$640 single supplement)
Snow King Hotel K or 2Q	\$1,335 (\$870 single supplement)

### Payment Schedule

To sign up and hold a spot:	\$500
Due by June 20, 2022	\$400
Due by Aug 29, 2022	\$200 (if you plan to join the group air)
Due by Oct 1, 2022	\$300
Due by Nov 7, 2022	Balance

make checks payable to:  
Los Angeles Council  
of Ski Clubs

### Cancellation Policy, Penalty:

Aug 1 to Sept 7, 2022	\$200
Sept 8 to Oct 20, 2022	\$ Single supplement room cost

**NO REFUND AFTER OCTOBER 21, 2022**

Air and ground transportation will be available through FWSA at a competitive price. Information on the exact price to be available at a later date

**TRIP INSURANCE IS HIGHLY RECOMMENDED**

### Lift Tickets - Jackson Hole Resort

• Adult 4-day \$503	Senor (65 yrs.) 4-day \$430
• Adult 5-day \$604	Senor (65 yrs.) 5-day \$517
• Adult 6-day \$719	Senor (65 yrs.) 6-day \$615

### Lift Tickets - Snow King Resort

1-Day \$77 2-Day \$144 3-Day \$213 4-Day \$280 5-Day \$300

IKON Pass—Skigroup.net and FWSA have a website where participants can order the IKON pass online. The website to purchase is live: <https://go.tripstorm.app/#!/22ikonfwsa>. Participants purchasing the pass on this site and who sign up for the Jackson Hole trip will get a \$50 lodging credit. Participants purchasing the pass from other vendors or directly through IKON will not get the lodging credit. **The Full IKON pass and the Base Pass Plus are the passes that will give our trip participants access to Jackson Hole.** The Full IKON Pass gives participants 7 days and the Base Pass Plus give participants 5 days at Jackson Hole.

Tear off and fill out

Mail your check payable to Los Angeles Council of Ski Clubs: PO Box 10266, Glendale, CA 91209

**Trip Leader:** Laura Priess ☎ (818) 800-3166 E-mail: [rokkaracers@aol.com](mailto:rokkaracers@aol.com)

Name: \_\_\_\_\_ Name for your badge \_\_\_\_\_

(As it appears on your government ID. We are not for discrepancies between the name on your ID and the name on your airline ticket) [Real ID required for air travel after May 3, 2023. If using a Passport it must be valid for 6 months after travel date]

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Roommate preference: \_\_\_\_\_ Email: \_\_\_\_\_ Lodging choice: \_\_\_\_\_

Single Supplement: Yes / No Your Ski Club \_\_\_\_\_ or FWSA direct Member \_\_\_\_\_

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

Do you have an IKON Pass Yes / No (If no, please complete the next line)

Need a lift ticket for \_\_\_\_\_ days at Jackson Hole; Adult / Senior Need a ticket for \_\_\_\_\_ days at Snow King (Snow King ticket NOT included in trip price)



# THE UNRECABLES

## TRIP FORM 2022-23

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_ Mobile \_\_\_\_\_  
 City, State, & Zip \_\_\_\_\_ Phone (h) \_\_\_\_\_  
 E-mail \_\_\_\_\_ Phone (w) \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_  
 Disability \_\_\_\_\_ Medications \_\_\_\_\_

Equipment/Devices Used (i.e., wheelchair, walker, crutches, cane) \_\_\_\_\_

Ski Equipment Needed from Club \_\_\_\_\_

**Ski School:** (check one) \_\_\_\_\_ Stand up skier \_\_\_\_\_ Sit down skier \_\_\_\_\_ V.I. skier \_\_\_\_\_ Hearing imp \_\_\_\_\_ Snowboard

**Ski Level:** (check one) \_\_\_\_\_ Beginner \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced

**Helmet Size:** Small Medium Large XL XXL *Everyone must wear a helmet.*

**Trip Fees:** *No trip fees this season for current members.*

Non-members: \_\_\_\_\_ Students \$50 \_\_\_\_\_ Instructors \$25

**Lodging:** Do you need club lodging? \_\_\_\_\_ YES • If YES, no. of people \_\_\_\_\_ No. of nights \_\_\_\_\_  
 (\$60 deposit required) \_\_\_\_\_ NO • If NO, where are you staying? \_\_\_\_\_

**Transportation:** (check) \_\_\_\_\_ Passenger \_\_\_\_\_ Driver • Passengers' names: \_\_\_\_\_  
 • Will you drive? \_\_\_\_\_ YES \_\_\_\_\_ NO • Day/time you are available to leave \_\_\_\_\_

**Is your membership current for 2022-23?** \_\_\_\_\_ YES \_\_\_\_\_ NO • If YES, date membership submitted: \_\_\_\_\_

**Student** \_\_\_\_\_ **Instructor** \_\_\_\_\_ **Reservation Form for Trip Date:** \_\_\_\_\_

### TRIP DATE

Nov. 18-20, 2022  
 Dec. 16-18, 2022  
 Jan. 20-22, 2023  
 Feb. 24-26, 2023  
 March 17-19, 2023  
 April 14-16, 2023  
 May 5-7, 2023  
 June 2-4, 2023

### RESERVATION DEADLINE

Oct. 18, 2022 *Instructors' trip*  
 Nov. 16, 2022  
 Dec. 20, 2022  
 Jan. 24, 2023  
 Feb. 17, 2023  
 March 14, 2023  
 April 5, 2023  
 May 2 *conditions permitting*

- Make the check payable to: The Unrecables.
  - Read the **Trip Rules & Guidelines.** Keep them handy.
  - Trip Forms are mandatory for ALL skiers. One form per trip per person.
  - Non-members pay additional fee. Status is for the first trip with the club. Membership is required for participation in future trips.
- TRIP CANCELLATION POLICY:**  
 Cancellation fee is full price. Extenuating circumstances will be considered on an individual basis by the Board of Directors.

### Contact

E-mail or send this form to: **Victor Chan**, *Winter Trips Director*, 12495 Pathos Lane, San Diego, CA 92129  
 Home: 858-208-6088; e-mail: vicjchan@juno.com





## 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 Arsenault 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 ADVISORY BOARD

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V.A. Medical Center, West L.A.*

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*Developer of Senior Housing,  
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## The Unrecables Staying Safe

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

If you would like to have a paper copy mailed to you, please e-mail Gordon Cardona at [communications@unrecables.org](mailto:communications@unrecables.org) and he will send a copy. ♦

## FWSA ANNUAL SKI WEEK 2023

### Jackson Hole, WY

*January 21-28, 2023*

### Contact: Laura Priess

LAC VP of Travel

Call: 818-800-3166

Email: [rokkaracers@aol.com](mailto:rokkaracers@aol.com)

### Thank You Donors

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562-480-4398 (text)

*Vice President*

*Public Relations Manager*

*Vacant*

## Sunshine

### Dina Garcia

*recovering from neck surgery*

### Will Chung

*recovering from a biking accident*

### Brian Cruise's brother

*recovering from a stroke*



# THE UNRECABLES NEWS

## NEXT NEWSLETTER DEADLINE: DEC 5

Coming up in the next issue:

- Ski trips
- Dryland Clinic recap ... and much more

## UNRECABLES SOCIALS ON ZOOM

2ND TUESDAY MONTHLY  
6:30 PM

Oct 11  
Nov 8  
Dec 13  
Jan 10

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

## SPECIAL THANKS

Victor Chan  
John Gray  
Michelle McCarthy  
Sigrid Noack

## Photos Courtesy

Victor Chan  
Sigrid Noack

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*Publisher*  
gwcadona68@gmail.com

## THE UNRECABLES MEETINGS

**SOCIALS:** Every second Tuesday monthly at 6:30pm on Zoom. Check your e-mail or Facebook for the Zoom link.

**BOARD MEETINGS:** Every second Tuesday monthly, following the Social on Zoom.

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

## FAR WEST SKI ASSOCIATION SAFETY SLOGAN

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES.  
FIRST WITH SAFETY AWARENESS

## CONTACT THE UNRECABLES

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FALL 2022

