



THE UNRECABLES

NEWS

THE UNRECABLES • LOS ANGELES CHAPTER OF DISABLED SPORTS USA

SPRING ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

APRIL-JUNE 2019

THE UNRECABLES ENJOY RECORD SNOWFALL AT MAMMOTH THIS SEASON

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



Spring had sprung! We want to thank Mother Nature for the abundant snow that she gave us this past winter, and now we can thank her for the return of our warmer weather.

Eighteen Unrecables enjoyed a fabulous St. Patrick's Day weekend at Mammoth on March 15-17. We had 1 bi-ski and 2 stand-up lesson groups. **Hannah Nishimoto** also ran two instructor clinics. This was the second outing for one of our new bi-skiers, and she showed tremendous improvement.

We all gathered that evening for a delicious dinner, reminisce, and watch the video from the day.

On Sunday we arrived at Main Lodge with our green on to enjoy the slopes for another round of lessons in perfect weather before heading home.

Thank you to all who made this wonderful trip possible: Mammoth Mountain for sponsoring our club, **Marina Sallaway** for handling the arrangements, **Rob McCarthy** for video

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Tons of snow at Mammoth Mountain.

Spring Ski Trips

April 12-14, 2019

May 17-19, 2019

Contact *Marina Sallaway*
to book today!

2019 Election Season

April 9 & May 14 -- Board Nominations

June 11 -- Election & Annual Meeting

See page 4 for details

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RECORD SNOWFALL
MARINA SALLAWAY



Hello fellow Unrecables! Wow! The snow has fallen this season. Record numbers for Mammoth. We have had two weekends of so much snow falling and wind, we could barely ski!

Keep sending me those Trip Forms and emails giving me all the information I need for a successful trip (lodging, carpool capabilities, days skiing, equipment, etc). A big thanks to **Hannah Nishimoto** and **Dee Armstrong** who are irreplaceable when it comes to managing the group up on the slopes. I could not do it without you!!

Spring Ski Trip Schedule

April 12-14, 2019

May 17-19, 2019 ♦

Marina

MARVELOUS MARCH



MEMBERSHIP MATTERS
JOHN GRAY



What an amazing winter – so much snow and so much FUN left this season! We still

have ski trips in April and May! If you haven't done so already, now is a good time to renew year membership. 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. For your convenience, you can now PAY ON-LINE. You can download the membership application from the website or fill out the one attached to this newsletter. 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”.

Our membership categories (includes Disabled Sports USA membership):

Individual	\$40
Individual Lifetime	\$320
Family	\$60
Family Lifetime	\$480
Corporation/Organization	\$50/year or \$200/5 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
- 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 Meetings and Socials
- 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!

Please contact me with any questions at membership@unrecables.org. ♦

John

We appreciate your participation and support!



SNOW, SNOW, AND MORE SNOW!
DEE ARMSTRONG

What an adventure we had in February. Snow, Snow and more SNOW!! Thank you to all who braved the weather to come ski and try to drive in the snowy weather! Once again, there were rideshare challenges. **Sigrid Noack** helped **Wally Cardona** drive her van making it possible for **Gordon Cardona** and **Steve Lefkowitz** to participate for the weekend. **Jeremy Hsu, Kaz** and his wife **Kazui, Gordon, Laura** and **Steve** were there for lessons or supporting those with lessons. Thank you to **Kenny, Randy, Soo Lee, David, Shaun, Jennifer, Josh, Sigrid** and **Karen** who volunteered.

Friday had some sun, so those of us who were on the mountain had a very nice day. Saturday was a bit more challenging with wind and snow. We were invited to have dinner with the Achievers, so we took lasagna and other items for the potluck and had a very nice evening. Thank you, Achievers for inviting us to join you Saturday night!

Sunday was a very blustery day. We had left two bi-ski rigs at Disabled Sports Eastern Sierra and had to

explain this to the people guarding the highway up to the mountain. It was closed, but they let Hannah go up. Visibility was about nil and the winds were amazing along with the snowfall. The main lodge was closed, but the doors were unlocked. With the help of some Ski Patrol members upstairs, Hannah was gained access to the rigs and got us back down the hill and put the rigs in our shed. Thank you very much, Disabled Sports Eastern Sierra and Mammoth Ski Patrol for your assistance!!

With Sunday skiing cancelled, we all made our way toward home. US Hwy. 395 was intermittently closed and it took way more than an hour to get to Bishop. We found a favorite breakfast place shut down but then found another great place, Jack's, which was open and very crowded. After finally getting a seat and being served, Kaz and his wife entered and we invited them to our table. Everyone made it home fine and as far as I know, nobody ended up stuck an extra day. Thank you, volunteers and students, and family members! ♦

Dee



MARCH MADNESS
DEE ARMSTRONG

What a difference a month can make! Our March trip had more sun and still had plenty of snow from the storms of the previous week. We had **Steve Lefkowitz, Jason Julian, and Laura Goodkind**. Our volunteers were **Jay and Amanda Davis, Glenn Green, David, Dean, Will, Brooke, Connor, Mike and Cindy Julian, Michelle and Rob McCarthy, Kenny Chan, and Amanda Arsenult**. Thank you all for joining us this month!

With there being less students this trip, **Hannah Nishimoto** organized clinics so several volunteers could learn about tethering stand-up skiers and how to teach using a pole for balance. Others spent half of the day learning more about teaching sit-down skiing with our Dynamique Bi Ski. We do try to clinic when we can. Usually the first trip in November or December is designated as the Instructors' trip for the sole purpose of training.

If you are interested in more training and wish to become a certified adaptive ski instructor, you may go to the PSIA-W website for information on where to find clinics and testing at various mountains in California. Snow Summit and Big Bear are two of the closest places for training. Professional Skiers of America Western Division should have the 2019 calendar posted on their website. Current Certified instructors enjoy free annual membership in The Unrecables. Once certified, you must participate in continuing education training, one day a year or two days every two years. The annual convention at Mammoth or Tahoe offer a full weekend (Fri-Sun), of clinics each year.

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2019 FWSA CONVENTION IN INDIAN WELLS

SIGRID NOACK

This is the year for you to attend the FWSA Convention, because it is within driving distance, in the Palm Springs area! The Orange Council is hosting this big event with help from our own LA Council. The convention is always a fun weekend. You can also help out LAC and volunteer for a few hours at the convention.

The Unrecables will sponsor the registration for you, if you decide to be one of our delegates and attend the whole weekend.

You also have the option to just attend the Silent Auction on Friday night, which is free, PLUS you get a free glass of wine or beer! The Silent Auction is phenomenal! Many trips are offered for you to bid on. It's somewhat like our Silent Auction at the LAC Snow Gala, except the donations at FWSA are huge. You can get a \$1,000 trip for about 1/2 price, and most of the time, for even less. Several of our members have gotten fantastic deals on ski trips. There will also be bike trips, adventure trips and lots of other great bargains available for bidding.

That's Friday night. Before that, on Thursday and Friday there are many optional activities including the really fun Pub Crawl, a golf tournament, a Pool party with games & competitions, the Aerial Tram ride, Spa Day, and a short orientation to convention, if you are a newby.

On Saturday is a continental

breakfast buffet, then one of the Snow Sports Leadership Academy seminars with very worthwhile topics. We have a Public Affairs Panel with interesting guests, a delicious luncheon with awards & presentations and more public affairs, a council caucus, and then the big, fancy Awards Banquet with more awards & dancing till the cows come home!

On Sunday are the annual elections with a fancy delicious brunch and some more award presentations, including the communications, which our own **Gordon Cardona** and **Dee Armstrong** are nominated for! Also, **Sigrid Noack** makes her presentation, announcing the Charity Award winners.

Most importantly, you really want to attend this convention, because you want to support our very own LAC Man of the Year **Kenny Chan**, who is in the running for

FWSA Man of the Year! Congratulations **Kenny** and best of luck to you!

Please check out all the activities and read about our guest speakers like our good friend and Olympic skier **Billy Kidd** and **Fred Liebel** from San Diego. Early registration of \$165 ends May 6th.

Check out everything about Convention 2019 on the website fwsa.org. Also, please feel free to ask Sigrid, if you have any questions at skisig@gmail.com. ♦

Sigrid

The Unrecables' Important Dates

April 9 & May 14 -- Call for Board Nominations

Open positions: President, Vice President, Secretary, Treasurer, & Membership Director.

June 11 -- Annual Meeting & General Elections

FWSA Trips

Windjammer Sailboat Adventure
May 19-26, 2019

2019 Adventure Trip
Philippines
September 28-October 12, 2019

2020 Ski Week
Big Sky, MO
January 25-February 1, 2020

2020 Mini Ski Trip
Big White, British Columbia, Canada
March 29-April 3, 2020

2020 Adventure Trip
Croatia
September 2020

2020 International Ski Week
Davos, Switzerland

2021 Ski Week
Zermatt Utah Resort and Spa
March 2021

Check out
FWSA.org
for details.

President's Message

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documenting our day, **Amanda Arsenult** for helping with post-dinner clean up. Special acknowledgement to our wonderful **Hannah** for handling equipment, check-in, running a clinic, and the club dinner. Look for a few of these tasks to be delegated the next trip!

Come join us on the slopes in April and May! ♦

Michelle

**RALPHS COMMUNITY
CONTRIBUTION PROGRAM NEWS
SIGRID NOACK**

People who were registered with the Ralphs program last year do not have to re-register for this coming year, which started on September 1, 2018.

Hopefully, everybody will go out and recruit new people to support us with this very valuable program.

Remember to talk to your friends, your family, your coworkers, your neighbors, everybody that you meet on the street or at the doctors office or wherever. We need lots more people to sign up, so that we can afford to buy new equipment and give more scholarships.

Also, we need to shop at Ralphs or Food 4 Less to support our club, and we need to encourage all of our relatives and friends to shop at Ralphs.

Reminder to our supporters, who were not registered with Ralphs this past year:

- Go to ralphs.com and register under Community Contribution Program.
- Select The Unrecables--Disabled Sports USA.
- Our NPO # 80831.

Once folks have registered, The Unrecables will receive a small percentage of what they purchase at Ralphs or Food4Less for a whole year.

Thank you everybody for your support of The Unrecables. ♦

Sigrid

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.
One scholarship per member per season

For details please contact
Michelle or Marina

CALENDAR OF EVENTS

April

- 9 Social @ 6:30p
- 9 Board Meeting @ 7:00p
- 12-14 Mammoth Trip

May

- 14 Social @ 6:30p
- 14 Board Meeting @ 7:00p
- 17-19 Mammoth Trip

June

- 11 Annual Meeting & Elections
- 13-16 FWSA Convention

July

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

August

- 13 Social @ 6:30p
- 13 Board Meeting @ 7:00p
- 13-15 Land Meets Sea Sports Camp

September

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

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

Madness in Mammoth

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Please remember, helmets are required to ski with our club using our lift ticket. It is very much worth it to own your own helmet. If you must borrow one, you can rent one from the mountain or contact **Marina Salloway** before the trip with your request and helmet size so **Hannah Nishimoto** can bring one up on Friday from the shed. **Hannah**, thank you very much for the duties you have taken on during these trips (Equipment Director, Saturday night dinner person, Associate Ski Director, etc)!!

I look forward to seeing everyone on the April trip! Take care and Happy Skiing! ♦

Dee

THE UNRECABLES KEEPS FIT AND THINKS SAFETY

Reasons to Wear a Helmet While Skiing

It seems like we always stress the importance of wearing a helmet while riding a motorcycle or bicycling, but why not skiing? While times have changed dramatically over the past decade, there are still skiers who choose to not wear a helmet on the slopes. While you will not completely prevent head injuries when you wear a helmet while skiing, you will dramatically reduce your chances of sustaining a serious head injury.

Statistics on Head Injury

There are many reasons why skiers still choose to not wear helmets today. Some of the most common excuses include:

- They don't reduce my risk of serious head injury anyway!
- Helmets are more likely to make skiers act recklessly.
- Helmets make it harder to see!

None of the above excuses for not wearing a helmet hold true today. The first bullet is perhaps the most important. Some of the stragglers who haven't bought a helmet yet have not done so because they don't think it'll prevent any injuries from occurring.

To some extent, that's true. You're just as likely to get injured while wearing a helmet than if you went without.

Where a helmet does matter, however, is in how serious your head injury is.

A 2012 study performed by John Hopkins University found that there are about 120,000 ski or snowboard head injuries every year in the US, and 22% of these head injuries are severe enough to cause the skier to black out, receive a concussion, or even die. A significantly higher portion of serious injuries was reported among skiers who did not wear a helmet when compared to those who did.

Acting Recklessly

Traumatic head injuries are the top cause of death among skiers and snowboarders. A common concern (or excuse) for non-helmet wearers is that wearing a helmet will cause you to ski far more recklessly than you would without protection. The same John Hopkins study reviewed 16 scientific published studies on the correlation between helmet use and additional injury. They concluded that helmets do not cause skiers to act recklessly, because head injuries do not increase with helmet use. In fact, the Eastern Association for the Surgery of Trauma now recommends that all skiers and

snowboarders wear helmets every time they hit the slopes.

Harder to See

If your helmet makes it harder for you to see, you're wearing a helmet that doesn't fit well. Helmets should keep your vision the same or even improve your vision if you're using a visor on a snowy day. Helmets will reduce your hearing ability, but hearing isn't needed to ski safely. This is simply another common excuse to not use helmets while skiing.

The Most Important Factor

When you choose to wear a helmet, you're showing safety and responsibility to younger generations. Helmet use has increased dramatically over the past 10 years, and continuing to set good examples for young skiers will go a long way in ensuring everyone is safe on the slopes.

This article was provided by www.personalinjury-law.com, an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only. ♦

Thank You
Victor Chan
for photo & video recaps
of every ski trip.

Please contact
Victor at vicjchan@juno.com



Fun in masses of snow in Mammoth in February.

"The Voice of the Western Skier"



87th Annual Far West Ski Association Convention

June 13 - 16, 2019

at the



HYATT REGENCY®

800-723-6500 INDIAN WELLS casino.com
RESORT & SPA



Hosted by the *Orange Council of Ski Clubs*

Hyatt Regency Indian Wells Resort & Spa

44-600 Indian Wells Lane, Indian Wells, CA 92210

Reservations <https://www.hyatt.com/en-US/group-booking/CHAMP/G-FSKI> or

call 1-760-776-1234, Group Name: **Far West Ski Association.**

Room Rates per night plus tax single or double occupancy —
\$139 per night

Room Registration Deadline May 17, 2019

Hotel Features

- Agua Serena Spa
- 36 Holes of Championship Golf
- Heated Swimming Pool and Hot Therapy Pool
- Lantana Restaurant
- Oasis Poolside Bar
- Agave Sunset tequila bar and lounge, overlooking golf course
- Pool and hot tub • Fitness Center

Transportation

- Air transportation is via Palm Springs (30 minutes), or Ontario (1.5 hours) or Los Angeles LAX (2.5 hours).
- Transportation to the airport is available by car rental or shuttle.

Convention Highlights

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

Optional Activities

• Thursday

- Palm Springs Air Museum
- Celebrities Home Tour
- Pub Crawl

• Friday

- 13th Annual Michael German Memorial Golf Tournament
- Aerial Tram Ride in San Jacinto
- Spa Day
- Pool Party

Debbi Kor
FWSA Convention Chairperson
fwsadebbi@comcast.net
or 503-314-7078

Jeannine Davis
Silent Auction Chairperson
SilentAuction@fwsa.org
or 415-328-2333

Sheila Van Guilder
Convention Coordinator
svanguil@yahoo.com
or 714-656-6032

A portion of the Silent Auction proceeds will benefit the USARC.

www.fwsa.org



THE UNRECABLES

TRIP FORM 2018-19

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 2018-19? YES NO • If YES, date membership submitted: _____

Reservation Form for Trip Date: _____

TRIP DATE

November 9-11, 2018

December 14-16, 2018

January 11-13, 2019

February 8-10, 2019

March 15-17, 2019

April 12-14, 2019

May 17-19, 2019

RESERVATION DEADLINE

October 22, 2018

November 19, 2018

December 24, 2018

January 21, 2019

February 25, 2019

March 25, 2019

April 29, 2019

**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

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

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

ANNUAL MEMBERSHIP FEES

(includes memberships in Disabled Sports USA, LAC, FWSA)

_____ 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, 11478 Via Promesa, 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!

APRIL

13 Erin Hayden
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 Darryl Coit
5 Marina Sallaway
7 Nili Hudson
10 Karen Boyko
11 Dina Garcia
11 Marc Lafleur
27 Michelle McCarthy
29 Cindy Julian
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.*

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*

Thank You Donor

Waltraud Cardona



FWSA ADVENTURE TRIP 2019

Philippines

September 28-October 12, 2019

Contact: Randy Lew
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THE UNRECABLES 2018-19 BOARD OF DIRECTORS

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Vacant

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THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: JUNE 3

Coming up in the next issue:

- Election results
- FWSA Convention review ... and much more

UNRECABLES

SOCIALS

2ND TUESDAY, 6:30PM

April 9

May 14

June 11 -

Annual Meeting & Elections

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

Dee Armstrong

John Gray

Michelle McCarthy

Sigrid Noack

Marina Sallaway

Photos Courtesy

Victor Chan

Sigrid Noack

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Gordon W. Cardona

Publisher

gwcadona@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: Monthly at 7:00pm at various locations. Visit lacouncil.org for meeting dates & venue.

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 2019

