



THE UNRECABLES

NEWS

THE UNRECABLES • MEMBER CHAPTER OF MOVE UNITED

SPRING ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

APRIL-JUNE 2024

SKI TRIPS, ELECTIONS, & CONVENTION FILL SPRING

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Spring has sprung! We still have a few more ski trips this Spring. Please sign up early for the trips with **Victor Chan**. Thank you to **Soo Lee** and **Hannah Nishimoto** for organizing our ski assignments and equipment, respectively. Hannah will be stepping down after this season after many years of wonderful service. If you are interested in helping with equipment, please let me know.

We will be having our Elections and Annual Meeting on Zoom on June 11th. Open positions are President, Vice President, Secretary, Treasurer, and Membership Director. If you are interested in serving in any of these positions, let me know. It is only a few hours of fun work every month.

The FWSA Convention is coming up in June. If you are interested in attending, please let us know. Registration is covered by the club.

There are a few adaptive sports fairs coming up this Spring and Summer. Take part in them. Flyers are in this newsletter. Play hard and stay safe this Spring. ♦



The Unrecables ski at Mammoth in February.

The Unrecables 2024 Election Season

Board Nominations
May 14

Annual Meeting & Elections
June 11

*Vacant positions:
President, Vice President, Secretary,
Treasurer, Membership Director*

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It was an atypical trip because we only had one student - **Chelsea Faulkner**. New volunteer **Lukas Smith** carpooled with her and they got to know each other and he learned more about our club. We also welcomed new volunteer **Nick Durocher**, and a big shout out to **Amanda Davis'** company, SentinelOne (www.sentinelone.com) for paying for our new bright yellow (and apparently attractive - more on that later) bibs. Friday I skied with **Soo Lee, Kenny Chan, Colton Sallaway, and Dominic Chan**. The boys did great, and we gave them some coaching and tips for their skiing. The weather was cloudy in the morning with flat light, but at least the wind was calm. The packed powder was consistent and an excellent tarmac for carving and controlled speed. Later in the day the skies cleared. We did a few black diamond runs together by the end of the day, including one of the race course runs. Dominic seemed to effortlessly glide down the runs without having to stop, and on our run off chair 5 I was following him and ended up stopping to rest my legs a couple times while he kept going!

Saturday morning was clear and not too cold as we met up at Roma's Room where **Soo Lee** assigned the volunteers into three groups. One group would ski with Chelsea, the second received training from **J. Davis** with a bi-ski, and the third group worked with **Bob Hayes** on skills and terminology that one might encounter when taking a PSIA instructor exam. Groups would rotate after lunch Saturday and again for Sunday morning. I was assigned to ski with Chelsea in the

morning, along with **Soo and Dean Francois**. While we were buckling Chelsea into her rig I noticed that two out of three straps for her abdomen strap had come off the bracket on the bucket, and the third was barely on. Chelsea had been complaining that she had not been skiing consistently well the last couple trips and was thinking her air spring and shock needed adjusting. It turns out it was the undone straps - it's like trying to ski with your boot buckles undone. After a run she was smiling ear to ear - and impressing us with her deep carving turns and control. She said she felt redeemed, and so happy that she wasn't regressing. In the morning we did seven runs including the back side of chair 3 a couple times and one of the race runs. We met up with the couple who designed and made her monoski. They showed me how to adjust her shock and skied with us on a few runs. They were impressed by how well she was skiing, and she was happy that they were there to help.

The group training with the bi-ski and tethering equipment included the boys, with Colton volunteering to be as he put it: "The crash test dummy". At the end of the weekend he said that the only two times he crashed was when he was in the bi-ski. Later they took turns tethering each other with the "student" using tip and boot spacers. It was tricky at first for Dominic to use the spacers. The "Next Generation" is coming along well.

Saturday afternoon Amanda Davis was in the bi-ski while Matt, Dean and I shadowed, tethered, and lifted her. I was happy to practice some tethering which I hadn't done in a while, though as J. put it, "we really need to be training young, strong, big guys." I guess I don't quite qualify.

Saturday afternoon Kenny, Colton, Dominic, Nick trained with Bob, and managed to attract a couple women who were looking for advice on how to ski better. Part of the fun of wearing the new bibs and chatting with folks on the lifts.

I hosted Saturday night's dinner with lots of help from Dominic, Colton, Matt, Kenny and Soo. Matt went to the store to get more cheese, salsa, cilantro, sweet onion and tomatoes (thank you Matt!). What a great team effort! I made guacamole from my mom's home-grown avocados, we prepared seasoned pan fried chicken breasts, roasted marinated pork sirloin, Mexican rice and black beans for a "build your own taco" dinner. Colton helped wash my home-grown lettuce, Dominic cubed tomatoes, Soo and Matt chopped the meat and rest of the toppings. After dinner I baked snickerdoodle cookies, a couple of which we stuck candles into and celebrated our February babies Soo and Lukas. I'm so glad everything turned out well and people had a great time - I have to admit I was a bit stressed out but by the end of the evening I was feeling good (again thanks to Matt for sharing some very nice beverages with me).

Sunday morning **Glenn Green, Kaelyn Davis, Kenny, and J. Davis** skied with Chelsea. Again Chelsea had a great morning and came back at lunch as what she described as a "perma-smile". The weather was nice again, sunny but with some wind. Soo skied with Colton, Dominic, Lukas and Nick. Amanda, Matt, Dean and I skied with Bob and practiced skiing skills and evaluating other skiers and discussing their form. It was another great trip, and compared to last year's February trip, the weather cooperated nicely. ♦

SKI DIRECTOR'S NOTES SOO LEE



It's long due that introducing myself as the new Ski Director. I am still learning the ropes and setting the goals for this season and beyond.

I should say many thanks to **Dee Armstrong** for serving as Ski Director for many years. You made the club's volunteer instructors ready for the season and kept the lessons going. Special thanks to **Hannah Nishimoto** for collecting and keeping all the lesson logs safe. It helps me a lot to assign groups past two months' trips. The same to **Michelle McCarthy, J. Davis,** and **Randy Benson** for stepping in for the Dryland Clinics when I had sudden personal emergency and could not join.

With the modern technology, Dryland Clinic is done via Zoom and recorded - which is helpful for many old and new volunteers to get ready for the season.

Instructors trip in December was canceled due to lack of snow. It was a big disappointment but soon we knew the following trip we had mostly volunteers. So, I planned the January trip to be a substitute instructors' trip.

The biggest event on the January trip was the Friday morning clinic with Disabled Sports Eastern Sierra (DSES). Their new Communication and Inclusive Manager **Katherine Landau** gave many insights about making our organization 'inclusive' and what volunteers should know and understand. I can say proudly that The Unrecables is already inclusive organization formed and functioned by all the members with different abilities.

Another event was that **Bob Hayes**, Professional Ski Instructors Association (PSIA) certified Alpine Level

1 instructor, lead his first clinic with our volunteers. His Youtube video about how to prepare for PSIA certification exam is very helpful tool and I personally heard it from many PSIA exam candidates.

The assignment for each volunteers changed morning and afternoon to 3; **Jeremy Hsu's** group, **Keith Bonchek's** group, **Bob Hayes's** clinic. **Dee Armstrong, Hannah Nishimoto, Soo Lee, Victor Chan, Kenny Chan, Glenn Green, Matt Horn, Dave Blanchard, Joshua and Jennifer Hsu** joined the assignment, and had hands-on practice with bi-skis.

February trip was also surplus of volunteers with two brand-new volunteers, **Lukas Smith** and **Nicholas Durocher**, and three our young generation volunteers (**Kaelyn Davis, Colton Sallaway,** and **Dominic Chan**).

February trip assignment was also divided into 3 groups and changed Saturday morning, afternoon and Sunday morning. Thanks to **Bob Hayes** and **J. Davis** to lead clinics and all the participants: **Chelsea Faulkner, Matt Horn, Glenn Green, Victor Chan, Kenny Chan, Dominic Chan, Colton Sallaway, Dean Francois, Lukas Smith, Amanda Davis, Kaelyn Davis,** and **Nicholas Durocher**.

When I joined The Unrecables, we also had more volunteers than students. **Scott Nakada**, the Ski Director at that time, trained many of us volunteers to get trained and ready for PSIA certification. I was one of the product and got my Adaptive Level 1 certification in March 2008. Now **John Gray** is preparing for Snowboard Level 1 certification, and **Matt Horn** and **Dean Francois** are putting their first step for the certification. Good luck for all the candidates. ♦

FUN FEBRUARY



MARVELOUS MARCH @ MAMMOTH
VICTOR CHAN

Five students attended our March trip: Eugene Kim, Kelly, Courtney Mazzalo, Chelsea Faulkner, and Dr. Bob Darvish. Our volunteers Hannah Nishimoto, Soo Lee, Matt Horn, Glenn Green J. Davis, Mike, Katelyn Davis, Kenny Chan, Dave Blanchard, Bob Hayes, and I were joined for a while by Anne, Kira, Sandra and Ford to shadow and help out which was great.

Friday night brought 3-4 inches of new snow in town, with more on the hill. Saturday morning was windy, snowy, and cold. Kenny, Dave and I helped Chelsea's Dad put chains on her car. Everyone eventually made it to Roma's room. After announcements and the group picture there was one more announcement – Dr. Darvish donated a generous check to the club to purchase a new bi-ski! It was quite a surprise and everyone was so grateful. What a wonderful gift – Thank you once again Bobby! Woolly may have gotten wind of what happened and later paid a visit to Bobby, posing for some pics with him.

Hannah shadowed while I guided Courtney and tried to accommodate her wishes on how to be guided given she pretty much can't see anything. I got the hang of it eventually, but I still ended up steering her off the groomed run a couple times and into

the soft powder – good thing it was a soft landing for her! She was such a great sport about it, laughing it off. I then proceeded to guide her into a fence near the bottom of chair 6. Once again her positive attitude shone. Hannah was amused and good naturely gave me a hard time about it. Courtney said it seemed like Hannah just popped up whenever I misguided her. In the afternoon Kenny skied with us. We also decided to try using the radios. Note to self: After a big lunch, be careful about burping loudly into the microphone. We decided to test the theory that Hannah would pop up when I guided Courtney right into a short sign. I didn't realize the sign posts bend so much. Kenny said it was good that Courtney was a female after seeing her straddle the sign. Thank you again Courtney for being so understanding and positive.

Kelly rode well in the afternoon and got back into the swing of things after a fall in the morning that put a damper on her subsequent runs. Mike and J. tethered Dr. Darvish. Kenny wore out Eugene in the morning, plus the weather was challenging in the afternoon so Eugene skipped the afternoon. Chelsea as usual braved the conditions and skied all day. ♦

Victor



CALENDAR OF EVENTS

April

- 9 Social on Zoom @ 6:30p
- 13 Adaptive Sports Fair
- 19-21 Mammoth trip
- 27-28 Wheelchair Sports Festival

May

- 10-12 Mammoth trip
- 14 Social on Zoom @ 6:30p
- 31-6/2 Mammoth trip

June

- 6-9 FWSA Convention in Reno
- 11 Annual Meeting & Elections

July

- 9 Social on Zoom @ 6:30p

August

- 13 Social on Zoom @ 6:30p
- 20-22 Beat the Heat Sports Camp

**SUPPORT THE UNRECABLES
 AND SHOP RALPHS!
 RE-REGISTER YOUR RALPHS CARD**

1. Go to 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
sigski@gmail.com

FWSA & LAC NEWS SIGRID NOACK



Spring has sprung, but Winter is still hanging on. Hopefully, the snow will stay long enough for some serious Spring skiing for all of us!

FWSA is moving right along, getting the 2024 Convention organized. The theme this year is "Altitude with Attitude", the location is Reno, Nevada, at the beautiful Atlantis Casino & Spa, and the date is June 6-9.

For this Convention, our club is again sponsoring the registration cost of several members in good standing. As of this date, **Dee Armstrong, Hannah Nishimoto, and Sigrid Noack** have signed up to represent The Unrecables in Reno. We are very excited, that one of our own Advisory Board members, **Billy Kidd**, will be the Keynote Speaker.

Friday evening is the big night, the Silent Auction & Trade Show, which officially kicks off every convention. It's open to the public with no admission fee, but every attendee will receive a free hosted drink during the Welcome Party. This evening, folks can bid on trips & gear, meet Olympians & Snows-

ports celebrities & chat with Resort representatives.

During the Convention weekend, there will be many educational activities with the Snowsports Leadership Academy, celebrity speakers and Public Affairs Panels. There will also be many extra activities for ski club members on Thursday & Friday at this year's convention: A Tahoe Adventure, a Golf Tournament, and a visit to the National Auto Museum as well as the ever popular Friday evening Pub Crawl. The pool party on Friday is always a popular and fun event. The major award winners and club recognitions will be announced at the Saturday lunch, the Saturday night Awards Banquet and during Sunday's FWSA general meeting with brunch and officer elections.

Our own **Gordon Cardona** and **Dee Armstrong** have entered The Unrecables again in the Communications Award for outstanding publications and websites and the Social Media recognition. **Sigrid Noack** is the FWSA Charities & Our Community chairperson, heading up the Charities Recognition program. Convention attendees will be able to view the 2023-24 charities video, made up of the many

clubs' charitable activities organized during the past year. This will be our fifth Charities video and will be shown throughout the convention weekend.

Special recognition awards will be presented to clubs & councils & individuals, who applied for the following: Club & Council History, Historic Ski Clubs with over 50 years of operation, the Environment award, Far West Western Ski Heritage Award, Safety Person of the Year, and the Council Volunteer of the Year.

Please check out more details regarding all parts of the convention at FWSA.org. If YOU are interested in attending the convention, please contact Sigrid at skisig@gmail.com.

FWSA organizes phenomenal trips every year. They include North American Ski & Snowboard trips, International Ski & Snowboard trips, Adventure trips, dive trips, and cruises. Please check the FWSA.org website for updates and to sign up to join these amazing trips.

LAC ski clubs also offer many activities & trips which The Unrecables members may attend. Check out LACouncil.org or the individual ski clubs' websites. ♦

Sigrid

THE UNRECABLES STORE NOW OPEN

There are over 35 products to choose from. All 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 disabilities. We continue to offer these services with no charge to the student for ski equipment, instruction, and lift tickets. The link to The Unrecables Store can be found on our Home page, unrecables.org. ♦

The Unrecables Spring Ski Trips

April 19-21
May 10-12
May 31-June 2

Contact Victor Chan
to book your trip.

SPRING EVENTS

LONG BEACH ADAPTIVE SPORTS FAIR
Saturday, April 13, 2024 10-2 pm
Long Beach City College
 4901 E. Carson, Long Beach, CA * Free parking off Clark at Lew Davis Dr.

Come ready to participate in any of these activities: (closed toe athletic shoes required)
 Baseball, Basketball (Wheelchair & Standing), Boccia, Dance, Fitness, Disc & Snag Golf, Martial Arts, Pickleball, Soccer, Tennis (Wheelchair & Standing), Volleyball & Yoga

MUST pre-register. Use this QR code

& receive a free swag bag

Come spend the day at this **FREE** event with Fun, Games, Food Trucks, Free Raffle Prizes & Local Resources

Presented by:

TRiumPH FOUNDATION
WHEELCHAIR SPORTS FESTIVAL
 ONE WEEKEND - EVERY SPORT - ALL INCLUSIVE!

April 27 & 28, 2024
 Saturday 9 AM - 5 PM, Sunday 9 AM - 3 PM
 Santa Clarita Sports Complex
 20780 Centre Pointe Parkway, Santa Clarita, CA 91350

RUGBY HOCKEY BASKETBALL HANDCYCLING

HOCKEY - BASKETBALL - RUGBY - RACQUETBALL - HANDCYCLING - TENNIS
 WCMX - BASEBALL - PICKLEBALL - RODEO - SCUBA - FENCING - DANCE
 DRUM CIRCLE - ART WORKSHOP - RESOURCE FAIR
 COACHING & INSTRUCTION - EQUIPMENT PROVIDED - LUNCH & SNACKS

VOLUNTEERS & SPONSORS NEEDED
www.Triumph-Foundation.org/WSF

FREE - FUN FOR THE WHOLE FAMILY - EVERYONE CAN PARTICIPATE
 FOR MORE DETAILS EMAIL INFO@TRIUMPH-FOUNDATION.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 Victor**

MEMBERSHIP MATTERS JOHN GRAY



The 2023-24 Winter Ski/Snowboard Season is almost over ... last year the season up in

Mammoth went into late July! There is still time for you to join us for a week-end of fun, laughs, and adventure at Mammoth Mountain. We welcome all levels of students, volunteers, and experienced instructors.

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 Application and 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 to become a member for the first time, please visit us at www.unrecables.org. You can download the membership application from the website, and for your convenience, you can pay dues online. 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

Welcome New Members

Kaelyn Davis
 Nick Durocher
 Julie Kochenderfer
 Courtney Mazzalo
 Cinda & Micah Romero
 Lukas Smith

Thank You
Mammoth Mountain

for your support of our adaptive ski program.

"The Voice of the Western Skier"



91st Annual Far West Ski Association Convention June 6 - 9, 2024

at the

Atlantis

CASINO RESORT SPA • RENO



FWRA & FWSA



Hosted by *Bay Area Snow Sports Council*
and *Sierra League & Council*

Atlantis Casino Resort Spa

3800 S. Virginia Street, Reno, NV 89502

Reservations <https://reservations.travelclick.com/98418?groupID=2016540>

or call 800-723-6500, Group Name: **Far West Ski Association**

Room Rates per night plus tax single or double occupancy —
\$119 (Wed - Thurs) **\$179** (Fri & Sat) + \$17.50 daily resort fee

Room Registration Deadline - May 16, 2024

Hotel Features

- World Class Casino
- Forbes 4-Star Spa Atlantis
- Indoor & Outdoor Pools & Outdoor Whirlpool Spa
- 8 Award Winning Restaurants; 10 Bars & Lounges
- Atlantis Family Entertainment Fun Center
- FREE Wi-Fi in guest rooms, FREE Parking
- Rates are available 3 days pre and post Convention

Transportation

- Air transportation is via Reno-Tahoe International Airport, located just 15 minutes from the Atlantis
- The Atlantis offers free airport shuttle service (4:30 am - 12:15 am)

Convention Highlights

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

Optional Activities

- **Thursday**
 - Bike Ride along Tahoe River
 - 27th Annual Pub Crawl
- **Friday**
 - 17th Annual Michael German Memorial Golf Tournament
 - Pool Party
 - Club Happy Hour

Debbi Kor

FWSA Convention Chairperson
fwsadebbi@comcast.net
or 503.314.7078

Barbara Razo

Silent Auction Chairperson
SilentAuction@fwsa.org
or 714-401-7341

Paul Vlasveld

BAC Host Council
Convention Coordinator
pvasveld@comcast.net
or 408.314.4649

Jo Simpson

Sierra Host Council
Convention Coordinator
jo_simpson@sbcglobal.net
or 775.722.6468

A portion of the Silent Auction proceeds will benefit "Achieve Tahoe".

www.fwsa.org



This adaptive sports camp is primarily for participants over the age of 14 who use a wheelchair (or have a mobility impairment) and want to experience our event with other participants. We're working to make this event as inclusive as possible, safe, and fun for everyone. Email us if you have questions, concerns, or to learn more.



- Sailing
- Wheelchair Tennis
- Over-the-Line
- Deep Sea Fishing
- Wheelchair Pickleball
- Handcycling
- Wheelchair Rugby
- Outrigger Canoe
- Wheelchair Basketball
- Harbor Tour



AUGUST 20 – 22, 2024
LONG BEACH
&
GLENDORA

Contact us
 909/596-7733, ext. 4161
 or scan QR code





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	
<i>(includes memberships in Move United, LAC, FWSA)</i>	
_____ Individual \$40.00	_____ Family \$60.00
_____ Individual Lifetime \$320.00	_____ Family Lifetime \$480.00
_____ Organization (1 year) \$50.00	_____ Organization (5 years) \$200.00

Check payable to: The Unrecables. Read & sign the Waiver & Release on the back, and mail this form and a check to:
John Gray, Membership Director, 4890 Renovo Way, San Diego, CA 92124.

Phone: 858-740-8017; e-mail: membership@unrecables.org

Move United Waiver & Release of Liability Agreement

Move United, and its affiliated Chapters (“Released Parties”) are non-commercial, not for profit activity providers. The purpose of this Move United Waiver & Release of Liability Agreement is to exempt, waive, and relieve Released Parties from any and all liability for any harm, wrongful death, personal injury, property damage, claim or cause of action, including, but not limited to liability arising from the negligence of Released Parties. “Released Parties” include Move United, Disabled Sports USA Los Angeles - The Unrecables, and their affiliates, successors, predecessors, parents, subsidiaries, owners, representatives, administrators, directors, officers, agents, coaches, employees, contractors, assigns, and volunteers; other participants, sponsoring agencies, sponsors, and advertisers; and, if applicable, the owners, operators, and lessors of premises on which the activities or events take place.

In consideration of the undersigned Participant being allowed to participate in any way in Move United and/or Disabled Sports USA Los Angeles - The Unrecables related events and activities, the Undersigned (“Undersigned” means the Participant or the Participant’s parent, legal guardian, or legal representative when the Participant is under the age of 18 or legally incapacitated) agrees and acknowledges as follows:

1. Risks of Activity. Participant will be taking part in activities that can be hazardous and involve the risk of physical injury and/or death. The activities are inherently dangerous and Undersigned fully realizes the dangers of participating in the activities. The dangers and risks of the activities include, but are not limited to the condition of the premises and equipment, and the acts, omissions, representations, carelessness, and negligence of the Released Parties. Recognizing the risks and dangers, the Undersigned voluntarily chooses for Participant to participate in the activities and expressly assumes all risks and dangers of the participation in the activity, whether or not described above, known or unknown, inherent, or otherwise.

2. Risks of Participation. The Undersigned recognizes and understands that while Released Parties have undertaken reasonable steps to lessen the risk of transmission of communicable diseases, including but not limited to, COVID-19, in connection with participation in the activities, the Released Parties are not responsible in any manner for any risks related to communicable diseases in connection with Participant’s participation in the activities. Specifically, the Undersigned understands that COVID-19 is a highly contagious and dangerous disease, and that contact with the virus that causes COVID-19 may result in significant personal injury or death. The Undersigned is fully aware that participation in the activities carries with it certain inherent risks related to transmission of communicable diseases (“Inherent Risks”) that cannot be eliminated regardless of the care taken to avoid such risks. Inherent Risks may include, but are not limited to, (1) the risk of coming into close contact with individuals or objects that may be carrying a communicable disease; (2) the risk of transmitting or contracting a communicable disease, directly or indirectly, to or from other individuals; and (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from communicable diseases or the treatment thereof. Further, the Undersigned understands that the risks of all communicable diseases are not fully understood, and that contact with, or transmission of, a communicable disease may result in risks to the Participant including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks.

The Undersigned hereby voluntarily accepts and assumes all risk of loss, personal injury, sickness, death, damage, and expense for the Participant arising from such Inherent Risks. Furthermore, the Undersigned represents and warrants that Participant does not knowingly carry any communicable diseases that may be transmitted during participation in the activities.

3. Release and Indemnification. Undersigned (a) unconditionally releases, forever discharges, and agrees not to sue the Released Parties for any claims or causes of action for any liability or loss of any nature, including personal injury, death, and property damage, arising out of or relating to Participant’s participation in any Move United/Disabled Sports USA Los Angeles - The Unrecables events or activities or the Participant’s presence on or travel to the premises where such events or activities take place, including, but not limited to claims of negligence, breach of warranty, and/or breach of contract the Undersigned may or will have against the Released Parties; and (b) agrees to indemnify, defend, and hold harmless the Released Parties from and against any liability or damage of any kind and from any suits, claims, or demands, including legal fees and expenses whether or not in litigation, arising out of, or related to, Participant’s participation in such events or activities or the Participant’s presence on or travel to the premises where such events or activities take place.

4. Helmet Use. Undersigned agrees that Participant shall use a helmet when participating in the following activities: Alpine skiing, cycling, equestrian, ice hockey, outdoor rock climbing, snowboarding, white water kayaking, white water river rafting, and any other activity when directed by Released Parties. Undersigned understands that a helmet is in no way a guarantee of safety and that no helmet can protect the wearer against all foreseeable impacts to the head, and that the activities can expose the Participant to forces that exceed the limits of protection provided by a helmet. Undersigned agrees to assume full responsibility for complying with this paragraph and that Released Parties shall not be liable for any injury or damages resulting from Participant’s failure to use a helmet.

HAPPY BIRTHDAY!

APRIL

- 1 Harlee Gruenberg
- 7 Kim Gundlach
- 11 Bob Hayes
- 14 Bobbie Benson
- 20 Bob Darvish
- 26 Michael Zimmerman
- 28 Chrissy Knee

MAY

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



JUNE

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

Sunshine

Sigrid Noack

recovering from a ski accident

Robert Arias

hospitalized at Topanga Terrace in Canoga Park with a treaghia

Thank You Donors

Dr. Bob Darvish
SentinelOne

THE UNRECABLES ADVISORY BOARD

Bob Darvish, M.D.

*Physical Medicine & Rehabilitation,
V.A. Medical Center, West L.A.*

Billy Kidd

*Olympic Silver Medalist
Director of Skiing, Steamboat Ski Resort*

Jon Halperin, MD

*Chief of Physiatry
Sharp Rees-Stealy in San Diego
Ski Patrol Snow Valley*

FWSA TRIPS

FWSA Africa Adventure Trip

Tanzania & Zanzibar
September 28-October 7, 2024

FWSA Dive Trip 2024

Phillippines
October 19-November 2, 2024

FWSA Annual Ski Week 2025

Banff, Alberta, Canada
January 25-February 1, 2025

FWSA Mini Ski Week 2025

Big White, BC, Canada
Date TBD

International Ski & Snowboard Adventures

Val d'Isere, France with extension
February 2025

Summer Ski Week 2025

Val Nevado, Chile with extension to the
Atacama Desert

Check out details at fwsa.org.



THE UNRECABLES 2023-24 BOARD OF DIRECTORS

Michelle McCarthy, President

president@unrecables.org
310-795-5517

Richard Olmsted, Vice President

olmstedrr@yahoo.com
805-368-7977

Amanda Davis, Secretary

amanda.davis.home@cox.net
949-887-3690

Will Chung, Treasurer

will90254@yahoo.com
310-562-5396

John Gray, Membership Director

membership@unrecables.org
858-740-8017

APPOINTED BOARD MEMBERS

Soo Lee, Ski Director

sookimania@hotmail.com
310-895-6274

Victor Chan, Winter Trips Director

vicjchan@juno.com
858-208-6088

Hannah Nishimoto,

Equipment Manager
hannahnishimoto@yahoo.com

310-990-9474

Steve Lefkowitz, Historian

stevenlefko@aol.com
310-306-5249

Jessica Han, Public Relations Manager

jessicahanot@gmail.com
951-255-9034

Sigrid Noack, Sunshine/LAC Rep

skisig@gmail.com
310-499-8181

Dee Armstrong, Webmaster

skideemon@earthlink.net
323-605-3396

Jay Davis, Past President

jveezer@cox.net
949-378-7895

Gordon Cardona, Communications Dir.

gwcardona68@gmail.com
562-480-4398 (text)

THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: JUNE 3

Coming up in the next issue:

- Spring ski trips review
- FWSA Convention report ... and much more

UNRECABLES SOCIALS ON ZOOM

2ND TUESDAY
MONTHLY
6:30 PM

April 9

May 14

June 11 —

Annual Meeting & Election

Check your e-mail or Facebook
for Zoom meeting link,
or e-mail
gwcardona68@gmail.com.

SPECIAL THANKS

Victor Chan
John Gray
Soo Lee
Michelle McCarthy
Sigrid Noack

Photos Courtesy

Victor Chan
Soo Lee

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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: 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

Instagram: @unrecables

Website: unrecables.org



P.O. Box 24856

LOS ANGELES, CA 90024-0856

SPRING 2024

