



THE UNRECABLES

NEWS

THE UNRECABLES • MEMBER CHAPTER OF MOVE UNITED

FALL ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

OCTOBER-DECEMBER 2025

JOIN US SKIING THIS WINTER

PRESIDENT'S MESSAGE AMANDA DAVIS



As the summer is coming to a close, we feel the draw of cooler weather and getting up on the mountain to ski in just a few short months. With that said, if you know of anyone that would benefit from being a part of our club, send them our way! We are here to serve with joy to build friendships and lasting memories with all of our students. Of course, volunteers are always needed. There are so many ways to get involved - being an instructor, a shadow, helping with the equipment, serving in a leadership position, fundraising, and more. I am so grateful for this wonderful group and the memories we've made. Join us.... I promise it will make your heart sing. 😊

Please enjoy the thoughtful reports from each of our leaders. You will truly see the exceptional jobs they do. "Think snow" ♦

Amanda

Club Party
Oct. 12th @ 12n-4p
Gordon's in Long Beach



Ski preparations in May 2025.

WAILERS SKI CLUB 2026 VERTICAL CHALLENGE *benefitting The Unrecables*

Mammoth Mountain
March 2026

*All fundraising efforts online.
Details coming soon.*

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- Waves of Ability — Nov 8
- FWSA Trips

**STEVE LEFKOWITZ, LONG TIME MEMBER
SIGRID NOACK**

Steve Lefkowitz had been physically active all his life, excelling at track & field, winning the NCAA Division championship at UCLA, winning doubles titles in volleyball and playing football. Steve also loved skiing.

After graduating from UCLA with a degree in Zoology, Steve worked as a Food & Drug Specialist with CA Dept of Health Services and started mountain climbing. In those days there were no "guided" climbs, so in essence YOU had to learn to climb the mountain. Nobody was there to tell you how and what to do. Steve worked on learning the ropes by climbing all over the western US and the big volcanoes in Mexico.

February 1980 was the big climb, the Argentine Andes, 22,838 feet above sea level. All was super fun, beautiful and challenging, Steve had spent years preparing for this climb. They were tenting at 18,600 feet ...until the 3rd morning, when Steve was found lifeless in his tent! Other climbers worked fast. An emergency helicopter could not land at this altitude. Total strangers risked their lives carrying Steve down to 15,000 feet, where a helicopter was able to pick him up and fly him to a hospital.

Luckily Steve survived, but he was brain-damaged by lack of oxygen. After one long year of medical treatment and rehab in Argentina and Los Angeles, Steve tried to adjust to his new life as a person with a disability. Steve speaks slowly, and can't walk without assistance.

Soon, The Unrecables (Unlimited Recreation Abilities) came into view for him. Steve attended meetings and then his first ski trip was in 1981 to



Snow Summit. Nobody could stop him now! Steve loved his speed on the mountain. Standing on a pair of slightly modified skis, he darted down Mountain High's difficult "Wyatt Earp" run--an icy, steep grade near the top of the mountain--without looking back.

"I ski better than I walk," Lefkowitz said during a break. "I don't need a lot of help, just a hand to get my skis back if they pop off. That's where having a guide, and the support of a group comes in handy." It's also nice to ski with a buddy.

Steve also started skiing with the Pierce College Ski Program lead by Lynne Haile. This program was unique for its low cost and accessibility. For \$20, disabled participants got a chartered bus ride, a lift ticket and the use of adaptive ski equipment. He skied with Pierce for many years, never missed a ski trip until the program ended.

In the years since then, Steve has been active with The Unrecables, participating in all the club's activities, skiing, kayaking, white water rafting, camping, wheelchair hiking, horseback riding, and more, in the last 45 years.

Steve also held many leadership jobs as vice president, LA Council

rep, and club historian, but because of his longevity, he was familiar with almost every position and helped out where needed. Steve is still devoted to the wonderful Unrecables family by participating in meetings and writing historical articles for the newsletter.

Steve's most recent newsletter article announcing his retirement from his Historian position in the club:

Hello Unrecables Out There Everywhere, It is with much sadness that I announce that this might be my last column. It has been my pleasure to serve as your (our) Club's Historian. I know everyone always says that, but I really mean it. I have been lucky and have had a really long and prosperous skiing career, having skied every season since 1958 until last year. Even the year that I became disabled, I did a long road/ski trip in December, became disabled in a mountain climbing accident in South America in February, spent seven months in a couple of hospitals as an in-patient, five more as an out-patient, and then was back out on the slopes by the following February and March. The lure of the mountains, with their snow covered trees and hillsides was just too great an attraction for me to resist. It was a whole new ball game but when I say that this club, and adaptive sports inadaptive sports in general, played a HUGE role in my recovery and re-entry into society, I'm not understating it. I can also easily see how it's changed the lives of so many others who have participated in its programs. So, it's with some sadness that I say I'm entering a new chapter in my life.

My choice for my replacement, not to mention any names, but J. you know who you are, was the first Unrecable to have his kids in the program. This "new

continued — p. 3

Steve

continued — p. 2

blood" is what will sustain us so that we will still be there in the future to help other newly disabled people like I was in 1980. Unfortunately, he has other commitments that will prevent him from accepting the position.

To finish off my duties as your Historian, I was asked one final question. Are our newsletters given a numerical number so we can get a sense of our history? Not to my knowledge. They are presently delineated by spring, summer, fall, or winter, and then the year, not numbered so we could tell how many came before and our place in the scheme of things. Back in the day, the "newsletter" consisted of little more than sheets of the individual members' contact information so we could call one another after a snowfall to go skiing (I actually still have some of these if anyone's interested in seeing who were some of the original members). These lists were updated periodically but were not on a set schedule and consequently were not numbered. There was no original content in any of these info sheets. I'm not exactly sure when we transitioned from being strictly a contact info sheet to a ski club newsletter that contained Club information as well as general skiing info.

In closing (sniff, sniff), I'm not shutting any doors and will always be available should anyone have any questions about "the early years." ♦

~Steve



SKI TRIPS PREVIEW VICTOR CHAN



Hello Unrecables Family: As usual, the off-season has been flying by and before we know it, ski season will be here! Here are the dates for this coming season.

Dec 12-14, 2025 (volunteer training)
January 23-25, 2026
February 20-22
March 20-22
April 17-19
May 15-17
June 5-7 (weather permitting)

The December trip is for volunteer training. For the remaining dates, volunteers have a reconnaissance day on the Friday of the weekend, student sessions will be Saturday all day and Sunday morning.

New this season is a condo rate reduction from \$90 to \$80 per night per person. (High schoolers or younger are \$25 per night per person). If you are as-

signed a couch or non-bed spot, the rate will be \$50 per night. If the master bedroom is requested as a single and granted, the rate will be \$110 per night. I am able to accept Venmo and Zelle (or Paypal through our website, but there will be an \$8 surcharge), and would appreciate payment in full if possible when committing to the trip by the deadline. If you cancel, and someone is able to fill the condo spot, we will waive the \$50 cancellation fee. Thank you for your understanding.

We are looking to get student and volunteer information forms as well as other forms set up so they can be completed online to further reduce the effort by participants. Keep an eye out for an email blast for those.

FALL PARTY! The potluck party is going to be at **Gordon's** place in Long Beach on Sunday, October 12th from 12:00 noon to 4:00pm. Mark your calendar and set your reminders. Refer to my email blast sent September 17th for the potluck sign up link.

Hope to see everyone soon! ♦

Victor

LA COUNCIL 2025-26 BOARD OF DIRECTORS

Sandy Blackwell, President
Sandra Knapp, Secretary
Norbert Knapp, Treasurer
Gena Lighthouse, VP Membership
Iris Williams, VP Programs
Laura Preiss, VP Travel
Herb Daerendinger, VP Comm.
David Krupp, Past President

The Unrecables Scholarships Available

Eligible to current members
for trips and events.

One scholarship
per member per season.

For details please contact
Amanda or Victor

TOP 10 OBSERVATIONS FOR FWSA STRATEGY

DAVID TRAGETHON

I have summarized 10 key observations that have direct implications for FWSA's membership growth strategy, and might be of interest to snow sports clubs throughout the country.

1. Participation is at an all-time high: Over 30.2 million Americans participated in snow sports this season, showing strong momentum across the industry.

2. Alpine skiing is stable but not growing: Growth is happening in snowboarding, snowshoeing, and cross-country skiing, indicating room to diversify FWSA trip programming.

3. High-income households dominate participation: 62% of downhill skiers and snowboarders earn \$100K+, supporting a focus on financially stable 45–65-year-olds for club recruitment.

4. The 25–44 age group is underrepresented in alpine skiing: Reinforces our pivot to grow membership among 45–65-year-olds who are more engaged, available to travel, and financially capable.

5. Diversity is increasing—especially in snowboarding: Black, Hispanic, and Asian participation continues to grow. Partnering with

more inclusive clubs can support broader outreach.

6. Female participation is rising in alternative snow sports: Snowshoeing and snowboarding see strong growth among women. Women-focused events and inclusive programming are key opportunities.

7. Youth retention is a challenge despite new participation gains: First-time participation is up, but repeat engagement among youth is dropping. Gear exchanges and mentor programs could help.

8. Social connection remains a core motivator: Adults over 35 consistently cite camaraderie and community as reasons they stay engaged, strengths FWSA clubs can leverage.

9. Urban and suburban audiences are fueling growth: There's increasing participation from outside traditional mountain communities, opportunity for metro-area club development.

10. Climate impacts are shaping behavior: Enthusiasts are more willing to travel in search of reliable snow. This aligns with our core offering of destination travel programs. ♦

Ski Dazzle®
Winter Expo & Sale
DECEMBER 5, 6 & 7, 2025
LOS ANGELES CONVENTION CENTER



November 15, 2025 | 9am-4pm

Brookside Park @ the Rose Bowl
360 N Arroyo Blvd, Pasadena

Who can play: Everyone! It's all-inclusive FUN for the whole family.

Equipment: We will have everything you need to play.

Register:
<https://www.eventbrite.com/e/adaptive-sports-festival-2025-registration-1557735742539?aff=oddttdtcreator>

Youth Camp: Interested in our Youth Camp at our Adaptive Sports Festival? You will get a free t-shirt, a chaperoned tour of the event, designated time to play each sport, and have lots of FUN. If you are under the age of 16, use a wheelchair (or have a mobility impairment) and want to experience our event with other kids and families.

Sponsors: Triumph Foundation is looking for sponsors to support this amazing event. Opportunities for booth at the resource fair.

T-Shirts: First 25 participants with disabilities to arrive and register will receive a FREE event T-shirt.

Lunch will be provided to all adaptive athletes, if you have special dietary restrictions please bring your own.

Email: info@triumphfoundation.org



MEMBERSHIP MATTERS

JOHN GRAY



Unrecables family: Winter is fast approaching and soon we will be knee deep in powder! We hope that you will join us for a weekend of fun, laughs, and adventure at Mammoth Mountain this season. We welcome all levels of students, volunteers, and experienced instructors.

Now is the time to send in your annual 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 and snowboarding Mammoth Mountain), and encourage people with disabilities to participate in sports, recreational and social activities in their communities". Donations and membership dues help us continue to provide ski and snowboard instruction, lift tickets, and adaptive ski equipment at no cost to the student.

To renew your membership, donate, or to become a member for the first time, please visit us at Membership (unrecables.org). If you are unable to join us on the slopes, we would still appreciate your membership dues.

Please contact our Membership Director, **John Gray**, with any questions: jgraydpt@gmail.com. ♦

John

Let's go Sailing
with
California Inclusive Sailing
Newport Beach

californiainclusivesailing.com
949-675-2211
Christianbuhl4@gmail.com

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

Thank You

Charities Aid Foundation America

FWSA Newsletter Available

Fall 2025 issue of The Councilman can be downloaded by navigating: www.fwsa.org
--> Member Corner --> Publications -
->The Councilman

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



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

CALENDAR OF EVENTS

October

- 10-11 ACS Courage Weekend
- 12 Club Party
- 14 Social on Zoom @ 6:30p

November

- 8 Waves of Ability
- 11 Social on Zoom @ 6:30p
- 15 Adaptive Sports Festival
- TBD Dryland clinic

December

- 5-7 Ski Dazzle
- 9 Social on Zoom @ 6:30p
- 12-14 Instructors' trip

January 2026

- 13 Social on Zoom @ 6:30p
- 23-25 Mammoth trip

February

- 9 Social on Zoom @ 6:30p
- 20-22 Mammoth trip



COURAGE WEEKEND

A 2-DAY ADAPTIVE SPORTING EVENT IN WHICH ILL, INJURED, AND WOUNDED SERVICE MEMBERS, VETERANS, AND FIRST RESPONDERS PARTICIPATE ALONGSIDE ONE ANOTHER. FAMILY, FRIENDS & CIVILIANS ARE WELCOME!

REGISTRATION & LUNCH IS FREE!

COURAGE CLASSIC

FRIDAY, OCTOBER 10TH
ADAPTIVE GOLF

9AM - 4PM

- GOLF CLINIC
- 9 HOLE COMPETITION

WESTCHESTER GOLF COURSE
6900 W MANCHESTER AVE
LOS ANGELES, CA 90045

COURAGE GAMES

SATURDAY, OCTOBER 11TH
MULTI-SPORT DAY

9AM - 3PM

- WHEELCHAIR BASKETBALL
- PICKLEBALL
- BOCCIA BALL

WEST HIGH SCHOOL
20401 VICTOR STREET
TORRANCE, CA 90503

SCAN TO REGISTER

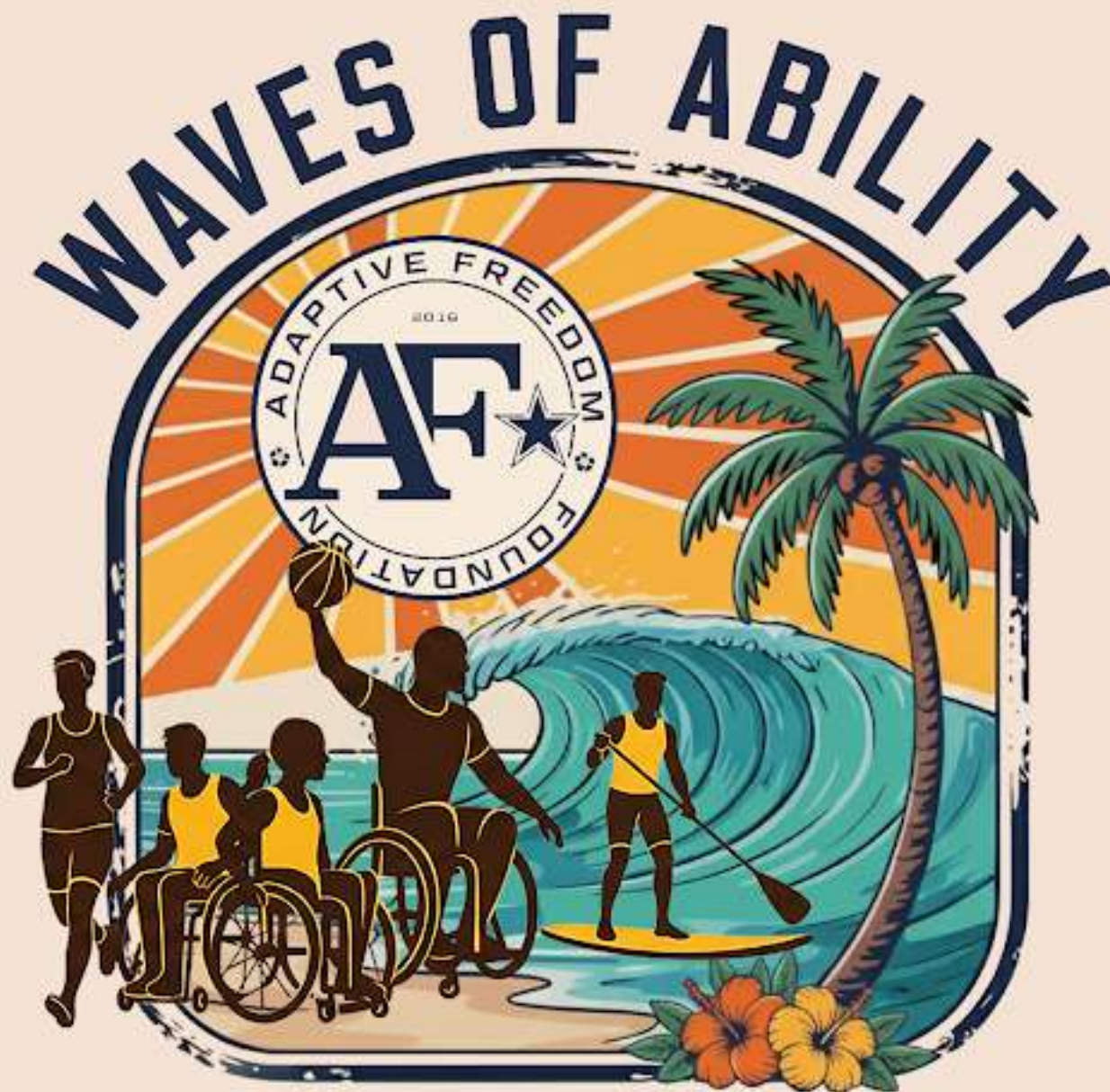


FOR QUESTIONS OR MORE INFORMATION CONTACT NICK DINSMORE AT NICK@ANGELCITYSPORTS.ORG



The City of Long Beach is proud to announce the beginning of a new era of inclusion this fall.

Adaptive Sports & Wellness Fair



Thrive in Motion

Empowering Wellness & Fitness for All Abilities

November 8th 10:00 AM at Marine Stadium, Long Beach

Join us for a vibrant Adaptive Sports & Wellness Fair celebrating movement, access, and community connection.

How to get involved:

- Attend the Fair
- Volunteer
- Be a vendor or partner
- Sponsor the event
- Donate
- Share your adaptive sport or activity

Scan the QR code to learn more and access our interest form:



Adaptive Freedom Foundation

adaptivefreedomfoundation.org

FAR WEST SKI ASSOCIATION

Crested Butte, Colorado • Jan. 24—31, 2026

"The Voice of the Western Skier"



Contact Information

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Sierra	John Schultheis	(408) 891-4392	jms@schultheis.com
VP N.A. Travel	Nancy Ellis	(530) 414-8261	fwsatravelnancy@sbcglobal.net

Crested Butte is known as “the last great Colorado ski town.” It makes a unique destination for our 2026 ski week with its rugged and beautiful Mt. Crested Butte, surrounding mountains, and its quaint Victorian town. The top half of Mt. Crested Butte is renowned as the ski resort’s more challenging section, while the bottom half levels out to be ideal beginner and intermediate skiing. The frontside of the mountain has wide-open and relatively uncrowded beginner skiing, while intermediate and advanced skiers have tons of trail options. Expert skiers can get their “extreme” on the North Face Lift and bowls. All our lodging are short walks to the lifts, and there are 10 on-mountain restaurants. A free shuttle will take people to town where there are an abundance of restaurants and shopping. Join us on a memorable experience in Crested Butte.

Package Includes:

7 Nights Lodging Welcome Party
Banquet & Dance Council Activities
Racing Available

Group Air, Ground Transfers, and
EPIC Passes are extra

FWSA CST # 2036983-40

Must be a member of a Far West Ski Association Club or FWSA Direct Member

HAPPY BIRTHDAY!

OCTOBER

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

NOVEMBER

- 3 Ann Page
- 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
- 5 Debbie Beaudin
- 7 Glenda Phillips
- 9 Glenn Green
- 10 Diane Lenkin
- 19 J. Davis
- 27 John Melville

Sunshine

Karen Finfer

hurt & bruised in a fall

Will Chung & Family

beloved father on hospice



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 Annual Ski Week 2026

Crested Butte, CO
January 24-31, 2026

FWSA Mini-Ski Week 2026

Schweitzer Mountain, ID
February 22-27, 2026

International Ski Week 2026

Chamonix, France
February 28-March 7, 2026
Extension to Paris & Normandy
March 7-13, 2026

FWSA Adventure Trip 2026

Galapagos Islands

FWSA Annual Ski Week 2027

Big Sky, MT
January 23-30, 2027

Check out details at fwsa.org.

FWSA SKI WEEK 2026

Crested Butte, CO

January 24-31, 2026

Contact: Nancy Ellis

530-414-8261

FWSAtravelnancy@sbcglobal.net

THE UNRECABLES 2025-26 BOARD OF DIRECTORS

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THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: DEC 1

Coming up in the next issue:

- Ski trips preview
- Club party highlights ... and much more

**THE UNRECABLES
ON ZOOM
SOCIAL 6:30PM
BOARD MEETING 7PM**

2ND TUESDAY MONTHLY

Oct 14
Nov 11
Dec 9
Jan 13
Feb 10

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

SPECIAL THANKS

Victor Chan
Amanda Davis
John Gray
Amy Lagera
Sigrid Noack

Photos Courtesy
Victor Chan

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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 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

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FALL 2025

