



# THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF MOVE UNITED

SPRING ISSUE

OFFICIAL PUBLICATION OF  
THE UNRECABLES

APRIL-JUNE 2022

## THE UNRECABLES' ELECTIONS IN JUNE

### PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Spring has sprung! Time for some Spring skiing and our General Elections. Please check your e-mail with word from **Marina Sallaway** about the status of our April trip.

Our March trip to Mammoth was wonderful and we had a good group. Thank you **Marina, Hannah Nishimoto, Dee Armstrong**, and all our awesome instructors who made these trips memorable and safe this season. We are very appreciative of you!

Our General Elections and Annual Meeting is coming up on June 14th on Zoom. First, we need some nominations for President, Vice President, Secretary, Treasurer, and Membership Director. We need YOU! Many of our current Board members have been serving for over six years. It's only a few hours worth of work monthly. If you're interested in serving, please e-mail me.

The FWSA Convention is back in June this year. Check out the flyer in this issue. If you're interested in going, please let me know. The club will cover your registration. Be safe! ♦



Spring skiing with The Unrecables at Mammoth.

### THE UNRECABLES 2022 ELECTION SEASON

Board Nominations  
May 10  
General Elections & Annual Meeting  
June 14

Contact: **Michelle McCarthy**  
president@unrecables.org

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SPRING SKIING  
MARINA SALLAWAY



Skiers and Snowboarders alike! Spring is here but we would still like more snow! We have two more trips, April 22-24 and hopefully, May 13-15.

Please let us know as soon as you can join a trip. This makes it easier to plan lodging, carpool and lessons. We have had a great season so far. Our March trip had 35 total people; including children and spouses!!

Hope to see you on the slopes!



Marina



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

IT TAKES A VILLAGE  
STEVE LEFKOWITZ



You've heard of "It takes a village." Well, we here at this ski club have our own version. We call it our Unrecables Family. We take care of one another, always doing what we can to see to each other's needs (often without even being asked 1st). I am one of those skiers that often needs some special accommodation. I can't drive, so I often need a ride up to the mountain. I use a wheelchair, so stairs are not so friendly. I can't move very fast, nor go very far, so a condo at the far end of a complex away from the spa doesn't make it.

The events that were called into play for our March Mammoth trip illustrate just what I'm talking about. Because of COVID-19 restrictions, the club is limited on what it can do to secure lodging for people wishing to participate. **Doug and Nancy Brown** stepped up and got me a room in Motel 6. Not the greatest accommodations, I would be all alone, no Jacuzzi, and expensive. But at least it was a start. Then **Victor Chan** had some last minute cancellations in his condo at Sunshine Village. They could take me in. Only one problem - it was upstairs on the 2nd floor. Victor then put the word out. They would help me negotiate the stairs if necessary but if someone had lodging on the 1st floor and was willing to swap places, I would take their room and they would stay in Victor's condo (on the 2nd floor). Julio, who was new to the club this year and whom I had never met before, took the challenge. He had a 1st floor condo room and was willing to swap. Added bonus (big time), it was near the hot tub.

Now we just had to solve the

transportation problem. Victor, who was coming up from the San Diego area was willing to pick me up if I could get out to Cerritos to meet him. A few more cancellations and **PJ Sallaway**, also coming up from SD, could take me (and Victor, Kenny, and Dominic) if I could meet him in Corona. The club then passed a resolution to pay for an Uber to get me there. But, there was still the problem of transporting my skis, luggage, and all my other equipment. They couldn't go with me in the Uber. Nancy and Doug to the rescue. They would pick up my stuff and take it up separately (without me). Then, things changed again. At the last minute, **Hannah Nishimoto** had a cancellation and thus an opening in her car. No more Corona, Hannah drove me and my stuff up. I called Nancy to cancel the equipment pickup. Accommodations at the "new" condo couldn't be better.

After a glorious three days of skiing, the logistics of getting home loomed on the horizon. **Michelle McCarthy** picked up my luggage early Sunday morning. Handed them off to **Soo Lee** who took them together with my skis, boots, and poles (after I finished skiing) and took them home in her car. Once again, it was Nancy and Doug (and Tanner) to the rescue. They drove me home. My luggage and ski equipment got home before I did - Soo had dropped them off in my patio. All the while, our Winter Trips Director **Marina Sallaway** tried to coordinate everything. What a job, what a FAMILY! I am proud to be part of it. My sincerest thanks to all! ◆

Steve

LA COUNCIL NEWS  
SIGRID NOACK



Jackson Hole on January 21-28, 2023! LA Council, under the able guidance of **Laura Priess** is joining FWSA's 2023 ski trip. Check it out on the lacouncil.org or fwsa.org websites. Accommodations are available in town or on the hill; a special bus is being arranged for the group, but local buses run every hour. Parties will be in town. Laura advised, that she doesn't know yet about extra activities, like snowmobiling, etc. FWSA will try to arrange for ski storage on the mountain.

The very important Election Meeting will be held April 4th via Zoom. The following offices are open for election: President, Secretary, VP Membership, and VP Programs. Some of these offices have been held by the same person for many years. LAC is hoping to give those devoted folks a break. Please contact **Gordon Cardona** for questions regarding getting involved with LA Council. Gordon is presently VP Communications, and publishes the beautiful LAC newsletter.

It was also announced, that LAC will again be asking for a \$20 membership fee for this year. Something to add to our Unrecables budget.

I told the clubs of our ski trip dates and reminded them about our

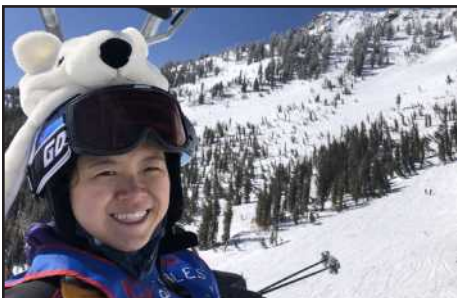
need for rides to Mammoth and the fact, that we are always looking for new instructors and students. Also, I reminded folks about our fund-raising organizations, AmazonSmile and Ralphs.

A little added note: The Unrecables joined LAC & FWSA on the Jackson Hole many years ago in 2007! OMG! What a group we had! 14 of us! **Georgina Hackett** & her brother **Graydon** joined us from Canada, **Michelle & Rob McCarthy**, **Darryl Coit**, **Steve Lefkowitz**, who joined us on every out of town trip! **Kathy Paisley**, **Gina Ariola**, **Armen & Vigen Darian**, **Pat Poupongton**, who lives in Thailand now, **Edith Tabangcura** and **Peter Sindelar**. WOW! What a great time we had. I'm sure that many of you would be willing to share your reasons, why people should go to Jackson Hole and Grand Targhee, (remember the fun we had skiing in the deep powder there?) I see that now they have that new gondola running!

If someone is interested in organizing an Unrecables group to join LAC and FWSA, I would be willing to share & assist. Is anybody interested in heading to Jackson Hole next year? Of course, you can join this fabulous trip without having an Unrecables group.

Thank you all again and I look forward to skiing with you during our next trips. ♦

*Sigrid*



MAMMOTH IN MARCH



## MEMBERSHIP MATTERS

JOHN GRAY



**P**lenty of snow and fun still available in April and May. Help us provide an exceptional 2021-2022 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.

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!



Fun in the snow in February.

Contact Sigrid for ski clothing.

## The Unrecables' New Shirts Available

*Most sizes available.*

Contact Michelle McCarthy,  
president@unrecables.org



## CALENDAR OF EVENTS

### April

12 Social on Zoom @ 6:30p

22-24 Mammoth ski trip

### May

10 Social on Zoom @ 6:30p

13-15 Mammoth ski trip

### June

9-12 FWSA Convention

14 Elections & Annual Meeting

## Scholarships Available

Eligible to current members  
for trips and events.

One scholarship  
per member per season.

For details please contact  
**Michelle or Marina**

## FWSA TRIPS

### FWSA Cruise 2022

Whittier, Alaska to Vancouver, BC

June 21-July 2, 2022

### FWSA Annual Dive Trip 2022

Cozumel, Mexico

October 8-15, 2022

### FWSA Annual Ski Week 2023

Jackson Hole, WY

January 21-28, 2023

### FWSA Mini-Ski Week 2023

Big White

March 2023

### International Ski & Snowboard Trips

Croatia -- Sept. 2022

Zermatt, Switzerland -- Feb. 2023

Val Nevado, Chile -- Summer 2023

Madonna di Campiglio, Italy -- 2024

Val d'Isere, France -- Feb. 2025

### FWSA Adventure Trips

East & Central Africa -- 2024

Galapagos Islands -- 2026

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



## 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' 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! ♦



## THE UNRECABLES KEEPS FIT AND THINKS SAFETY

### How to Keep Your Hands Warm While Skiing

By Mike Doyle

**C**old hands are a chronic problem among skiers and sometimes it seems frigid fingers are simply unavoidable. But, cold hands don't have to result in ski days cut short. There are plenty of ways to keep your hands warm, even on the coldest days. Here are some tips for keeping your hands warm while skiing.

#### Wear Mittens

Mittens aren't just for kids. In fact, they make a world of difference when you're trying to keep your fingers toasty. Switching from gloves to mittens is the number one way to have warmer hands on the mountain.

#### Try Liners

Are you a gloves-only type of girl or guy? If you really don't like mittens, consider purchasing a pair of thermo-reflective glove liners to seal in the heat. They may not be the magic solution to cold hands, but they certainly can't hurt.

#### Don't Be Stingy When Buying Gloves

When it comes to gloves or mittens — you get what you pay for. A good pair of gloves that will truly hold up in low or sub-zero temperature will cost at least \$50. If you suffer from cold hands, your gloves aren't the accessory to skimp on. Plus they should last you through a number of ski seasons.

#### Know Your Brands

Some brands are well-known for their high-quality glove designs, such as Marmot, The North Face, or Dakine. There are other brands that aren't as well known, but also perform well in frigid temperatures, such as Hestra, Canada Goose, and Auclair.

#### Know Your Five Features

There are five features you should look for in a glove — that they are water-proof, windproof, breathable, seam sealed and insulated. To remember these while you're glove shopping, just remember, "five features for five fingers."

#### Buy Hand Warmers

Just make sure you don't buy them individually at ski resorts. They are a lot cheaper when bought in bulk, and you can just store an extra in your jacket pocket for when your hands get cold.

#### Don't Drink Alcohol While Skiing

It's commonly thought that getting a little tipsy will keep you warm. However, it's not only dangerous to ski under the influence, but alcohol can actually adversely affect your circulation, so you may find yourself flushed in the face, but with freezing fingers.

#### Warm up with a Cup of Hot Chocolate

Hot cocoa, on the other hand, might actually help. After all, there's a reason why ski instructors are known to bring children into the lodges for a hot chocolate break on the coldest days. Although sitting in a heated lodge certainly helps, so does clutching a warm drink.

#### Avoid Smoking Cigarettes

Smoking cigarettes while skiing constricts your blood vessels, and you may end up with colder extremities quicker than non-smokers.

#### Get the Blood Flowing

Stuck on one of those seemingly never-ending runs that separate you from the warm lodge? While you're on a flat, or a gentle slope, hold your poles in one hand, and swing your arm back and forth in a circular motion to get warm blood to your fingertips. Then, switch

and repeat!

#### Keep Your Core Warm

Wearing insulating layers and a weatherproof jacket isn't just a way to keep your body warm but will help prevent cold fingers, too. Keeping your core nice and toasty will prevent blood from fleeing your fingertips. A vest is a great way to maintain core warmth without adding bulk.

#### Don't Let Your Hands Get Cold in the First Place

This might be one of the most oft-overlooked tips for warm hands, but it's extremely helpful. When you're trekking from the car to the lodge, wear gloves, and if possible, avoid taking your gloves off once you're on the mountain.

#### Take Plenty of Breaks

Skiing is about having fun, so if your hands are in agony, don't feel bad about warming up in the lodge for a few minutes. Even if you have to alternate a break for every one or two runs, so be it.

#### Block Your Hands From the Wind

Stuck on a stopped lift, or on a windy summit? Simply blocking your hands from the icy air is a good way to heat them up in desperate times. For example, if you're on a lift, sitting on your hands can work. If you're making it down a run that you're comfortable with, you can also temporarily hold your hands behind your back (keeping your fingers warm while also working on your balance!).

#### Consider Heated Gloves

Are you a chronic cold-hander? A pair of battery-heated gloves might be a good investment for you. Hestra, Columbia, and Black Diamond are all on the forefront of the heated glove industry. ♦

"The Voice of the Western Skier"



89<sup>th</sup> Annual  
**Far West Ski Association  
Convention**  
June 9 - 12, 2022  
at the  
**Holiday Inn Portland  
Columbia Riverfront**



Hosted by the *Northwest Ski Club Council*

### **Holiday Inn Portland - Columbia Riverfront**

909 N Hayden Island Dr., Portland, OR 97217

#### **Reservations:**

Call 1-503-283-4466, Group Name: **Far West Ski Association.**

**Room Rates per night plus tax** single or double occupancy —  
**\$154 per night**

**Room Registration Deadline** May 10, 2022

#### **Hotel Features**

- Located on the Columbia River
- Breathtaking views of Mt. Hood & Mt. St. Helens
- Outdoor Pool and jacuzzi
- Riverside deck for Friday Night Happy Hour
- Restaurant & Lounge • JB's Night Club
- Business Center
- Fitness Center

#### **Transportation**

- Fly into Portland International Airport
- 12 miles to Hotel via Uber, Cab, Red/Yellow Max Line

### **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**
  - Mt. Hood Adventure
  - Pub Crawl in Downtown Vancouver
- **Friday**
  - 15<sup>th</sup> Annual Michael German Memorial Golf Tournament
  - Wine Tour
  - Pool Party

Debbi Kor  
FWSA Convention Chairperson  
[fwsadebbi@comcast.net](mailto:fwsadebbi@comcast.net)  
503-314-7078

Mary Olhausen  
Trade Show/Silent Auction Manager  
[omary52@comcast.net](mailto:omary52@comcast.net)  
503-880-7383

Sheri Parshall  
Host Council Coordinator  
[cougskier@aol.com](mailto:cougskier@aol.com)  
503-706-0522

A portion of the Silent Auction proceeds will benefit the Mt. Hood Ski Patrol.

[www.fwsa.org](http://www.fwsa.org)

# FWSA 12<sup>th</sup> Annual Scuba Dive Trip – Cozumel, Mexico

October 8-15, 2022



## 5 Star Iberostar Cozumel Resort

**Diver Land Package = \$1399.00 Standard Bungalow - Double Occupancy**

**Non-Diver Land Package = \$919.00 Standard Bungalow - Double Occupancy**

**Single Supplement Standard Bungalow Add = \$300.00**

**Lodging Upgrades Available – contact Randy Lew for details**

(Air transportation not included in above pricing)

### Price Includes:

- 7 nights at Iberostar Cozumel Resort – Dbl. Occupancy with all meals daily
- Alcoholic and non-alcoholic beverages
- Resort fees, taxes & gratuities (housekeeping tips, dive gratuities, Marine Park & ECO Room fees not included)
- 5 X 2 tank morning dives, 1 night dive, including 2 Cenotes dives
- PADI CDC Center – Dressler Dive Center onsite
- Complimentary Nitrox
- Complimentary Wi-Fi
- Resort Amenities
- Welcome Party and Farewell Dinner



*Experience Mayan  
Culture & Entertainment*

*Create New Memories  
with Friends,  
Old and New!*



*Dive the Cenote, Kayak,  
snorkel, spa services and  
more...*



*Enjoy a Beautiful Resort*



### Contact:

**Randy Lew**

**FWSA Dive Trip Leader**

**829 SE 11<sup>th</sup> Place**

**Battle Ground, WA 98604**

**Cell: 530/304-0802**

**E-mail: FWSA13Randy@telis.org**

**Debbie Stewart**

**FWSA VP of Int'l Travel**

**430 S. Church St.**

**Visalia, CA 93277**

**Cell: 559/737-0882**

**FWSAIntlTrvl@prodigy.net**





# 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 \_\_\_

<b>ANNUAL MEMBERSHIP FEES</b>	
<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  
14 Bobbie Benson  
20 Babak Darvish  
26 Michael Zimmerman  
28 Chrissy Knee

### MAY

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



### JUNE

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

## Thank You Donors

Sharon Barrish  
Randy Benson  
Linda Mero  
Schlinger Family Foundation

Welcome  
New Members

Julio Fuentes  
Bob Hayes  
Adam Hitchcock

## THE UNRECABLES ADVISORY BOARD

**Honorable John Chiang**  
*California Board of Equalization,  
Fourth District*

**Bob Darvish, M.D.**  
*Physical Medicine & Rehabilitation,  
V.A. Medical Center, West L.A.*

**Margo Kairoff**  
*Senior Vice President,  
Wells Fargo Public Finance*

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

**Hal Nelson**  
*Director of Rehabilitation,  
Downey Regional Medical Center*

**Tom Safran**  
*Developer of Senior Housing,  
Safran & Associates*

## 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**  
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## THE UNRECABLES 2021-22 BOARD OF DIRECTORS

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*Public Relations Manager*  
Vacant

# THE UNRECABLES NEWS

## NEXT NEWSLETTER DEADLINE: JUNE 6

Coming up in the next issue:

- Spring trips recap
- FWSA Convention review ... and much more

UNRECABLES  
SOCIALS  
ON ZOOM

2ND TUESDAY MONTHLY  
6:30 PM

April 12  
May 10  
June 14 -

Elections & Annual Meeting

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

## SPECIAL THANKS

John Gray  
Steve Lefkowitz  
Michelle McCarthy  
Sigrid Noack  
Marina Sallaway

## Photos Courtesy

Victor Chan  
John Gray

## The Unrecables News

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## 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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SPRING 2022

