



THE UNRECABLES

NEWS

DISABLED SPORTS USA • LOS ANGELES CHAPTER • THE UNRECABLES • P.O. BOX 24856, LOS ANGELES, CA 90024-0856

WINTER ISSUE

THE OFFICIAL PUBLICATION OF
THE UNRECABLES

JANUARY-MARCH 2009

THE UNRECABLES SET FOR ANOTHER GREAT SKI SEASON

PRESIDENT'S MESSAGE

SIGRID NOACK



Happy and healthy 2009 to our Unrecables Family! Hopefully everyone is having a beautiful holiday season with family and friends! It's

hard to believe that another year has come to an end and we're into the 2008-09 ski season! If you have not yet planned your ski weekends, please get busy! Check out our schedule and reserve a spot with **Marina Sallaway** at recordsmvm@aol.com.

The ski season started with a delay, since we postponed the November instructor trip because of the limited snow coverage, and instead held our Dryland Clinic that Saturday. Thank you **Helen & Chuck DeBerard** for hosting us in your beautiful home and for treating us to such a delicious lunch. Thank you to **John Melville** for teaching us so much. The club is looking forward to seeing several more instructor candidates getting PSIA certification this ski season!

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The Unrecables had one of the largest groups at this year's Snow Gala.

2009 Ski Trips Mammoth Mountain

Jan. 23-25

Feb. 20-22

March 20-22

April 24-26 Club Appreciation

May 15-17

To sign up for a trip, use the Trip Reservation Form and send to **Marina Sallaway** by the deadline.

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Visit our NEW Web Site!
www.unrecables.com

MEET YOUR BOARD

JOHN MELVILLE *Ski School Director*

John Edward Melville Jr (aka ski instructor extrodinaire) has been a member with The Unrecables for over 15 years, and still loves to hang with the group in Mammoth after all these years!! John also volunteers for the U.S. Adaptive Recreation Center in Big Bear with its adaptive ski school and the Disabled Veterans Winter Sports



couple of times per month with those groups. If you want to be a John groupie, just get his Alpine Village schedule and you to can cheer him on as he is the big cheese behind the drums!!! You might also see him in the Westchester 4th of July parade or the El Segundo Holiday parade with his group called TRASH! A group of drummer

Clinic in Snowmass every April. If you would ask John, he would inform you that this part of his life is a major source of enjoyment and he loves every minute of it, from snow blizzard to hot sunny day!

wanna-be's banging on actual trash cans and using the trash can lids as cymbals!! It's quite the crowd pleaser!

When not skiing, John loves to bang on the drums at any given moment. John has been involved in the drumming world since he was in junior high and still hangs out with his first drum teacher!!!! He teaches drums out of his home. He currently plays with 2 swing bands and plays a

When John is not skiing or drumming, he enjoys his time on the water as a sailing instructor or just hanging out on his boat in Marina Del Rey! His 35-foot Erickson has been to Ensenada, the Channel Islands, and Catalina Island about 1 million times! ❖

**Thank You John
for your dedication!**

SNOW GALA FUN GORDON CARDONA

Once again the L.A. Council threw a festive party to kick off the new ski season. This year the Snow Gala was held in a banquet hall at Coco's in Arcadia. After L.A. Council President **David Krupp's** welcome, everybody enjoyed a scrumptious buffet dinner of prime rib, chicken, vegetables, mashed potatoes, and a nice variety of desserts. The Man and Woman of the Year candidates gave their oral presentations. I personally think **Marina and PJ Sallaway's** presentations were far superior than the others, but that's just my humble opinion. Take it or leave it. Thank you **Michelle McCarthy** who served as a judge for the Man and Woman of the Year competition.

Our club once again had one of the largest groups at the Gala with 13 people in attendance. Our youngest member **Taylor McCarthy** stole the spotlight all evening. She's one party animal!

Congratulations to those who won door prizes. There were a large selection of prizes to choose from. Congratulations to **Sandy Blackwell** of Single Ski Club who won the grand prize which was a brand-new desktop computer.

Long-time member of Grindelwald Ski Club and former Board member of L.A. Council **Fay Mumbauer** presented the annual Fay Mumbauer Award to **Catherine Ohl**. Catherine served on the L.A. Council Board for many years as VP Membership and Public Affairs Liaison. She has designed and published a beautiful L.A. Council Membership Directory for several years. Congratulations to Catherine for this well-deserved award!

Overall, everyone had a festive time dining, dancing, winning prizes, and partying. Great job, L.A. Council! ❖



Little Taylor parties hard.



The ladies of The Unrecables.

FOUNDER OF THE UNRECABLES RON BASS VISITS IN OCTOBER

GORDON CHU & RON BASS

The October 2008 Social and Board Meeting turned out to be quite a treat for everyone. **Ron Bass**, the founding member of The Unrecables, joined us for a lively social time. On his whirlwind West coast tour Ron took time out to visit our social. Members who attended the social included **Gordon Chu, Jennifer Nerad-Sultan, John Melville, Helen & Chuck DeBerard, Michelle McCarthy, Karen Finfer, Stella Levin, Kelly Wong, Glenda Phillips**, along with non-members **Susie Naifeh and Sandy Burnett**.

Ron Bass currently resides in Maui, Hawaii and conducts kayaking tours for everyone including the physically challenged. He can be reached at www.maui.net/~kayaking/.

Ron courteously proposed an Unrecables Maui exchange before he departs Maui for Southeast Asia. Ron will take his kayak tour to Thailand allowing the Thai people, specifically children who are physically challenged, to experience his joy and expertise of the sport. I asked Ron to write a piece on how he started The Unrecables for historical purpose. ❖

Gordon



Ron Bass with Stella Levin at the Social.

I was skiing somewhere and saw some blind skiers and their guides. I thought that was something I wanted to do. So I approached the Braille Institute in L.A. I talked them into going skiing twice that winter. It wasn't easy.

When winter was over, I was stoked but no more skiing. I started sending letters to countries that had opposite seasons from us. The best reply came from New Zealand. They said come on down. I sold an old VW bug I had for ticket money and went. During the week I ski patrolled and on weekends I worked with the New Zealand Association for Disabled Skiers for the entire winter. When I got back to L.A. I started checking around if there were any ski organizations around that worked with people with disabilities.

There was one in Orange County and one at Pierce College--too far for me. I started looking for sponsors. I got the City Of Inglewood and Daniel Freeman Hospital to co-Sponsor and then started looking for volunteers. At one meeting someone came up with our name a squashed together word Unrecables (Unlimited Recreational Abilities). We needed equipment so I started checking around and got a chain of ski shops called Sandy's to donate gear for every



Ron Bass visits our club.

trip. I hooked up with the Orange County folks on the day they went to **Dave McCoy** who owned Mammoth to ask for passes. He said OK. Yahoo!!!

In the club's early days, we had free condos, free passes and free gear. We just had to pay for meals and gas. We also started going up to Mountain High and hooked up with the Pierce College group once in a while.

I continued going to New Zealand for three of our summers. I took eight Unrecables with me for my final year. We toured all over New Zealand and participated in their skiing championships. We stopped in Hawaii on the way back.

Hawaii kind of grows on you and I have been here since 1989. Of course, there is no skiing but I take folks of ALLABILITIES kayaking.

My latest project on Maui is called "Hands Across the Water". It is a Wounded Warrior program using kayaks and water sports to help improve the quality of life for our wounded veterans.

I think it's cool that The Unrecables are going strong after 25 years. Aloha! ❖

Ron



We toast Ron Bass.

INSTRUCTORS LEARN AT OUR DRYLAND CLINIC

GORDON CHU



On November 15th, **Chuck & Helen DeBerard** graciously hosted a wonderful dryland clinic at their home in Palos Verdes.

Among the people attending were **John Melville, Jay and Amanda Davis, Mike Zimmerman, Dee Armstrong, Gordon Chu, Michelle and Taylor McCarthy, Soo Jeong Lee, Karen Finfer, and Christiane Kosger.** **John Melville** hauled in both the mono-ski and bi-ski, the major articles of equipment employed for sit down style of skiing.

John directed the clinic into two halves with the first half as an open forum discussing what each person attending wanted to learn from the clinic and the second half was hands on demonstrations of the mono and bi-skies. The open forum gauged how everyone felt about their personal

experiences and goals for the upcoming ski season. It was a great discussion providing each person with customized answers and various viewpoints from many seasoned instructors with which to draw knowledge. The hands-on demonstrations included understanding the anatomy of both skies followed with a dowel test of the mono-ski.

As the clinic was concluding for the day, dense dark smoke was hovering over the Los Angeles basin as deadly fires were raging all along the southland. Ash drizzled down and the potent stench of the fire was unavoidable. What a memorable 2008 dryland clinic.

Thanks to **John Melville** for developing the lesson plan and bringing all the equipment. Much thanks goes to **Chuck and Helen** for hosting and providing a nice lunch. Everyone is now looking forward to practicing what they've learned on the slopes this year. ❖

Gordon

COME & PLAY IN THE SNOW

MARINA SALLAWAY



Hi to all **Hyo u skiers!** Mammoth has snow!!! We have started the season with our instructor clinic on December 12-14th. **Stella**

Levin has been working hard to get us prepared for the season. We already have students signed up for future trips and hope to get many more. Last year it snowed every trip but one, and we are looking forward to more powder and fun.

PJ and I want to thank all of you for your support and kind words leading up to the Snow Gala and the Man and Woman of the Year honor. It was our first Gala and we had a great time dancing and meeting members of other clubs. We even won a few door prizes! The highlight of the night was when **Taylor McCarthy** (11 months old) sat on **Gordon Cardona's** shoulder and used his head has a bongo drum!!

Enjoy the holidays and we will see you on the mountain. ❖

Marina

ADVERTISE YOUR BUSINESS HERE

Our circulation includes approximately 400 newsletters to The Unrecables membership, Far West Ski Association, Los Angeles Council of Ski Clubs and affiliated clubs, Disabled Sports USA, as well as many other interested social services agencies and associated organizations for the disabled.

This newsletter is published quarterly and is distributed by e-mail and U.S. Postal Service.

Rates

Full Page ad - 8-1/2 x 11"	\$150
Half Page ad - 8-1/2 x 5-1/2"	\$ 80
Quarter Page - 4-1/4 x 5-1/2"	\$ 45
Business Card - 2 x 3-1/2"	\$ 25

Send color or black & white ad to:

Gordon Cardona,
Communications Director
550 Orange Avenue, #429
Long Beach, CA 90802-7014
unrecables@earthlink.net

The Unrecables is a non-profit social/sports organization offering adaptive sports and recreation opportunities for people with disabilities. It has 501©(3) status under Disabled Sports USA.

Thank you for your support!

FOR SALE

**\$32.00 Courtesy Voucher
from Mammoth Mountain
Ski Resort.**

Valid Now until 03/16/2011 for
lift tickets, rentals and sports
school.

Contact **Cate Benish** at
cbenish@gmail.com.

THE UNRECABLES KEEPS FIT AND THINKS SAFETY

Ten Thousand Steps

As the old saying goes, the journey of a thousand miles begins with one step. How about 10,000?

An interesting new way to make sure you are getting enough exercise to improve your health and fitness is to count the steps you take during the day. The target is 10,000. You can count them however you figure out (it's a footstrike, so left-right is 2) or use a device called a pedometer. Running or jogging steps count as well as walking, and the device counts steps on the treadmill, StairMaster, elliptical trainer, and pedal revs on the upright but not recumbent bike. Steps taken during sports like tennis or soccer will also count.

You will probably be surprised at your total, but this is a great health and fitness motivational technique for your fitness workout. 10,000 can help control weight as well as improving cardio fitness, cholesterol levels, blood pressure, and diabetes risk.

Weight Loss for Cardiac Health

Obesity puts a strain on your heart. Exercise and fitness improve your heart health and constitute weight loss support, but some dietary adjustment is usually also called for if you want to lose weight. To lose weight, improve cardiovascular health, and lower cholesterol, cut back on calories from saturated fat, eat more fiber, and stock up on fruit and veggies.

Preventing Breast Cancer

Active women in a fitness program have a lower incidence of breast can-

cer, although the mechanism of prevention is not clear. Exercise may also help breast cancer patients recover faster.

Children Fit in 60 Minutes

Keep your kids healthy with fitness! Unfortunately, kids are leading an increasingly sedentary lifestyle surrounded by junk food (even in schools). The USDA and the Centers for Disease Control promote youth fitness and health through several programs such as VERB, Powerful Bones for Powerful Girls, BAM!, Body and Mind, and Kids Walk-to-School. No matter what the youth fitness program, the USDA and CDC recommend 60 minutes per day of physical fitness activity for children and adolescents.

It's important to note that kids don't have to go a full hour straight. A fitness routine for your preteen or teen could include a run in the morning, a game of Frisbee with friends and the dog in the afternoon, and shooting hoops at night. Just make sure your child or teen enjoys some muscle exercise and some cardio, and burns some calories. It's one of the best, most lasting gifts you'll ever give your children.

PMS

Women with severe premenstrual syndrome may have low levels of beta endorphins. A fitness program raises beta endorphin levels, as well as reducing stress, which is also associated with PMS. ❖

This is the third part of a multi-part article about fitness.

THE UNRECABLES CALENDAR OF EVENTS

January

- 5 L.A. Council Mtg @ 7:00p
- 13 Social @ 6:30p
- 13 Board Meeting
- 23-25 Mammoth ski trip

February

- 2 L.A. Council Mtg @ 7:00p
- 10 Social @ 6:30p
- 10 Board Meeting
- 20-22 Mammoth ski trip

March

- 2 L.A. Council Mtg @ 7:00p
- 10 Social @ 6:30p
- 10 Board Meeting
- 20-22 Mammoth ski trip

April

- 6 L.A. Council Mtg @ 7:00p
- 14 Social @ 6:30p
- 14 Board Meeting
- 24-26 Mammoth ski trip

May

- 4 L.A. Council Mtg @ 7:00p
- 12 Social @ 6:30p
- 12 Board Meeting
- 15-17 Mammoth ski trip

June

- 1 L.A. Council Mtg @ 7:00p
- 4-7 FWSA Convention
- 9 Elections & Annual Meeting
- 9 Board Meeting

PHOTOS NEEDED FOR WEB SITE

Our Webmistress Cate Benish is looking for new photos of The Unrecables in action for our new web site www.unrecables.com.

Please forward your photos in a high resolution format to her at CBenish@gmail.com.

Check out our new web site with more photos, newsletters, and fun stuff. Cate has done a fabulous job! Thank you so much, Cate!! ❖

Check your e-mail weekly for Unrecables Updates, news from DSUSA, FWSA, LAC, & Mammoth, and receive fun tidbits.

THE UNRECABLES

NEW Web Site & Domain

www.unrecables.com

More club photos, fresh content, forms, newsletters, & fun!

PRESIDENT'S MESSAGE

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We had a super instructor weekend at Mammoth in December with our special guest instructor, now an official member of our Unrecables family, **Brent Kimmeriu**. Brent comes to us from Lake Tahoe, at **Stella Levin's** recommendation. Brent brings with him quite an impressive resume: He has earned Level III adaptive skiing and Level II snowboard adaptive PSIA certificates. He is also a PSIA clinician and examiner, and sits on the Board for PSIA and adaptive snowboard. At the present time Brent is heading up the blind program at Kirkwood. Stella and Brent did a fabulous job instructing our instructors. Thank you Stella for inviting this wonderful instructor and thank you so much, Brent, for joining us and assisting Stella on our instructor weekend. Welcome to our Unrecables family, Brent!

We recently unveiled our brand-new web site. It looks very professional and easy to navigate. Thank you **Cate Benish**, **Georgina Hackett**, **Jennifer Nerad-Sultan**, **Gordon Cardona**, and others who have been involved in this process. Check out our new web site at www.unrecables.com which has much more information about The Unrecables' happenings and more photos. Please remember to send photos from our activities to Cate at cbenish@gmail.com, and to **Gordon Cardona** at unrecables@earthlink.net for our newsletter.

Sounds like the LAC Snow Gala was a wonderful success. This is the first one of these events I've had to miss in over 20 years! But the Unrecables were well represented! Not only by our royal couple Marina & PJ, but by all the other members: **Michelle**, **Rob** and **Taylor McCarthy**, **Gordon Cardona**, **Dee Armstrong**,

Chuck and **Helen DeBerard**, **Brian Cruise**, **Kim Vuong**, **Inge Hobo-Scheinfarb**, **Jennifer Nerad-Sultan**, and **PJ's** parents. Although our royal couple was not selected as L.A. Council's Man and Woman of the Year, they represented us well. The newly selected LAC Woman and Man of the Year are LAC president **David Krupp** of Century City Sports Club and **Kay Collins** of Single Ski Club. They will represent LAC at the Far West Convention in June 2009 in Reno, Nevada. Congratulations to our own door prize winners: Inge - blanket, Gordon Cardona - blanket, Kim Vuong - helmet, Michelle - orchid, Marina - ski tune up (donated to Michelle due to location), John Melville - ski rentals at Tamarack, Jennifer Nerad-Sultan - snowboard tune up at Doc's Ski Haus.

We are wrapping up our Entertainment Book sales for this year. Thank you **Kathy Paisley** for handling the books. This fundraiser was very successful this year! Thank you everybody who sold books.

Ralphs is still a good fundraiser for our Unrecables programs. Remember please to shop at Ralphs and to tell all your neighbors and friends and family and colleagues about this program. Everyone needs to renew their commitment to our Unrecables charity every August. This can be done in any Ralphs store or on the Internet. The Unrecables community contribution number is NPO#80831. Thank you to Ralphs and to YOU for helping to support our Unrecables programs. It's a beautiful win-win situation. You get a discount and the club benefits by receiving a check from Ralphs for our programs!

I miss all of you, but remember, I'm only an e-mail away, here in Hamburg, Germany! There is Skype to chat for free! Also, come to visit. ❖

Sigrid

L.A. COUNCIL CORNER

GORDON CARDONA

The L.A. Council has two ski trips this season. The first trip will be to Vail, Colorado from January 31 to February 7, 2009. Please contact **Dave Felker** at 310-508-4432 or david@bipro.com.

The second trip will be to Taos, New Mexico from March 21-25, 2009 with an optional stay in Santa Fe on March 26.

Elections of new LAC Board members will be April 6th, with the nominations on March 2nd. Each position is a two-year term except for the President. If you're interested in running, please contact me. The L.A. Council has been wonderful with supporting The Unrecables for the past several years. Thank you L.A. Council!

The FWSA Convention is coming up in June. This year it will be in Reno, Nevada, hosted by the Bay Area Council. They threw a super Convention a few years ago. L.A. Council will be bring a group up there. If you're interested in serving as a club representative, please contact me by April 15, 2009 (tax day). If you like to party, this party is for you! They party non-stop all weekend! ❖

Gordon

ATTENTION ALL POWER CHAIR USERS & SOCCER FANS

Glendale Rough Riders, L.A.'s only power soccer team, is looking for new players to join. All players must use power chairs to play. It's a fast-paced, competitive game. Weekly practice at Glendale Community College gym.

To try-out for the team or about our games, please e-mail **Gordon Cardona**, gwcardona@earthlink.net.

The Unrecables' NEW Web Site: www.unrecables.com

SAFETY REPORT

RICHARD LUBIN, FWSA SAFETY CHAIR

There is a good 5-minute safety video on this web site at <http://98.130.75.33/689585.htm>.

Encourage your clubs and councils to watch this video. NSAA has introduced a new slogan "Objects are closer than they appear." The new program utilized the old heads up slogan with a target. The goal is to make people aware of people and objects long before they get close to them.

The NSAA Safety week is celebrating its 10th year. On January 17th, a week of activities dedicated to promoting safe skiing, will be implemented at many member resorts. ❖

SUNSHINE

Congratulations

Jennifer & Shawn Sultan
expecting a baby boy Jan. 21, 2009

Gina Ariola
married in September 2008.
Now living in Washington

Get Well Soon
Steve Lefkowitz

Sympathies
Sigrid Noack
brother-in-law passed away
in November

For the Record:

There was an error in the Sunshine corner in the Fall Issue. **Jennifer & Shawn Sultan** are expecting a baby boy in January. The editor apologizes for the error.

Far West Ski Association Safety Slogan

**SKI WITH PRIDE, LET IT RIDE,
WATCH ALL SIDES!**

FIRST WITH SAFETY AWARENESS!

FWSA HAPPENINGS

Benefits to belonging to FWSA

• Terry Sports--Taos and Steamboat. Present your FWSA membership card to receive discounted rates on group rentals.

E-mail rentskis@terrysports.com or call 800-233-7547. For individual rates, log on to www.terrysports.com.

• Identify yourself as a FWSA member and get 20% off lodging at The Canyons, Park City, UT. No online booking. Call 1 888 Canyons for booking reservations.

Travel

• FWSA 2009 Ski Week will be in Big Sky, Montana on January 24-31. Council Trip Leaders are taking sign-ups. Check the Big Sky flyer for Trip Leader contact information at www.fwsa.org.

• Bad Gastein in The Austrian Alps will be the destination for the FWSA European Ski Week on February 27-March 7, 2009. March 7-14 will be an extension to Munich and Prague.

• Chile/Argentina Ski and See-Bariloche and Buenos Aires, Argentina on August 16-25; pre-trip is August 10-17 to Valle Nevado and Santiago, Chile. The post-trip is August 25-28 to Iguazu Falls, Argentina.

• Baltic Cruise to Scandinavia and Russia with The Cruise Company and FWSA on September 13-23, 2009. Pre-cruise extension to Copenhagen on September 10-13.

Contact **Norm Azevedo** at 925-944-0420 for more information for these trips.

Public Affairs

The Ski Channel cable television network will launch on 12/25/08 with Warren Miller films and TV shows to 15 million households plus Direct TV and Verizon FiOS TV. It will become the only cable television network devoted to the wide variety of year round mountain activities such as skiing, snowboarding, hiking, biking,

backpacking, climbing, etc, along with many off slope activities through magazine shows, reality shows, movies, news, weather and programs that focus on destination travel, equipment, instruction and real estate.

FIS World Cup Races available live and VOD (video on demand) at www.universalsports.com

Rossignol Group Wintersports (Rossignol, Dynastar, Lange, Look and Kerma brands of ski equipment and apparel) was sold by parent company Quicksilver Inc. which had purchased the group in March 2005. Sale to Chartreuse & Mont Blanc (headed by former Rossi CEO Bruno Cercley) closed Nov 2008 for 40 million euros—about 51 million dollars which was down from the 100 million Euros—127 million dollar offer in August 2008.

Ski History

Georgene Bihlman, currently residing in Truckee, CA, devoted herself to skiing both as a competitor and teacher for over 50 years. Overcoming crippling injuries and near fatal illnesses, she rose to the top as a masters racer. She won over 850 trophies and awards from all parts of the world. She was inducted into the U.S. Ski Hall of Fame in 2002.

Warren's World:

"What Are You Doing With the Rest of Your Lift?"

"Since my 83rd birthday is now some months behind me, I've become very comfortable with having so many birthdays and it's sure a lot better than the alternative!" My body still moves, but at a lot slower speed and not nearly with the ability it did forty or fifty years ago. Anyone who says they can do something as well at 50 as they could at 25 was sure lousy at 25. As a friend of mine who died at the age of 103 had a great perspective: "The more birthdays you have, the longer you live." ❖



THE UNRECABLES

TRIP RULES & GUIDELINES

SKI TRIP RESERVATION FORMS: Forms and trip fees are mandatory for all skiers--students and instructors--at least two weeks prior to each trip. Each person must fill out one form per person per trip completely, when you are leaving, coming back, and with whom. An incomplete form is grounds for not being accepted on the trip. Your check **must** be attached to your ski trip reservation form.

CANCELLATIONS: No refunds if you cancel after the reservation deadline. Extraneous circumstances may be worked out only with the Board. Disabled skiers will be accommodated on the availability of instructors and equipment. If a disabled skier is cancelled by the club, their reservation will have priority on the next trip.

TRANSPORTATION: It is no longer the responsibility of The Unrecables to provide transportation. Each person is responsible for their own rides.

LIFT TICKETS: The Unrecables will provide students and instructors with a complimentary ski ticket. **Tickets are distributed between 8:00 a.m. and 8:45 a.m.** and you must personally sign for your lift ticket at this time, or forfeit your free lift ticket for that day. This rule will be strictly enforced. Anyone who sells or gives away this ticket will be expelled from subsequent club activities. You may also be subject to legal action directly by Mammoth Mountain Ski Area, and The Unrecables may lose its privileges from skiing at Mammoth Mountain. The lift tickets are for The Unrecables use only.

SKI BIBS: Each participant of The Unrecables shall be issued a numbered bib. Each individual is responsible for returning the bib by the end of the weekend. However, if bibs are not returned at the end of the weekend, there shall be a \$10.00 charge for each bib. You will be unable to ski with us again until you either return the bib or pay for it. Remember, if you are given a bib to return for someone else, it becomes your responsibility. These bibs are to be worn during ski lessons only. Please do NOT wear them at any other time.

EQUIPMENT: If any Unrecables equipment is needed, please inform us on your ski trip reservation form. Disabled skiers will be accommodated on the availability of instructors and equipment. Instructors are responsible for all equipment used and for its return at the end of each day. Don't forget sunglasses, hats, gloves, sunscreen, etc. Everyone is responsible for the clean up of the equipment area.

LIFT LINES: There is no line cutting when free skiing. During lessons, you may use ski school entrances. Ski bibs are to be worn only while in a teaching situation.

LESSON TIMES: All lessons will be from 9:30am to 11:30am and 1:30pm to 3:30pm on Saturday. Sunday lessons are from 9:30 a.m. to 11:30 a.m. All times are approximate. Saturday and Sunday morning we meet in the main lodge cafeteria to get tickets, bibs and lesson assignments.

LESSON EVALUATIONS: Evaluations are very important for keeping our ski school progressive and efficient. Without these evaluations, the ski school, the Board, instructor candidates, students and instructors cannot keep a progressive lesson plan per student or instructor candidate. This information is essential to pick up where you left off (ie. equipment setting, overall performance, etc.).

Familiarize yourself with the evaluation forms. You must fill these out and submit them each weekend. Saturday lessons will be evaluated no later than Sunday morning, before you will receive a lift ticket for Sunday. Evaluations for the Sunday lesson will be handed in at the equipment area with bibs at the end of the lesson.

INSTRUCTOR TRAINING CLINICS/FREE-SKI DAYS: On these days, instructors will have a training clinic on Friday morning and may ski free on Friday and Sunday afternoons which is a fringe benefit for instructors for donating their time teaching within The Unrecables ski program. If you ski Friday/Monday, you **MUST** teach that weekend.

INSTRUCTORS: Instructors on the ski trips will meet in the equipment area by Chair 11 at the end of the day. Please help in putting the equipment away. Please do not leave until the equipment is put away at the end of each day.

(Rev. 9/30/97)



Los Angeles Chapter
of
Disabled Sports USA

THE UNRECABLES

2008-09 TRIP RESERVATION FORM

Name _____ Date _____
Address _____ Phone (H) (_____) _____
City, State, & Zip _____ Phone (W) (_____) _____
E-mail _____ Cell (_____) _____
Height _____ Weight _____ Age _____ Sex: M F Fax (_____) _____
Disability _____ Medications _____
Special Equipment/Devices Used (i.e., wheelchair) _____
Ski Equipment Needed from Club _____

Ski Schools: (circle one) Mono-ski Bi-ski 3-Track 4-Track Blind skier Snowboard No Equipment
Ski Level: (circle one) Beginner Intermediate Advanced

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: (circle) Passenger Driver • Passengers' names: _____
• Will you drive? YES NO • Day & time you are available to leave _____

Is your membership current for 2008-09? YES NO • If YES, date submitted? _____

Desired Trip Date: _____

TRIP RESERVATION DEADLINE IS TWO WEEKS PRIOR TO THE TRIP

TRIP DATE	RESERVATION DEADLINE
1. Nov. 14-16, 2008 -- Instructors' Trip	October 27, 2008
2. Dec. 5-7, 2008	November 24, 2008
3. Jan 23-25, 2009	January 12, 2009
4. Feb. 20-22, 2009	February 9, 2009
5. March 20-22, 2009	March 9, 2009
6. April 24-26, 2009 -- Club Appreciation weekend	April 13, 2009
7. May 15-17, 2009	May 4, 2009

• Make the check payable to: The Unrecables.
• Please read the **Trip Rules and Guidelines** and keep them handy.
• Trip Reservation 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.
• **CANCELLATION POLICY:**
Cancellation fee is full price. Extenuating circumstances will be considered on an individual basis by the Board of Directors.

Contact Information for Trips

Mail this form and a check to:
Marina Sallaway
11279 Senda Luna Llena
San Diego, CA92130

Res: 858-793-1186
recordsmcm@aol.com

FWSA Convention 2009
flyer

**THE UNRECABLES
ADVISORY BOARD**

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California Board of Equalization,
Fourth District

Bob Darvish, M.D.
Physical Medicine &
Rehabilitation,
V.A. Medical Center
West Los Angeles

Margo Kairoff
Senior Vice President,
Wells Fargo Public Finance

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

Hal Nelson
Director of Rehabilitation,
Downey Regional Medical Center

Tom Safran
Developer of Senior Housing
Safran & Associates

**THE UNRECABLES
2008-09 BOARD OF DIRECTORS**

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Marina Sallaway,
Winter Trips Director
recordsmcm@aol.com
858-546-9342

**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 # is 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!
SigridNoack skisig@earthlink.net

Happy Birthday!

JANUARY

- 1 Marilyn Rodgers
- 11 Pamela Eastwood-McKeever
- 16 Inge Hobo-Scheinfarb
- 24 Deborah Weller-Walton

FEBRUARY

- 1 Craig Clifton
- 14 Robert Arias
- 16 Tobie Graubard
- 22 Natalya Clifton
- 24 Soggy Kosger



MARCH

- 19 Cathy Olmsted
- 20 Georgina Hackett
- 23 Chuck DeBerard
- 25 Tina Minglana
- 29 Charlie Murphy

If we have missed your birthday, please contact Gordon Cardona with your birthday (month & day). Thanks! ❖

RELIEVE EDITOR STRESS

Submit your
NEWSLETTER
articles by
MARCH 2ND

THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: MARCH 2

Coming up in the next Issue:

- Ski trip recaps & photos
 - Board Nominations
- ... and much more!!

SOCIAL HOURS

2ND TUESDAY, 6:30pm

Jan. 13
Feb. 10
March 10
April 14

Mi Ranchito

Family Restaurant
12223 W. Washington Bl.
Culver City, CA
310-398-8611

Cross st: Grand View Bl.
Free street and lot parking.

Take I-405 fwy, exit on
Washington and turn West.
Just west of Grand View Bl.
Join us for dinner!

FWSA

CONVENTION

hosted by

Sierra Council

June 4-7, 2009

Peppermill, Resort, Reno

Festivities include:

Pub crawl, Silent
Auction, Travel Expo,
seminars, banquet, par-
ties, awards, Annual
Meeting, and more!

*Contact a Board member
for information. The club
will cover your registration
fee. See the flyer inside. ❖*

THE UNRECABLES MEETINGS

SOCIALS: Every second Tuesday monthly at 6:30pm at Mi Ranchito Family Restaurant, 12223 W. Washington Bl., Culver City. Cross street: Grand View Bl. Take I-405 fwy, exit on Washington Bl. and turn West. The restaurant is located just west of Grand View Bl.

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

L.A. COUNCIL MEETINGS: Every first Monday monthly, except holidays, at 7:00 p.m. at Grinder Restaurant, 8521 S. Sepulveda Bl., Los Angeles. Cross street: Manchester Ave. Everyone is invited to attend the meetings. ❖

PHOTOS COURTESY

Gordon Chu
Marina Sallaway

SPECIAL THANKS

Ron Bass • Gordon Chu
Sigrid Noack • Marina Sallaway
Fran Weber-Melville

CONTACT THE UNRECABLES

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Web Site: www.unrecables.com



DISABLED SPORTS USA
Since 1967
"I CAN DO THIS, I CAN DO ANYTHING"

CHANGE SERVICE REQUESTED

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

WINTER 2009

New Web Site
www.unrecables.com

MAMMOTH