



The Unrecables

News

LOS ANGELES CHAPTER • THE UNRECABLES • PO BOX 24856 • LOS ANGELES, CA 90024-0856

FALL ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

OCTOBER-DECEMBER 2017

THE UNRECABLES TO HONOR OUR MAN & WOMAN OF THE YEAR AT SNOW GALA

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Activities abound!

As Fall is here, several pre-ski season kick off events are available for your participation.

The Unrecables Pool Party & Potluck was fun with over 25 members in attendance. Thank you Nancy Brown and her parents for graciously hosting our party at their beautiful home in Encino. Pictures are in this newsletter and on Facebook.

LA Council will be hosting the Annual Snow Gala on November 4th. This year's Gala will be a brunch at the Sportsman's Lodge in Studio City. We have been graciously invited to again hold a Silent Auction to raise some much needed funding for our Club. Please come out and join us for a fun afternoon of celebrating with our LA Ski Clubs. You will also be able to help cheer on our Unrecables Man and Woman of the Year! Stay tuned for the opportunity to purchase your Gala ticket at a discounted rate from our Club.

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Congratulations Darryl Coit & Hannah Nishimoto,
The Unrecables' 2017 Man & Woman of the Year.

*This issue of
The Unrecables News
is dedicated to
the memory of
Tobie Graubard*

See page 3.

INSIDE THIS ISSUE

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SKI TRIP DATES SET
MARINA SALLAWAY



Hello fellow skiers! Welcome to a new ski season! We were all rather spoiled last season with all the snow. Let's hope for another good one. The ski trip weekends are posted below.

To reserve your spot on a trip please email or snail mail me your trip form. The trip form can be found on our web site unrecables.com. All the information on the trip form is important for a successful trip.

Please feel free to email me any questions you might have about our trips. Our newsletter and our website are excellent sources of information.

I look forward to hearing from you and seeing you on the slopes.

- November 17-19, 2017
- December 15-17, 2017
- January 19-21, 2018
- February 23-25, 2018
- March 16-18, 2018
- April 20- 22, 2018
- May 18-20, 2018 ♦

Marina



John Wiley visited by two beautiful ladies, Sigrid Noack & Kathy Paisley.

MEMBERSHIP MATTERS
JOHN GRAY



Unrecables Family, Winter is right around the corner. If this season is only half as good as last season, then it will be epic, fun and full of great adventures and stories.

This is a friendly reminder that membership renewals are due now. To renew your membership, or join for the first time, please complete the attached Membership Application and mail to the address on the application.

For your convenience, you can now PAY ONLINE at Unrecables.org. You can also download the membership application from the web site.

We appreciate your participation and support!

Our membership categories (includes Disabled Sports USA membership):

Individual	\$40
Individual lifetime	\$320
Family	\$60
Family lifetime	\$480

Corporation/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
- 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
- Gives you that really good feeling that you are doing the right thing!

Contact me with any questions: membership@unrecables.org. ♦

SHOP AMAZONSMILE

The Unrecables are now a part of AmazonSmile! It's another simple fundraiser, somewhat similar to the Ralphs Community 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! ♦



SUPPORT THE UNRECABLES AND SHOP RALPHS!

RE-REGISTER YOUR RALPHS CARD

1. Log onto 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

Scholarships Available

Eligible to current members for trips and events.

For details please contact **Michelle or Marina**

TOBIE GRAUBARD -- IN MEMORIAM

On July 17th we lost one of our own Unrecables family members. To remember **Tobie Graubard**, you might wish to look at her FB page. There are beautiful pictures and a little more about her life.



Over 40 family and friends attended her funeral, including **Randy Benson and Wally & Gordon Cardona**. It was a beautiful service with those sharing heart-warming stories about our dear Tobie.

We haven't seen Tobie around the club very much, but she has skied with us in past years and attended some of our meetings and other functions. She was also a member of the Single Ski Club.

The last time I saw Tobie and spent some time with her was at a funeral on April 6th of this year. We both attended Burke Mucho's celebration of life. Some of you might remember him, as his son Rob used to ski with The Unrecables.

Tobie had been fighting cancer

for almost 3 years. When she was diagnosed with stage IV stomach cancer, she was given 6 months to live. Tobie has always been tough and put up a good long fight! She spent the last 3 weeks or so at Cedars

Sinai fighting a lingering infection. Gordon Cardona and his Pastor visited her 3 days before she passed. Her dear friend **Jack Richards** has supported Tobie throughout her battle and was with her at the end holding her hand.

Jack wrote about Tobie: "All her life Tobie was all about helping others. Even when she was diagnosed with cancer, she looked for ways to help others and found No Stomach For Cancer. She enthusiastically supported their work In her memory, please consider donating ... Tobie will be smiling from the Universe, when you do."

Tobie is survived by her 3 brothers Alan, Paul and Ben. We will miss you, Tobie. ♦

*contributed by
Sigrid Noack*

POOL PARTY



L.A. COUNCIL NEWS

SIGRID NOACK

On August 12th, I attended the LAC Presidents Luncheon, which again was quite educational. **Todd Hood** had prepared another phenomenal presentation. This one was named Knock Knock, Who's There? Actually it was all about succession planning, which is of great importance to all ski clubs and actually to all organizations. Succession planning starts with writing Job Descriptions or Best Practices for each board position. Then look at your membership roster, Advisory Board, Donors & Supporters to see who might fit those job descriptions. Invite members to take on the board positions. Thank you Todd, for another enthusiastic and exciting presentation, teaching us ways to improve our ski clubs.

The Snow Gala is fast approaching on November 4th at the Sportsman's Lodge in Encino. This year's event will be a casual luncheon. There will again be a raffle with the grand prize being a 2 night stay for 2 at

the Mammoth Mountain Inn with lift tickets for 2 days. Also, the presentation of LA Council's Man and Woman of the Year.

The Unrecables will again be holding a Silent Auction and we need YOU to help out. You can help by getting donations and we also need help at the event. So, please contact Michelle at mvdpt@yahoo.com with your donation suggestions.

LAC is joining FWSA on their annual week-long ski trip, this year to Banff, Canada, on February 3-10, 2018. See page 11 in this newsletter for contact information.

In March 2018 FWSA is going to Alyeska, Alaska. Please check out fwsa.org for more information.

The FWSA Convention will be held in Reno, Nevada in June 2018.

For more information or questions about LAC or FWSA, please contact Sigrid at skisig@gmail.com. ♦

Sigrid



CALENDAR OF EVENTS

October

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

November

- 4 Snow Gala
- 14 Social @ 6:30p
- 14 Board Meeting @ 7:00p
- 17-19 Instructors' trip - Mammoth

December

- 30-12-3 Ski Dazzle
- 12 Social @ 6:30p
- 12 Board Meeting @ 7:00p
- 15-17 Mammoth ski trip

January 2018

- 9 Social @ 6:30p
- 9 Board Meeting @ 7:00p
- 19-21 Mammoth ski trip

February

- 13 Social @ 6:30p
- 13 Board Meeting @ 7:00p
- 23-25 Mammoth ski trip

March

- 13 Social @ 6:30p
- 13 Board Meeting @ 7:00p
- 16-18 Mammoth ski trip

Contact our LA Council Representatives for LA Council Meeting dates & locations or visit lacouncil.org.

President's Message

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Keep an eye out for the announcement of our annual Dryland Instructor's Training Clinic. Attendance at this event is encouraged for all volunteers and certified instructors. Safety is paramount to our Club, and this clinic allows us an opportunity to review and refresh our safety and instruction procedures for new and "seasoned" volunteers.

I look forward to seeing you at these pre-ski season kick-off events! ♦

Michelle

THE HELPFUL HONDA GUYS DELIVER A STRIKE FORCE CHAIR
BY ZEBREDA DUNHAM & GORDON CARDONA

I have been playing power soccer since 2011 when I attended the Abilities Expo in Los Angeles and saw a demonstration. After the demonstration, I tried kicking the ball after the staff of volunteers put a plastic guard on my chair. I kicked the ball around and I was hooked! I went to Glendale Community College for more information and to try out. I haven't looked back since. I have traveled for games with my team, Glendale Rough Riders, which gave me an opportunity to travel.

In February, my good friend Gordon saw a Honda commercial during the Super Bowl. In the commercial, the Helpful Honda Guys were helping school children raise funds. My friend then contacted them by Facebook thinking they could help us raise funds for our Cup tournament. They responded asking for more information and said they will keep in touch.

Several weeks later in March, we were busy setting up our soccer equipment for practice, four people dressed in light blue shirts came into the gym and told us they were here to help with our practice! They were the Helpful Honda Guys! They helped with setting up guards, strapping in, and placing balls. They were very Helpful!

I always wanted a Strike Force but due to limited income I could not afford one. I began spreading the word to my family, friends, and anybody I ran into that I was looking to get a Strike Force power soccer chair. One day I went to my bank and one of the bank tellers, Andrew, at Chase Bank in Pasadena, CA, asked how I was doing and how I did playing power soccer at the previous weekend's games. I went

on to tell him we lost all our games partially due to our equipment, and almost all of our opponents were playing in Strike Force chairs which gave them a big advantage. He expressed his concerns and said he wished he could do something. I told him about the Helpful Honda Guys and what they do to help people in need. He said he will write to them.

A few months later, I received a call from Armondo, our coach, that we were going to have a special practice in late August at Glendale Community College and they needed me. I told him I would be there. Little did I know what was about to happen was going to change my life forever. I got to practice in my usual soccer chair and got my equipment ready. I warmed up with my teammates and kicking the ball around for a few minutes.

Then I noticed somebody in a light blue shirt come into the gym pushing a chair. I continued warming up. He suddenly yelled out, "Is Zebreda Dunham here?" I said Yes. He proceeded to introduce himself and said he was from the Helpful Honda Dealers and heard you play power soccer and we are here to present you with a brand-new Strike Force power soccer chair!! First, I was in utter shock. Then I started crying. Tears of joy!

They helped me transfer into the Strike Force. I turned on the power in eager anticipation.

I started at the slowest speed and worked my way to the mid level speed. I tried to kick the ball. Bam! The ball went fast down the court. What a difference! We then divided into teams for a scrimmage for a Random Acts of Helpfulness TV commercial that started airing in late September. I'm looking forward to getting accustomed to my Strike Force chair and play to my full potential this season.

I would like to thank Andrew who wrote the letter to Honda, Gordon who first contacted Honda in February, Armondo and Benny who arranged all the logistics with Honda and Glendale Community College, and finally all my wonderful teammates and family who have supported me during my power soccer career. Most of all, I would like to thank and show my appreciation and gratitude to Honda. Your company and your Helpful Honda Guys are awesome! Thank you so much! I couldn't have done any of this without you!

My website is ZebredaMakesIt-Work.com. Check it out for unique AT ideas. ♦

Zebreda



THE UNRECABLES KEEPS FIT AND THINKS SAFETY

How to Ski Safely on Icy and Hard Packed Snow by Mike Doyle

Every skier, beginner to expert, will at some point come upon icy or hard packed snow and it's good to hear from an expert on how to safely ski through these conditions.

Martin Heckelman, known internationally as 'Mr. Ski Tips', is now based in Val d'Isere France, but he grew up skiing and started teaching skiing in the northeast United States so you can be sure he's an expert on explaining how to safely ski through and over difficult icy, or very hard packed snow.

When and Where Icy Conditions Set Up

Almost every skier will encounter icy conditions at some point in their career and here are some reasons why you'll find icy conditions. Snow which falls at low altitude is usually very moist and easily turns to ice when the temperature drops below freezing - this holds true for a lot of man-made snow also. In the springtime especially, the higher altitude snow that catches hot afternoon sun will thaw and freeze up overnight when the temperature drops. Another factor to consider is that after a windy storm the loose snow is blown off exposing very hard or icy surfaces.

Properly Tuned Skis

If your ski edges are dull or rusted or dinged up it will impair your ability to turn or stop on ice or hard packed snow so it's a good practice to keep your ski edges sharp and burr free. It's not hard to sharpen your own skis and with a little practice you can keep them in tip top shape and you might want to check them daily for burrs or dings especially if you have recently been skiing on ice or hard packed snow.

Modify Your Ski Stance on Ice or Hard Pack

With sharp edges, it is still necessary to adjust your body position to best hold your edges and keep your skis from slipping out from under you. On the ice, you want more of your body center over the center of your skis so as to keep your edges gripping but so you are stabilizing your traverse on the ice.

To assume this position, lower your hips and, bending from the waist, lean your upper body down the fall-line. This movement helps keep your body weight more on the inside edge of your downhill ski all the while leaning your feet and ankles into the hill for edge grip.

The best body position for controlling your skis on ice depends on the type of skis you are on - twin-tip, fat, the amount of sidecut, ski length and your body-weight distribution. With all these variables it's necessary to practice on a low angle hard packed

or icy trail using the modified body position above until you find that 'sweet spot' of positive control.

Special Tips From Martin

If you ski with skis close together separate your skis a little more on ice for better stability - but not so far apart that it is difficult to position your weight over the downhill ski.

If the icy area is just a small patch and you see soft snow downhill from the ice ski across the ice maintaining balance and then turn in the soft snow.

When coming to a stop on ice don't try to stop by suddenly digging your edges into the ice. Rather, initiate the stop by sideslipping to a gradual stop applying gentle pressure to the ski edges.

Ski safe and remember in the northeast U.S. we didn't call it ice it was just 'Loud Powder.

Martin Heckelman, known as 'Mr. Ski Tips', is the author of 'The New Guide To Skiing', 'The Hamlyn Guide To Skiing' and 'Step-by-Step Skiing Skills'.

He is also the instructor and demonstrator in the 'Ski Tips' series of videos and DVDs as well as the recently released 'Ski Tips' Apps series for smartphones. He is based in Val d'Isere, France, one of the world's top ski resorts. ♦

October is

*Disability Awareness Month
Breast Cancer Awareness Month*

Celebrate life!



Sunshine

*Amanda Arsenuit
engaged*

*John Wiley
recovering at home*



NOVEMBER 4, 2017

SNOW GALA

SKIING AROUND THE WORLD

Our theme this year gives you the opportunity to wear all of those wonderful ski resort pins you have been collecting over the years... Come celebrate with members of the Los Angeles Clubs in ushering in the next ski season!



Man and Woman of the Year!
Raffle Prizes!
Grand Prize: Trip for 2 at Mammoth Mountain!
Silent Auction benefitting The Unrecables!
Sumptuous Lunch Buffet!
See page 2 for additional details...

SPORTSMEN'S LODGE
12833 Ventura Boulevard
Studio City, CA 91604
(818) 769-4700

Waterfall Room
Saturday, November 4, 2017
11:00 AM – 2:00 PM



THE UNRECABLES

TRIP FORM 2017-18

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

Equipment/Devices Used (i.e., wheelchair) _____

Ski Equipment Needed from Club _____

Ski School: (check one) Mono-ski Bi-ski 3-Track 4-Track Blind skier Snowboard

Ski Level: (check one) Beginner Intermediate Advanced

Helmet Size: Small Medium Large XL XXL

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

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

Lodging: Do you need club lodging? YES • If YES, no. of people _____ No. of nights _____

(\$60 deposit required) NO • If NO, where are you staying? _____

Transportation: (check) Passenger Driver • Passengers' names: _____

• Will you drive? YES NO • Day/time you are available to leave _____

Is your membership current for 2017-18? YES NO • If YES, date membership submitted: _____

Reservation Form for Trip Date: _____

TRIP DATE	RESERVATION DEADLINE
November 17-19, 2017	October 27, 2017
December 15-17, 2017	November 24, 2017
January 19-21, 2018	December 29, 2017
February 23-25, 2018	February 2, 2018
March 16-18, 2018	February 23, 2018
April 20-22, 2018	March 30, 2018
May 18-20, 2018	April 27, 2018

**TRIP RESERVATION DEADLINE:
3 WEEKS PRIOR TO TRIP**

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

Contact

E-mail or send this form to: **Marina Sallaway**, *Winter Trips Director*, 11279 Senda Luna Llana, San Diego, CA 92130
 Home: 858-793-1186; e-mail: wintertrips@unrecables.org



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

_____ Please do not include my contact information in the Club Membership Directory.

ANNUAL MEMBERSHIP FEES	
<i>(includes memberships in Disabled Sports USA, 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

**Read & Sign
the Waiver on back!**

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, 11478 Via Promesa, San Diego, CA 92124.
 Phone: 858-740-8017; e-mail: membership@unrecables.org

Disabled Sports USA Waiver & Release of Liability, and Media Release Agreement

Disabled Sports USA, and its affiliated Chapters (“Released Parties”) are non-commercial, not for profit activity providers. The purpose of this agreement is to exempt, waive and relieve Released Parties from any and all liability for wrongful death, personal injury, and property damage, 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 representatives, administrators, directors, agents, coaches, employees, 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 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 the activities, 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 the activities.

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. 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 CA and the exclusive jurisdiction and venue for any claim shall be located in the state courts located in Los Angeles County, CA; and (c) this agreement shall be binding upon the subrogors, distributors, heirs, next of kin, executors, and personal representatives of the Undersigned.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING LEGAL RIGHTS THAT OTHERWISE MAY EXIST.

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. If signing as the parent, legal guardian or legal representative of a minor or legally incapacitated Participant, signing adults represent that they are a parent, legal guardian or legal representative of the Participant.

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

MEDIA RELEASE FORM

MEDIA/PHOTO WAIVER: Undersigned authorizes and gives full consent to Released Parties to copyright and/or publish for public view any and all photographs, digital recordings, videotapes and/or film in which Participant appears. Undersigned agrees that Released Parties may transfer, use, or cause to be used, these digital recordings, photographs, videotapes, or films for any exhibitions, public displays, publications, commercials, art and advertising purposes, television programs, and internet without limitations or reservations.

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

Parent/Legal Guardian or Representative Signature	Parent/Legal Guardian or Representative Name	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 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
- 30 Terry Walton



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.*

Bob Fuss
*Correspondent,
CBS News*

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*



FWSA ANNUAL SKI WEEK

Banff, Canada
February 3-10, 2018

Contact: Sandy Blackwell
818-441-6191
sandyblack976@gmail.com

THE UNRECABLES 2017-18 BOARD OF DIRECTORS

Michelle McCarthy, President
president@unrecables.org
310-795-5517

Glenda Phillips, Vice President
vicepresident@unrecables.org
310-390-4618

Erin Hayden, Secretary
secretary@unrecables.org
213-821-1499

Will Chung, Treasurer
treasurer@unrecables.org
310-562-5396

John Gray, Membership Director
membership@unrecables.org
858-740-8017

APPOINTED BOARD MEMBERS

Dee Armstrong,
Ski Director/Webmaster
skidirector@unrecables.org
323-605-3396

Marina Sallaway,
Winter Trips Director
wintertrips@unrecables.org
858-793-1186

Hannah Nishimoto,
Equipment Manager
equipment@unrecables.org
310-990-9474

Jonna Wilkins,
Public Relations Manager
publicrelations@unrecables.org
310-779-1472

Sigrid Noack, Sunshine/LAC Rep
sunshine@unrecables.org
310-499-8181

Jay Davis, Past President
pastpresident@unrecables.org
949-378-7895

Gordon Cardona,
Communications Director
communications@unrecables.org
562-480-4398

THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: DEC 4

Coming up in the next issue:

- Snow Gala pix & recap
 - Club party pix
- ... and much more

UNRECABLES

SOCIALS

2ND TUESDAY, 6:30PM

Oct 10

Nov 14

Dec 12

Jan 9

IHOP Restaurant

4070 Lincoln Bl.
Marina Del Rey, CA
Cross st: Washington Bl.
Free lot parking.
Take I-405 fwy to Rte. 90
West. Exit on Lincoln Bl. and
turn North. Located on the
East side of Lincoln Bl.

SPECIAL THANKS

John Gray
Michelle McCarthy
Sigrid Noack
Marina Sallaway

Photos Courtesy

Jed Firestone
Michelle McCarthy
Hannah Nishimoto
Sigrid Noack

The Unrecables News
published by

CARDONA COMMUNICATIONS

Gordon W. Cardona
Publisher

gwcardona@unrecables.com

THE UNRECABLES MEETINGS

SOCIALS: Every second Tuesday monthly at 6:30pm at IHOP Restaurant, 4070 Lincoln Bl, Marina Del Rey. Cross street: Washington Bl. Take I-405 fwy to Rte 90 West to the end of the freeway. Turn right on Lincoln Bl. The restaurant is located on the East side of Lincoln Bl.

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

L.A. COUNCIL MEETINGS: Every month at 7:00pm at various locations. Visit lacouncil.org for meeting dates and locations. Everyone is invited.

FAR WEST SKI ASSOCIATION

SAFETY SLOGAN

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES.

FIRST WITH SAFETY AWARENESS

CONTACT THE UNRECABLES

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

By phone: 562-480-4398 (text)

By e-mail: info@unrecables.org

THE UNRECABLES



Change Service Requested

P.O. Box 24856
LOS ANGELES, CA
90024-0856

FALL 2017

