



# THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF MOVE UNITED

FALL ISSUE

OFFICIAL PUBLICATION OF  
THE UNRECABLES

OCTOBER-DECEMBER 2020

STAY SAFE AND JOIN US ON ZOOM

## PRESIDENT'S MESSAGE MICHELLE McCARTHY



### Changes in the Air

We hope you are all staying safe and healthy through these challenging times. Changes are in the air for this snow season. Our Board members have been "virtually" meeting with leaders of Eastern Sierra at Mammoth, as well as other adaptive programs through California, regarding safety protocols being developed while we await the snow to fall. We especially are paying close attention to changes being implemented at Mammoth so that our safety protocols will be in concert with theirs. The safety of our club members is our highest priority.

We will host a virtual Dryland Clinic for all of our instructors and volunteers at the end of October or early November to train everyone in our new procedures. Some changes may include wearing masks, limiting number of people on a chairlift, and limiting indoor access at the ski lodge. Please stay tuned for e-mail announcements and check our website for clinic and trip dates.

*continued -- p. 5*



Few Unrecables celebrate John Wiley's birthday safely in September.

## STAY TUNED, STAY HEALTHY MARINA SALLAWAY



Hello Winter enthusiasts!! With the continuing complications of COVID-19, we are not sure what this season will look like. Stay tuned for details and as soon as there is a game plan we will let you know. Stay healthy. ♦

## INSIDE THIS ISSUE

- Virtual Ski Dazzle 2020
- Our Founder Ron Bass
- The Unrecables' New Logo
- LA Council & FWSA News
- Membership Matters
- Presidents & Honors
- Keep Fit and Think Safety
- New Club Shirts
- Free Ski Clothing Available
- Shop Ralphs & AmazonSmile
- Calendar of Events

# VIRTUAL SkiDazzle Show

SKI • SNOWBOARD • ACTIVE SPORTS • TRAVEL

## Winter Is Coming and Ski Dazzle® pivots to a VIRTUAL Event for 2020

COVID-19 has hit LA Convention Center public shows hard. Ski Dazzle and the LA Auto Show are the latest to postpone their 2020 dates to 2021.

Winter is coming, no matter what, and Ski Dazzle has, for 57 years, been the annual Kick-off to the Southern California Ski Season. That tradition continues with the Ski Dazzle Virtual Show launching next month.

While we can't all gather together in person, we can unite together online. Ski Dazzle's Virtual event offers many of the same trusted: lift ticket options, season pass deals, bargain prices on equipment, clothing and accessories, winter films and trailers, ski and snowboard lessons via video, TONS of prizes, up to date information from resort exhibitors and show specials you are used to seeing.

**NEW for 2020:** Ski Dazzle will announce a location with a LIVE ski & snowboard sale delivery option where you can pick up your online purchases that you made at Ski Dazzle's Virtual Show Million \$ale.

No question, 2020 is a weird and unprecedeted year but Ski Dazzle fans are the most loyal and flexible people we know, so please make sure you sign up to get UPDATES for more information from us directly about the Ski DAZZLE VIRTUAL Show and Live Sale Pick-Up location.

We will welcome a return to our face-to-face event in December 2021 at the LA Convention Center. Until then – let's all do everything we can in 2020 to share our enthusiasm, update our ski and snowboard gear, gather information and get ready for the upcoming season. WINTER IS COMING! ♦

## OUR FOUNDER

RON BASS

I first got the idea to teach disabled persons how to snow ski after I watched a blind skier and guide at a Southern California ski resort around 1980. My Mom had connections with both the city of Inglewood and Daniel Freeman Hospital. They soon became sponsors of our new club that offered snow skiing to persons of all abilities. I went to Sandy's Ski and Sport in Marina Del Rey and asked them if they would loan us some rental skis for our trips. They said yes!! I started gathering instructors and people with disabilities who were interested, and the rest is history. Somewhere around there, the local ski areas gave us free passes. A few years later, we started skiing at Mammoth Mountain and we have not looked back since.

After moving to Maui in 1990, I wanted to keep working with people with disabilities and outdoor sports. Again I started gathering instructors and participants to begin a sea kayaking program for persons of all abilities. It was called Wilderness Wish. I oper-



ated it from around 1990 until about 2015. So, just like The Unrecables we fabricated special adaptive equipment and were able to take out people of all abilities including quadriplegics.

I am retired now. I am still working with the disabled community and seniors in a much different way. I lead drum circles. Some of my volunteers work with organizations on Maui that have disabled clients. We usually meet at a beach park, hand out the drums, tambourines, bells, gongs, and we play! Another organization is the Kula San Convalescent Hospital where we play for the patients. Most of the patients use wheelchairs and in their 80's. The staff help them up to the outdoor roof. We hand out a bunch of percussion instruments and the fun begins.

It's amazing the smiles from both the participants and the hospital staff.

Congratulations to The Unrecables on their 40th Anniversary!

Aloha! ♦

## The Unrecables' New Logo

You may have noticed a new logo on our website and on this newsletter. As part of our 40th anniversary celebration, The Unrecables are proud to introduce our new logo. We wanted to showcase an example of the dynamic athleticism of our club members, demonstrate the excitement of skiing downhill and include the beauty that attracts us all to the outdoors with majestic snow-capped mountains. We hope that you enjoy and embrace the new Unrecables logo. ♦

*The Unrecables  
Unveils a New Logo for  
our 40th Anniversary!*





**W**hat a year this has been so far! Many of us have had to cancel trips this summer, but there is hope for this Winter! The Far West Ski Association is diligently working to keep future trips on the calendar.

The 2021 FWSA Sun Valley Ski Week on January 30-February 6, 2021 is still happening! Contact LAC Trip leader **Todd Hood**, the LAC VP of Travel at [todd@itsmailed.com](mailto:todd@itsmailed.com).

Century City Ski Club is also organizing a trip to Alta & Snowbird in Utah during that same week. Check it out on Century City website or contact **Lisa or David Felker** at 310-613-1268.

FWSA also has an international trip planned to Soden, Austria in February 2021 with an extension to Southern Spain, as well as a Mini-Ski Week in March to Zermatt, Utah. Participants will have the option to ski/ride Deer Valley, Park City, and Sundance Resorts.

In June there will be an Inside Passage Cruise to Alaska, visiting Fairbanks, Denali & Anchorage. The annual Dive trip next Fall will be headed to Roatan, Honduras!

Then we're into 2022! Hopefully by then, we'll be happily back to flying and living a somewhat normal life! FWSA is planning an Aspen/Snowmass Ski Week for January 22-29, 2022. Put the trip dates on your calendar and watch for sign-up information on the [fwsa.org](http://fwsa.org) website starting in March 2021.

That's a lot of travel, that might be ahead, hopefully! Check out the [fwsa.org](http://fwsa.org) website regularly to keep up

with possible cancellations due to COVID-19 regulations.

As you all know, this year's FWSA Convention, planned for Portland, Oregon was postponed to June 2022. The next FWSA Convention will be held in San Diego at the Marriott Mission Valley Hotel on June 10-13, 2021.

The 2020 LAC Snow Gala, normally held in November has been cancelled due to COVID-19. That's too bad for our club as well, since we will not be hosting a Silent Auction to raise funds for our treasury!

October 7, 2020 is the 90th Anniversary of the Far West Ski Association. A big get-together has been planned for years in San Francisco, the birthplace of FWSA, but due to COVID-19, it will be a Zoom kind of celebration. A FWSA "Celebration Book" will be published in October. It will be available for sale by contacting John Watson, FWSA Historian at [geospace@pacbell.net](mailto:geospace@pacbell.net). Thanks to **Gordon Cardona's** perseverance and conscientious work, The Unrecables will have a small feature in the book celebrating our 40th anniversary this year! Thank you very much, Gordon. Yes, hopefully you know by now, that we are 40 years young this year! **Ron Bass** founded our fantastic organization in 1980. Thank you very much, Ron. Hopefully Ron will come by to visit us again one of these days/years.



L A C meetings are being held via Zoom, just like our club meetings. Meetings are on the first Monday of the month at 7:00pm. If anyone is interested in attending, please let me know, because we would like an Unrecables member at every meeting. Sometimes I cannot attend, so I would like to be able to call on YOU to represent us. **Michelle McCarthy & Randy Benson** have been able to fill in, but it would be nice to have some other people involved and get to know LAC reps from other clubs. As you know, **Gordon Cardona** is the LAC VP of Communications, so it's nice to see him on Zoom at LAC meetings.

Some important news from Mammoth Mountain! The mountain plans a November 14th opening! Mammoth reported recently: "There are endless questions regarding what winter at Mammoth will look like, and while we don't have all the answers yet, we're just as excited as you are at the prospect of getting back on the snow. We do know that social distancing and mask usage are vital to staying safe and staying open. As has been the case all summer, masks will be required in lift lines, gondolas, lodges, shuttle buses and anywhere within six feet of others. Please visit [mammothmountain.com](http://mammothmountain.com)."

Let's hope for the best. And it's never too early to start doing snow dances! ♦



Sigrid

## MEMBERSHIP MATTERS

JOHN GRAY



**U**nrecables Family, Winter is coming! Help us plan for a record-breaking year of new and returning students to the Unrecables Family. This is our 40th Anniversary Celebration year (we started in 1980), so come join the best and most fun Ski Club west of the Mississippi. Pay your dues at the beginning of the season to help us better prepare to help those with physical disabilities get up and down the slopes of Mammoth. If you have never skied with us before, then this is the year to join us! We are a really FUN group to hang out with, ski/snowboard and tell stories.

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 this year, we would still appreciate your 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".

We appreciate your participation and support!

Our membership categories:

Individual	\$40
Individual Lifetime	\$320*
Family	\$60
Family Lifetime	\$480
Corp/Organization	\$50/year or \$200/five years

Benefits of membership include:

- 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
- 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!

\*Your Membership Director just put his money where his mouth is and became a lifetime member this Fall. Your \$40 or \$60 membership dues really are important to us as they help us to continue to provide the services noted above for free.

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

*John*



January 2016 trip.

## THE UNRECABLES®

PRESIDENTS

1980-81 Ron Bass, Founder
1981-82 Ron Bass
1982-83 Sharon Smyth, Pres.
1983-84 Sharon Smyth
1984-85 Michael Luna
1985-86
1986-87 Ron Bass, Dan Baker, Greg Evangelatos, Directors
1987-88 Linda Fryback
1988-89 Linda Fryback
1989-90 Dee Armstrong
1990-91 Dee Armstrong
1991-92 Dick Martin
1992-93 Dick Martin
1993-94 Dee Armstrong
1994-95 Dee Armstrong
1995 Michael Zimmerman (1-5/95)
1995-96 Sigrid Noack
1996-97 Sigrid Noack
1997-98 Gordon Cardona
1998-99 Jonna Krall
1999-2000 Jonna Krall
2000-01 Gordon Chan
2001-02 Sigrid Noack
2002-03 Barbara Miyamoto
2003-04 Barbara Miyamoto
2004-05 Inge Hobo-Scheinfarb
2005-06 Inge Hobo-Scheinfarb
2006-07 Inge Hobo-Scheinfarb
2007-08 Sigrid Noack
2008-09 Sigrid Noack
2009-10 Sigrid Noack
2010-11 Amade Nyirak
2011-12 Amade Nyirak
2012-13 J. Davis
2013-14 J. Davis
2014-15 J. Davis
2015-16 J. Davis
2016-17 Michelle McCarthy
2017-18 Michelle McCarthy
2018-19 Michelle McCarthy
2019-20 Michelle McCarthy
2020-21 Michelle McCarthy

**THE UNRECABLES®**  
**MAN & WOMAN OF THE YEAR**

1991	Onnolee Slaten Dick Martin	2010	Jennifer Nerad-Sultan J. Davis
1992		2011	Sigrid Noack John Melville
1993	Dee Armstrong John Wiley	2012	Soo Lee Gordon Cardona
1994	Deborah Weller-Walton Ken Sodoma	2013	Erin Hayden Marc Lafluer
1995	Onnolee Slaten* Gordon Cardona	2014	Michelle McCarthy Gordon Cardona
1996	Jonna Krall John Melville**	2015	Dee Armstrong John Gray
1997	Randi Woodrow Richard Wu	2016	Glenda Philips Kenny Chan
1998	Glenda Phillips Gordon Chan	2017	Darryl Coit Hannah Nishimoto
1999	Dee Armstrong Craig Clifton	2018	Marina Sallaway Kenny Chan
2000	Sigrid Noack*** Gordon Cardona***	2019	Soo Lee Michael Julian
2001	Barbara Miyamoto Scott Nakada		
2002	Michelle Voss-McCarthy Kurt Rust		*1st Runner-up for LAC Woman of Year
2003	Kathy Paisley Daniel Palacios		**A Runner-up
2004	Karen Finfer Steve Lefkowitz		***LAC Man & Woman of the Year
2005	Hannah Nishimoto John Melville		2000: Gordon Cardona & Sigrid Noack, LAC Man & Woman of the Year
2006	Helen DeBerard Chuck DeBerard		2011: Sigrid Noack, LAC Woman of the Year & 2012 FWSA Woman of the Year
2007	Inge Hobo-Scheinfarb Gordon Chu		2015: John Gray, LAC Man of the Year
2008	Marina Sallaway PJ Sallaway		2017: Hannah Nishimoto, LAC Woman of the Year
2009	Soo Lee Glenn Green		2018: Kenny Chan, LAC Man of the Year
			2019: Soo Lee, LAC Woman of the Year

*Thank You Donors*

*Robert Ernst  
Paula Levand  
Leanne Schlänger  
Jacquie Nemor  
Sigrid Noack*

**The Unrecables  
Scholarships Available**

Eligible to current members

for trips and events.

One scholarship  
per member per season.

For details please contact  
**Michelle or Marina**

**RON BASS AWARD**

**HONOREES**

1996	Deborah Weller-Walton
1997	Richard Wu
1998-06	no awards
2007	Helen De Berard
2008	Hannah Nishimoto
2009	no award
2010	Michelle McCarthy
2011	Soo Jeong Lee
2012	no award
2013	Chuck & Helen DeBerard
2014	no award
2015	no award
2016	Steve Lefkowitz
2017-20	no awards

**President's Message**

*continued -- p. 1*

**The New Normal**

As you know we will be continuing to hold our monthly Social and Board Meetings via Zoom on the second Tuesday of every month at 6:30pm. **Gordon Cardona**, our Communications Director, sends out the link the week prior to each meeting. It's also posted on The Unrecables Facebook page. Please contact Gordon at [communications@unrecables.org](mailto:communications@unrecables.org) if you would like to join the call, but are unable to find the link. Please join us!

Stay healthy. ♦

*Michelle*

*Sunshine*

**Cindy Julian**  
*her beloved father passed  
August 28, 2020*

**Kim Vuong**  
*her beloved grandmother passed  
Sept 23, 2020*

## THE UNRECABLES KEEPS FIT AND THINKS SAFETY

### Signs and Symptoms of Depression

Depression affects everyone differently. People with disabilities are 2 to 10 times more likely to experience depression than someone without a disability, and women over the age of 65 are twice as likely to be affected by depression than men. People with disabilities face a variety of challenges - such as access barriers, mobility limitations, lack of transportation, and social stigmas. These issues can limit people with disabilities from visiting friends and family, as well as accessing mental health services.

### Signs and Symptoms of Depression:

- Sadness
- Feeling of hopelessness
- Suicidal thoughts or behaviors
- Abnormal sleep patterns (sleeping too much or too little)

- Loss of interest in activities that once brought you joy
- Neglecting personal care
- Skipping meals or overeating
- Increased use of alcohol or drugs

### Ways to Cope:

- Contact friends and family to engage in social interactions
- Find activities that you enjoy
- Adopt healthy habits, like exercising and eating a variety of fruits and vegetables
- Practice mindfulness to increase self-compassion and decrease anxiety
- Talk to your doctor, therapist, or another professional for more information.

To find help in your area, contact SAMHSA's National Helpline at 1-800-662-HELP (4357).

Source: <https://www.nchpad.org/>

## The Unrecables'

New Shirts

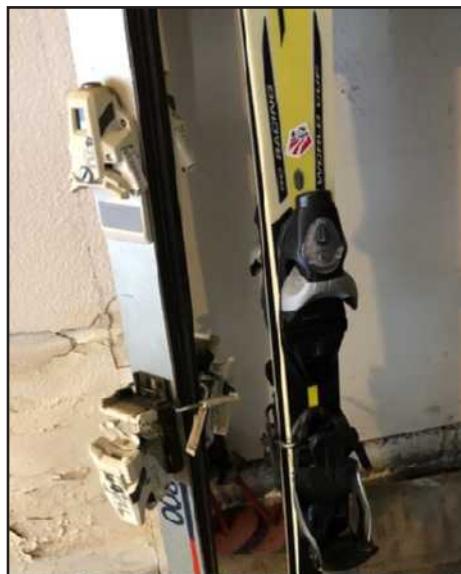
Available For Sale

*Most sizes available.*

Contact Michelle McCarthy  
president@unrecables.org  
for more information.



## FREE SKIS & SKI CLOTHING AVAILABLE!



Please contact Sigrid Noack for details.

## The Unrecables Stay @ Home

Since March 2020, The Unrecables have been practicing the Stay at Home Order from Governor Newsom and not going out to produce paper copies of the newsletter.

If you would like to have a paper copy mailed to you, please e-mail Gordon Cardona and he will send a copy. ♦

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

1. Log onto [www.RALPHS.com](http://www.RALPHS.com)
2. Click Community Contribution.
3. Click on "Participant"
4. Follow the easy steps to enroll.  
Our NPO # 80831. Please complete all the information!
5. Sit back and watch your grocery shopping save YOU \$\$ and at the same time earn \$\$ for our club!

*Thank you for your support!*  
**Contact Sigrid Noack**  
[sigrid@unrecables.org](mailto:sigrid@unrecables.org)

**SHOP AMAZONSMILE**

The Unrecables is part of AmazonSmile! It's simple fundraiser, somewhat similar to the Ralphs Program.

To order from AmazonSmile, first sign-in on Amazon. Then choose The Unrecables as your charity. The next time you sign-in, The Unrecables should be listed as your charity. It should be indicated at the top left of the web site. Have fun shopping! ♦



**CALENDAR OF EVENTS**

**October**

- 13 Social on Zoom @ 6:30p  
13 Board Meeting @ 7:00p

**November**

- 10 Social on Zoom @ 6:30p  
10 Board Meeting @ 7:00p

**December**

- 8 Social on Zoom @ 6:30p  
8 Board Meeting @ 7:00p

**January 2021**

- 12 Social on Zoom @ 6:30p  
12 Board Meeting @ 7:00p

*Contact our LA Council Representatives for LA Council Meeting Zoom links or visit [lacouncil.org](http://lacouncil.org).*

**FWSA TRIPS**



**FWSA Annual Ski Week 2021**

Sun Valley, Idaho

January 30-February 6, 2021

**FWSA Mini Ski Week 2021**

Zermatt Resort & Spa, Utah

March 2021

**International Ski & Snowboard Trips**

Solden, Austria in 2021

Chile in Summer 2021

Madonna di Campiglio in 2022

**FWSA Adventure Trips**

Africa - 2022

Galapagos Islands - 2024

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



The Unrecables' Annual Party in Alhambra in October 2000.

# October **disABILITY** 2020 Awareness Month

## Save the Dates

Friday  
**Oct 2**  
10am-12pm

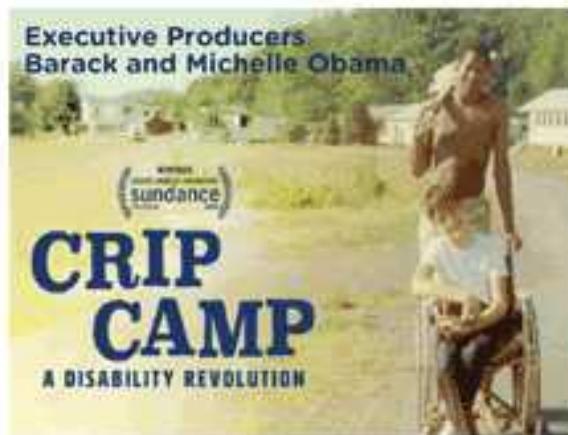
### **Student Welcome Event - Virtual!**

Welcome DSPS students! Whether you're new or continuing, we're glad you're with us. Catch up with the different DSPS departments; join breakout rooms for presentations from ASGCC, Student Equity, Multicultural Engagement Center, and other College services/departments; and enter our raffle.

Thursday  
**Oct 8**  
part 1  
and  
Tuesday  
**Oct 13**  
for part 2  
12:20pm  
-1:30pm

### **NETFLIX Movie Screening** **Crip Camp** (pts. 1 and 2)

This groundbreaking and award-winning documentary centers on the teens who helped the Disability Rights movement and changed the country. Facing isolation, discrimination, and institutionalization, the campers work together to secure life-changing accessibility for millions. (IMDB.com)



Thursday  
**Oct 15**  
12:20pm  
-1:30pm

### **Book Club - Kick Off**

It's our virtual meet and greet. We will look at selected book options that focus on books with characters/people with disabilities and/or disability experiences. We'll choose a book and a date for our Nov/Dec discussion.

Tuesday  
**Oct 27**  
12:20pm  
-1:30pm

### **Student Panel**

Join us for an informational virtual gathering. Students from DSPS will talk about their experiences at college, their thoughts on disability, and what they wish people knew and understood.

Details with Zoom and FLEX/CPGU info will be sent individually for each event.

If you need ASL interpreting or captioning for any of these events, please email Kim Weissman, lead Coordinator/Interpreter, at [kweissman@glendale.edu](mailto:kweissman@glendale.edu).



## 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

I consent to adding my contact information to the Membership Directory that is distributed to members. Yes \_\_\_\_ No \_\_\_\_

*Read & Sign  
the Waiver on back!*

#### ANNUAL MEMBERSHIP FEES

(includes memberships in Move United, LAC, FWSA)

<input type="checkbox"/> Individual \$40.00	<input type="checkbox"/> Family \$60.00
<input type="checkbox"/> Individual Lifetime \$320.00	<input type="checkbox"/> Family Lifetime \$480.00
<input type="checkbox"/> Organization (1 year) \$50.00	<input type="checkbox"/> 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

# Disabled Sports USA Waiver & Release of Liability Agreement

Disabled Sports USA, and its affiliated Chapters ("Released Parties") are non-commercial, not for profit activity providers. The purpose of this Disabled Sports USA 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 Disabled Sports USA, 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 Disabled Sports USA and/or Disabled Sports USA Los Angeles – The Unrecables, Inc. 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. 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 Disabled Sports USA/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.

**3. 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.

**4. Medical Treatment.** Undersigned understands that the Released Parties do not have medical personnel available at the location of the activities. Undersigned hereby grants the Released Parties permission to administer first aid or to authorize emergency medical treatment, if necessary. Undersigned understands and agrees that any such action by the Released Parties shall be subject to the terms of this agreement and release, including any liability arising from the negligence of the Released Parties when administering first aid or authorizing others to do so. Undersigned understands and agrees that the Released Parties do not assume responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment.

**5. Miscellaneous.** Undersigned agrees (a) Participant will not engage in any activities prohibited by any applicable laws, statutes, regulations, and ordinances; (b) this Agreement shall be governed by the laws of the State of California and the exclusive jurisdiction and venue for any claim shall be located in the state courts located in Los Angeles County, CA; (c) this Agreement shall be binding upon the subrogors, distributors, heirs, next of kin, executors, and personal representatives of the Undersigned; (d) this Agreement shall be construed as broadly as permitted by applicable law; and (e) that in the event that any clause or provision of this Agreement shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Agreement.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING LEGAL RIGHTS THAT OTHERWISE MAY EXIST. BY SIGNING BELOW, I HEREBY REPRESENT THAT I AM AT LEAST 18 YEARS OF AGE AND FULLY COMPETENT TO SIGN THIS AGREEMENT ON MY OWN BEHALF.

Participant's Signature	Participant's Name (please print clearly)	Date
-------------------------	---	------

## FOR PARTICIPANTS UNDER THE AGE OF 18 OR LEGALLY INCAPACITATED

Undersigned parent, or legal guardian, or legal representative acknowledges that he/she is not only signing this Agreement on his/her behalf, but that he/she is also signing on behalf of the minor or legally incapacitated adult and that the minor or the legally incapacitated adult shall be bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent, or legal guardian, or legal representative of a minor or legally incapacitated adult, the parent, legal guardian, or legal representative understands that he/she is also waiving rights on behalf of the minor or legally incapacitated adult that the minor or legally incapacitated adult otherwise may have. The Undersigned parent, or legal guardian, or legal representative agrees that, but for the foregoing, the minor or legally incapacitated adult would not be permitted to participate in the activities. By signing below, I hereby represent that I am the parent, legal guardian, or legal representative of a minor, or legally incapacitated adult Participant and that I have the authority to sign on the Participant's behalf.

Minor's DOB	Parent/Legal Guardian or Representative Signature	Parent/Legal Guardian or Representative Name	Relationship	Date
-------------	---	--	--------------	------

## HAPPY BIRTHDAY!

### OCTOBER

- 1 Ron Bass  
13 Kathy Knott-Faris  
17 Devin Riley  
26 Fran Weber-Melville  
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



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

## 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*

## LA COUNCIL 2020-21 BOARD OF DIRECTORS

- Sandy Blackwell, President  
Sandra Knapp, Secretary  
Dan Haste, Treasurer  
Iris Williams, VP Membership  
Todd Hood, VP Travel  
Paula Hazzard, VP Programs  
Gordon Cardona, VP Communications  
David Krupp, Past President

## LAC/FWSA SKI WEEK 2021

**Sun Valley, Idaho**  
*January 30-February 6, 2021*

**Contact: Todd Hood**  
LAC Trip Leader  
[SkiWeek@LACouncil.org](mailto:SkiWeek@LACouncil.org)  
951-444-8633

## THE UNRECABLES 2020-21 BOARD OF DIRECTORS

**Michelle McCarthy, President**  
[president@unrecables.org](mailto:president@unrecables.org)  
310-795-5517

**Glenda Phillips, Vice President**  
[vicepresident@unrecables.org](mailto:vicepresident@unrecables.org)  
310-390-4618

**Amanda Davis, Secretary**  
[secretary@unrecables.org](mailto:secretary@unrecables.org)  
949-887-3690

**Will Chung, Treasurer**  
[treasurer@unrecables.org](mailto:treasurer@unrecables.org)  
310-562-5396

**John Gray, Membership Director**  
[membership@unrecables.org](mailto:membership@unrecables.org)  
858-740-8017

## APPOINTED BOARD MEMBERS

**Dee Armstrong,**  
*Ski Director/Webmaster*  
[skidirector@unrecables.org](mailto:skidirector@unrecables.org)  
323-605-3396

**Marina Sallaway,**  
*Winter Trips Director*  
[wintertrips@unrecables.org](mailto:wintertrips@unrecables.org)  
858-793-1186

**Hannah Nishimoto,**  
*Equipment Manager*  
[equipment@unrecables.org](mailto:equipment@unrecables.org)  
310-990-9474

**Steve Lefkowitz,**  
*Club Historian*  
[historian@unrecables.org](mailto:historian@unrecables.org)  
310-306-5249

**Sigrid Noack,**  
*Sunshine/LAC Rep*  
[sunshine@unrecables.org](mailto:sunshine@unrecables.org)  
310-499-8181

**Jay Davis,**  
*Past President*  
[pastpresident@unrecables.org](mailto:pastpresident@unrecables.org)  
949-378-7895

**Gordon Cardona,**  
*Communications Director*  
[communications@unrecables.org](mailto:communications@unrecables.org)  
562-480-4398 (text)

**Public Relations Manager**  
Vacant

# THE UNRECABLES NEWS

**NEXT NEWSLETTER DEADLINE: DEC 1**

Coming up in the next issue:

- 2021 Ski trips
  - Fitness & safety ... and much more

# UNRECABLES SOCIALS ON ZOOM

**2ND TUESDAY MONTHLY  
6:30 PM**

Oct 13  
Nov 10  
Dec 8  
Jan 12

*Check your e-mail for  
Zoom meeting link, or e-mail  
communications@unrecables.org.  
Stay safe, stay home.*

#### SPECIAL THANKS

Ron Bass  
John Gray  
Michelle McCarthy  
Sigrid Noack  
Marina Sallaway

## **Photos Courtesy**

Sigrid Noack

The Unrecables News  
*published by*  
**CARDONA COMMUNICATIONS**

**Gordon W. Cardona**  
*Publisher*

## 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 monthly 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  
Website: www.unrecables.org



## Change Service Requested

P.O. Box 24856  
Los Angeles, CA 90024-0856

FALL 2020

