



THE UNRECABLES

NEWS

THE UNRECABLES • MEMBER CHAPTER OF MOVE UNITED

FALL ISSUE

OFFICIAL PUBLICATION OF
THE UNRECABLES

OCTOBER-DECEMBER 2023

THE UNRECABLES EAGER FOR ANOTHER GREAT SKI SEASON

PRESIDENT'S MESSAGE MICHELLE MCCARTHY



We are one month away from Mammoth's opening!

We are looking forward to an amazing season, with Mother Nature's cooperation of course.

I am excited to announce that **Soo Lee** has accepted the appointment of Ski Director. We will be in good hands as she guides our trips this year.

Our volunteers make our Club possible. We are looking for extra help with equipment on trips and fundraising. If you are interested and willing to help, please connect with me or any of the Board members.

Thanks to each and every one of you who have attended our monthly virtual socials and Board meetings, helped plan our annual in person socials, participated in a trip, helped carpool to the mountain, or have served in a Board position. Your participation allows us to continue to invite skiers with adaptive needs to join us at Mammoth.



Michelle



The Unrecables party in September hosted by Bob Hayes.



INSIDE THIS ISSUE

- 2023-24 Ski Season
- Will Lightning Strike Twice?
- FWSA & LAC News
- Party Highlights
- Shop Ralphs
- Calendar of Events
- Membership Matters
- Merchandise Store
- FWSA Trips
- Membership Application
- Birthdays

2023-24 SKI SEASON VICTOR CHAN



Greetings to everyone. The ski season must be here because I saw Halloween décor

in the stores right after Labor Day!

Here are the dates for this season:

- Nov 17-19, *Instructor/new volunteer training, conditions permitting*
- Dec 15-17, *Instructor/new volunteer training (if no Nov trip)*
- Jan 19-21
- Feb 23-25
- March 22-24
- April 19-21
- May 10-12
- May 31-June 2 (*conditions permitting*)

Please let me know as soon as possible if you can attend a trip, preferably at least 30 days in advance, especially for peak season trips. At this point the condo fees will be the same as last year, \$90 per night per person, \$25 for children under 18. Cancellation policy is that unless I can find someone to take your place, your fee will convert to a donation to the club.

We will need new waivers for the 2023-24 season. Send me updated volunteer or student info sheets as well. Like last season, forms are good for the season. Email is preferred to vicjchan@juno.com.

Let me know if you have any questions. Thank you and see you on the slopes! ♦

Victor



WILL LIGHTENING STRIKE TWICE AT MAMMOTH? STEVE LEFKOWITZ



Those of you who read this column in our last newsletter are aware of all the historical firsts

that happened at Mammoth Mountain last season - from the record breaking snowfall to our June trip. Will lightning strike twice? Scientists, including those at the National Oceanic and Atmospheric Administration (NOAA), are hedging their bets. El Niño SEEMS to be forming in the Pacific, but just exactly what that means is up for debate. Frequently, an El Niño phenomenon (warmer than average surface temperatures of the water in the Pacific) indicates a wetter than average winter for California - often, but not always. There have been El Niños that have resulted in many winter storms (much rain and in the higher elevations, snow) as well as some that have produced - nothing. Part of the problem is that atmospheric science prediction is so com-

plicated, with so many moving parts and so poorly understood that the dart-board on my wall is almost as accurate (and it costs much less than all their sophisticated equipment). Plus, we can now add in another fly in the ointment that is "Climate Change" or our new normal and the waters are not only warmer but also extremely muddy. As one climatologist put it, "We have a substantially elevated chance of a wet winter" and "The bottom line is that I think we should be guardedly optimistic that California will get at least a normal amount of precipitation," Washington State climatologist Nick Bond wrote in an email. "But (we) should not be too surprised if for whatever reason that does not work out." Now, how's that for double-speak?

So, in retrospect, we should all continue to hope for the best and all the while continue to do our rain (and snow) dances but don't hold our collective breaths should it not happen. ♦

Steve

Ski Dazzle®
Winter Expo & Sale
DECEMBER 8, 9 & 10, 2023
LOS ANGELES CONVENTION CENTER
60 YEARS!

LAC & FWSA NEWS SIGRID NOACK



LAC is joining FWSA on the week-long ski trip to Steamboat January 27-February 3, 2024.

Other future ski trips organized by LAC clubs:

Beach Cities Ski Club

Snowmass March 2-9, 2024

Century City Ski Club

Niseko, Japan January 20-27, 2024

Long Beach Ski Club

Sun Valley January 21-28, 2024.

Santa Barbara Ski & Sports Club

Steamboat January 20-27

Banff, Canada March 9-16, 2024.

All of these clubs will be accepting members from other ski clubs to participate on their trips.

Most LAC clubs also run trips to Mammoth, which you might want to join, of course not on our Unrecables weekends!!!!

Century City Ski Club:

Dec. 8-10, Jan. 5-7, Feb. 2-4, March 1-3, April 12-14

Long Beach Ski Club:

Dec. 9-15, Jan. 7-11, Feb. 8-11, March 14-17, April 7-11

Wailers Ski Club:

Jan. 5-7, Jan 26-28, Feb. 23-28, March 8-10, March 22-24.

Pac Rim Alliance is holding its annual Winemaker dinner to benefit the Jimmie Heuga Foundation for MS research & rehabilitation on September 30th in San Diego. It is a 7-course dinner with wine pairings. Anyone is welcome, but seating is limited, since it is hosted by **Gene & Catherine Fulkerson** in their home.

As you know, our own **Gordon Cardona** is the Snow Scene editor, the

LAC newsletter. If you have not seen his LAC masterpiece, so check it out on the LAC website. Gordon is the master of newsletters. Congrats Gordon for doing such a wonderful, expert job on both of those newsletters.

The next LAC Zoom meeting is November 6, 2023. You may join the meeting representing The Unrecables. Please let me know, and I'll send you the sign-in specifics.

FWSA has several trips planned:

Steamboat, Colorado

January 27- February 3, 2024

Copper Mountain, Colorado

March 17-24, 2024

Big White, BC, Canada: 2025

Madonna di Campiglio, Italy with extensions

February 25-March 10, 2024

Val d'sere, France with extensions

February 2025

Valle Nevado, Chile with extension

Summer 2025

Central/East Africa: 2024

Galapagos Islands in 2026

The 2024 FWSA convention will be held June 6-9 at the Reno Atlantis Casino & Spa.

Check out the fwsa.org & the lacouncil.org websites for more information. ♦

Sigrid



Thank You
Mammoth Mountain

*for your support of our
adaptive ski program.*

PARTY HIGHLIGHTS



SUPPORT THE UNRECABLES AND SHOP RALPHS!

RE-REGISTER YOUR RALPHS CARD

1. Go to www.RALPHS.com
2. Scroll to bottom of the Home page.
3. Click "Kroger Community Rewards" under Community Contribution.
4. Click Link your Shopper's Card.
5. Fill in your info (NPO # WY343).
6. Watch your grocery shopping save YOU \$\$ and at the same time earn \$\$ for our club!

Thank you for your support!

Contact Sigrid Noack
sigski@gmail.com

CALENDAR OF EVENTS

October

10 Social on Zoom @ 6:30p

November

4 Adaptive Sports Festival

14 Social on Zoom @ 6:30p

17-19 Instructors' Mammoth trip

December

8-10 Ski Dazzle

12 Social on Zoom @ 6:30p

15-17 Mammoth trip

January

9 Social on Zoom @ 6:30p

19-21 Mammoth trip

February

13 Social on Zoom @ 6:30p

23-25 Mammoth trip

March

12 Social on Zoom @ 6:30p

22-24 Mammoth trip

April

9 Social on Zoom @ 6:30p

19-21 Mammoth trip

Welcome
New Member

Lukas Smith

MEMBERSHIP MATTERS JOHN GRAY



Unrecables Family: It is time to start planning for the 2023-24 Winter season. Help us provide

an exceptional experience this season for our adaptive skiers and snowboarders who are eager to get outside and race down the slopes of Mammoth Mountain. Please send in your MEMBERSHIP DUES and any additional DONATION you feel is appropriate to help us continue in support of our mission: "to promote adaptive sports (ex: skiing Mammoth), and encourage people with disabilities to participate in sports, recreational and social activities in their communities".

To renew your membership, or become a member for the first time, please visit us at www.unrecables.org. You can download the Membership Application from the website, and for your convenience, you can pay dues online. If you are unable to join us on the slopes this upcoming season, we would still appreciate your membership dues.

Please contact our Membership Director, John Gray, with any questions: membership@unrecables.org. ♦

John



BENEFITS OF MEMBERSHIP

- Four issues of the club newsletter (quarterly)
- Priority on all trips and activities
- Members do not pay any trip fees for ski trips to Mammoth
- Assistant instructors can ski/snowboard 1.5 days, per trip, for FREE.
- Students: No fees for the lifts, ski equipment or professional instruction
- Exclusive invitations to our parties and special events
- Members are invited to attend our Board and Social Meetings
- Eligible to run for office
- May assist with organizing trips and activities
- Your dues help us to continue to offer these FREE services.
- Gives you that really good feeling that you are doing the right thing!

We appreciate your Participation and Support

Membership categories:

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

The Unrecables Scholarships Available

Eligible to current members
for trips and events.

One scholarship
per member per season.

For details please contact
Michelle or Victor

The Unrecables Clothing & Merchandise Store



The Unrecables Merchandise and Clothing Store is now open! There are 38 products to choose from. All the profits (100%) from the items sold go directly to The Unrecables fund for continuing our mission to provide exciting and meaningful snow sports experiences on the slopes of Mammoth Mountain for individuals with a physical disability. We continue to offer these services with no charge to the student for ski equipment, ski instruction, and lift tickets. The link to The Unrecables Store can be found on our homepage (www.unrecables.org).

2024 Far West Ski Association ski week Steamboat JAN 27 THRU FEB 3 2024



FAR WEST SKI ASSOCIATION

Sign up and relax, we take care of everything.



Seven Nights Lodging • Welcome party • Banquet dinner & dance • GS race
Council après event • Council Challenge Race • and much more

Please select from the LAC Lodging accommodations:

- Trappeur's Crossing (condo): 2 bed/2 bath: \$2,060 per person (single supplement \$1,510)
- Chateau Chamonix (condo): 2 bed/2 bath: \$2,665 per person (single supplement \$2,115)
- Gravity Haus (hotel, slope side) \$2,525 per person (single supplement \$1,975)

Payment Schedule, 2 Options

1. Online credit card payment via SportsAmerica site, 3% fee charged.
<http://lacouncil33.sat.tours/> (cut and paste this link)
Deposit now: \$500.00, 7/01/23: \$650.00, 10/01/23 Balance due

2. Register online and mail your check to LAC. Make check payable to Los Angeles Council of Ski Clubs. Mailed to PO Box 10266, Glendale CA 91209. Deposit now: \$1,100.00, balance due 9/15/23

**Check to LA Council may be better if traveling this Summer.
Failure to make a payment may lead to a cancellation**

Cancellation Policy - there is none. Per Far West's Cancellation policy for this trip, unless you replace yourself or a wait list person is available, there is **no** refund, or have trip insurance.

1. All requests for changes, cancellations, or refunds must be made in writing to the Council Trip Leader

TRIP INSURANCE IS HIGHLY RECOMMENDED

2. All deposits are non-refundable unless a replacement participant is found; either by the person cancelling or from a waiting list.
3. Cancelling individual may be reimbursed for the trip up to the amount paid less any **unrecoverable expenses from vendors (e.g., airline ticket, ground transport, lodging, banquet services, lift tickets).**
4. **Cancellation at any time will result in the loss of travel insurance premium, credit card fees, and \$25 cancellation fee (paid to Sports America to make changes to trip management system because of person cancelling trip).**

Steamboat Lift Tickets

	adult	senior (75+)	guest with an IKON Base pass can pre-purchase a 6th day on their pass for \$72
5 day	\$533	\$472	
6 day	\$622	\$561	

To purchase your IKON pass and get the \$50 lodging discount, you need to go to this website:
<http://www.sportsamerica.com/ikon-fwsa>

Air/Ground: Group air is available from LAX and Las Vegas, lands in Hayden, CO. Transportation is available from Hayden to Steamboat Springs. If you get your own air, try to fly into Hayden, CO as ground transportation is available to Steamboat Springs. If you fly into Denver – you are responsible to find and book your own ground transportation to and from Steamboat Springs.

Tear off and fill out - send in

Mail your check payable to Los Angeles Council of Ski Clubs: PO Box 10266, Glendale, CA 91209

Trip Leader: Laura Priess ☎ (818) 800-3166 E-mail: rokkaracers@aol.com

Name: _____ Name for your badge _____

(As it appears on your government ID. We are not responsible for discrepancies between the name on your ID and the name on your airline ticket)

Address: _____ City: _____ State: _____ Zip Code: _____

Email: _____ Phone# _____

Roommate preference: _____ Lodging choice: _____

Single Supplement: Yes / No Your Ski Club _____ or FWSA direct Member _____

You must be a member of an affiliated ski club or a FWSA direct member

Do you have an IKON Pass Yes / No I need Steamboat Springs lift tickets for _____ days

"The Voice of the Western Skier"



FOUNDED 1930

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Far West Ski Association's

2024 Mini Ski Trip

March 17—22, 2024

Copper Mtn., CO

TRIP PACKAGE PRICE STARTING AT

\$944

Based on double occupancy. Single supplement pricing is available

Price does NOT include air, transfer, or lift tickets.

Sign up by October 1st and you will get a discount on your trip price.

Early Bird discount expires October 2, 2023

Trip Insurance is highly recommended to protect your trip costs

Gold Quality Condo Lodging is supreme level of accommodation strategically located throughout the Center Village allowing convenient access in all the Resort's exciting activities. Amenities include a fitness center, outdoor spa and heated pool, underground parking. Buildings are within 0-4 min. walk to closest chairlift. Gold lodging have one bed in each bedroom and a sofa sleeper in the living room.

The Cambria Hotel is the newest building at Copper Mtn. located on the Ten Mile Creek in Center Village. Sophisticated, modern finishes throughout and a short walk to the slopes, retail, and dining. Other amenities: lobby bar open every evening and breakfast available to purchase each morning, mini fridge, comp WIFI, two outdoor hot tubs overlooking the creek, exercise room and outdoor uncovered parking.

150 Runs—25% Beginner; 24% Intermediate; 34% Advanced; 17% Expert

Contact: Nancy Ellis – 530-414-8261 – FWSAtravelnancy@sbcglobal.net

Information & Online Signup: <http://fwsaminiCP.sat.tours>

FWSA CST #2036983-40

Included:

Five night's lodging

- Cambria Hotel
- *1bdrm Condo (K/Q Bedding)
- *2bdrm Condo (K/Q Bedding)
- * Gold Quality Condo Lodging

Welcome Reception

Optional for Purchase:

3-day Adult Lift Ticket--\$273

4-day Adult Lift Ticket--\$346

Discounted Equipment Rental

Copper is on the IKON Pass
(Resort Access w/out reservations;
Unlimited Access without Blackout
dates)

Optional Activities:

- Sledding
- Ice Skating
- Mountain Coaster
- NASTAR Racing
- Snowshoeing
- Sleigh Rides
- Free Mountain Tours
- Snow Maze

FWSA 2024 Int'l Ski Trip to Madonna Di Campiglio, Italy

BASIC Ski Week – Madonna Di Campiglio, Italy February 25–March 3, 2024

(Group Air Departs US Feb. 23rd, 1 night stay at airport hotel on Feb. 24th, and returns to US from Milan Malpensa Airport on Mar. 4, 2024)

Opt. Extension Trip: Milan, Verona and La Spezia, Italy, March 3–10, 2024

(Group Air Departs US Feb. 23rd, 1 night stay at airport hotel on Feb. 24th, and returns to US from Milan Malpensa Airport on Mar. 11, 2024)



HOLIDAZE SKI TOURS®

All Prices are based on an exchange rate of 1 Euro vs. \$1.10 USD and subject to change.

4* Lodging at Hotel Relais Des Alpes!

Lodging packages start at \$1979.00pp double occupancy. Single Supplements are available.

Prices are based on a minimum of 67 people and are subject to change if the minimum is not met. Air transportation is sold separately.



Madonna di Campiglio, a discreet and elegant town nestling at an altitude of 5085 feet in the stupendous valley between the Brenta Dolomites and the glaciers of Adamello and Presanella, is today most certainly Italy's number one ski resort as well as one of the most important resorts in the Alps and they have **3 Michelin Star Restaurants**. The variety of its mountain surroundings means that in winter it is possible to ski over countless miles of runs, up to an altitude of 8530 feet and with different degrees of difficulty. What's more, you can set out from the center of the town and return there without ever removing your skis. Today the Ski Area has 57 lifts, and 93 miles of ski runs, with a capacity of more than 31,000 people per hour, 12 acres of snow park, 25 miles for Nordic skiing with access to Pinzolo, Folgarida and Marilleva.

Lodging Package includes:

- Transfer between Milan's Malpensa Airport via private coach to Madonna Di Campiglio.
- 7 nights' accommodation at the 4 Star Hotel Relais Des Alpes – includes portage, local taxes & fees.
- Bus transfer from the Malpensa Airport Hotel to Madonna di Campiglio.
- Breakfast daily & 5 nights' dinner at the Relais Des Alpes Hotel (2 nights to dine out in Madonna Di Campiglio).
- Multi-lingual guide meeting the FWSA Group Air people upon arrival.
- Wi-Fi for 1 device per person (Additional devices for 15 Euro at front desk).
- Welcome/Orientation on Feb. 25th at The Hotel Relais Des Alpes – 2 beverages and lite snacks.
- Après Ski & Farewell events – details to be provided.
- Optional mid-week, day tour - details to be provided.

Ext. Trip No. Italy – Milan, Verona, and La Spezia-Cinque Terra

March 3 to 10, 2024

\$1785.00pp - Double. Occ. & \$2396.00pp - Single Supp.

Based on a minimum of 35 people. Pricing is subject to change if the minimum is not met.

Prada, Versace, Dolce e Gabbana...these luxury brands find their home in the fashion capital of the world and find irreplaceable experiences in Milan. Milan, Italy's second largest city and capital of the Lombardi region, is home to elegance, art, luxury, castles, museums and much more. Our group will crane their neck to take in all that the Duomo di Milano, Milan's staggering cathedral and we'll be offering an optional tour to the Santa Maria delle Grazie church, home of Da Vinci's "Last Supper".



Trip includes:

- All airport ground transfers for both weeks.
 - 2 nights in Milan - 4 Star Hotel Nasca or similar hotel.
 - 2 nights in Verona - 4 Star Hotel Palace Verona or similar hotel.
 - 3 nights in La Spezia - 4 Star CDH La Spezia Hotel or similar hotel.
 - 1 night hotel stay at the Malpensa Airport Hotel – Mar. 10th.
 - English speaking tour escort/manager for entire tour.
 - Breakfast daily
 - Day excursions – details to be provided.
 - Day tours in Milan, Lake Como, Balsamic tasting in Modena, Verona, Cinque Terre, Portovenere & Genova
- **Stand Alone Northern Italy ONLY is available. (Excludes Madonna Di Campiglio ski week)**
- **Contact Debbie Stewart for details and pricing.**

For more information contact: Debbie Stewart at FWSAIntlTrvl@prodigy.net or cell: 559/737-0882



THE UNRECABLES

MEMBERSHIP APPLICATION

Name _____ Date _____

Family Members _____ Mobile _____

Address _____ Phone (home) _____

City, State, Zip _____ E-mail _____

Name & DOB _____ Name & DOB _____

Disability _____

Medical Equipment (i.e., wheelchair) _____

Medications _____ Dosage _____ Allergies _____

Physician's Name _____ Phone _____

Address _____ City, State, Zip _____

Emergency Name _____ Emerg Ph _____ Relation _____

Healthcare Insurance Co. _____ Healthcare I.D. No. (i.e., Medicare / Kaiser) _____

Are you a U.S. Veteran? Yes No Military Branch & Years _____

Describe any medical conditions limiting your participation in strenuous activities (i.e., heart condition, seizure disorder, etc.):

What sport or activity could you teach/lead/assist? _____

Are you interested in serving on any of the following committees? (Check all that apply)

____ Publicity / PR ____ Winter Trips ____ Equipment ____ Transportation
____ Fundraising ____ Social Programs ____ Newsletter / Web site / Social Media

**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 Move United, 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, 4890 Renovo Way, San Diego, CA 92124.

Phone: 858-740-8017; e-mail: membership@unrecables.org

Move United Waiver & Release of Liability Agreement

Move United, and its affiliated Chapters (“Released Parties”) are non-commercial, not for profit activity providers. The purpose of this Move United 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 Move United, 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 Move United 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. Risks of Participation. The Undersigned recognizes and understands that while Released Parties have undertaken reasonable steps to lessen the risk of transmission of communicable diseases, including but not limited to, COVID-19, in connection with participation in the activities, the Released Parties are not responsible in any manner for any risks related to communicable diseases in connection with Participant’s participation in the activities. Specifically, the Undersigned understands that COVID-19 is a highly contagious and dangerous disease, and that contact with the virus that causes COVID-19 may result in significant personal injury or death. The Undersigned is fully aware that participation in the activities carries with it certain inherent risks related to transmission of communicable diseases (“Inherent Risks”) that cannot be eliminated regardless of the care taken to avoid such risks. Inherent Risks may include, but are not limited to, (1) the risk of coming into close contact with individuals or objects that may be carrying a communicable disease; (2) the risk of transmitting or contracting a communicable disease, directly or indirectly, to or from other individuals; and (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from communicable diseases or the treatment thereof. Further, the Undersigned understands that the risks of all communicable diseases are not fully understood, and that contact with, or transmission of, a communicable disease may result in risks to the Participant including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks.

The Undersigned hereby voluntarily accepts and assumes all risk of loss, personal injury, sickness, death, damage, and expense for the Participant arising from such Inherent Risks. Furthermore, the Undersigned represents and warrants that Participant does not knowingly carry any communicable diseases that may be transmitted during participation in the activities.

3. 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 Move United/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.

4. 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.

HAPPY BIRTHDAY!

OCTOBER

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

NOVEMBER

6	Amanda Davis
7	Mike Trujillo
7	Kathy Paisley
9	Paula Nerniroff
10	Richard Wu
15	Maggie Riley
17	Allison Aries
25	Jennifer Nerad-Sultan
28	Scott England
30	Amanda Arsenault Fraenkel
30	Eric Lue



DECEMBER

1	Daniel Garcia
1	Ken Sodoma
5	Debbie Beaudin
7	Glenda Phillips
9	Glenn Green
10	Diane Lenkin
19	J. Davis
27	John Melville

FWSA ANNUAL SKI WEEK 2024

Steamboat, CO

January 27-February 3, 2024

Contact: Laura Priess

LAC VP of Travel

Call: 818-800-3166

Email: rokkaracers@aol.com

THE UNRECABLES ADVISORY BOARD

Bob Darvish, M.D.

*Physical Medicine & Rehabilitation,
V.A. Medical Center, West L.A.*

Billy Kidd

*Olympic Silver Medalist
Director of Skiing, Steamboat Ski Resort*

Jon Halperin, MD

*Chief of Physiatry
Sharp Rees-Stealy in San Diego
Ski Patrol Snow Valley*

FWSA TRIPS

FWSA Annual Ski Week 2024

Steamboat, CO
January 27-February 3, 2024

FWSA Mini Ski Week 2024

Big White, BC, Canada
March 17-22, 2024

International Ski & Snowboard Adventures

Madonna di Campiglio, Italy
Feb 25-March 10, 2024
Val d'Isere, France with extension
February 2025

Summer Ski Week 2025

Val Nevado, Chile with extension to the
Atacama Desert

FWSA Adventure Trips

East & Central Africa - 2024
Galapagos Islands - 2026

Check out details at fwsa.org.



THE UNRECABLES 2023-24 BOARD OF DIRECTORS

Michelle McCarthy, President

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310-795-5517

Richard Olmsted, Vice President

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Will Chung, Treasurer

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John Gray, Membership Director

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Victor Chan, Winter Trips Director

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THE UNRECABLES NEWS

NEXT NEWSLETTER DEADLINE: DEC 4

Coming up in the next issue:

- Ski trips ... and much more

UNRECABLES SOCIALS ON ZOOM

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

Oct 10
Nov 7
Dec 12
Jan 9

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

SPECIAL THANKS

Victor Chan
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Steve Lefkowitz
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Sigrid Noack

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THE UNRECABLES MEETINGS

SOCIALS: Every second Tuesday monthly at 6:30pm on Zoom. Check your e-mail or Facebook for the Zoom link.

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

LA COUNCIL MEETINGS: Every first Monday quarterly at 7:00pm on Zoom. E-mail our LA Council Representative for Zoom meeting link. Everyone is welcome.

FAR WEST SKI ASSOCIATION SAFETY SLOGAN

SKI WITH PRIDE, LET IT RIDE, WATCH ALL SIDES.
FIRST WITH SAFETY AWARENESS

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FALL 2023

