

The Spirit

Winter 2017

of the United States Adaptive Recreation Center



Now that the 22nd iteration of the fabulous cycling adventure from Big Bear to Mammoth is in the books, the real question is where were you? If you were one of the several dozen dedicated riders or selfless volunteers who joined in on the rolling party, then that question is answered and USARC thanks you. Likewise, if you are one the many generous donors, the USARC is honored by your support of P2P22 as a whole, and of your chosen rider in particular. (See 22nd Annual on pg. 4)

So long Summertime...

Even though we mean that in the "farewell" sense, one could also construe it to mean that summer seemed to go on and on this year. With the winter-that-wasn't last year, plus some recent heat waves, all that continuous sunshine makes it hard to believe the USARC has wrapped up its water sports programs.

(See So Long on pg. 3)



Kristi and James keep a watchful eye on Alina to provide any coaching or assistance if needed.

Winter Volunteers Wanted!



Briana has nothing but fun thanks to 11-year volunteer Carol's confidence and capabilities.

One of the many reasons the USARC has been so successful over the decades is its devoted volunteer corps who undertake a detailed and practical training process long before they ever take charge of a lesson.

However, in the process of becoming technically proficient and knowledgeable about many aspects of teaching adaptive ski techniques, volunteers

also become much better skiers and benefit from a variety of perks offered by the USARC and Bear Mt. Resort.

(See Winter Volunteers on pg. 8)

Book Your Lessons Now

Please, somebody, STOP predicting big winters! Everyone knows what that particular practice has resulted in over the last few years: a whole lot of anticipation followed by lamentation, eye rolling and people saying "Fool me once, shame on you. Fool me twice, shame on me!" Of course, the fact that we keep



Tony is always ready and willing for another run down the slopes!

saying that again and again illustrates our continued optimism and faith in Mother Nature. Plus, we always have Bear Mountain's snowmaking system, just in case!

(See Snowsports Lessons on pg. 7)

Thoughts from the Executive Director

Last year, on the cusp of the forecasted apotheosis of winters, I never got around to buying myself a snowblower. I figured there would always be time to pick one up when the snowflakes started to come down fast and furious. There's always time, right?

While I had never previously owned a snowblower, I



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had used them on many occasions, so I thought I was pretty well equipped to go out and buy one. I began to look around, "window shopping" online, checking out the inventory of local stores, lucubrating over the pros and cons of a new vs. used machine, engine

horsepower, the size and knobby pattern of the tires, whether or not tires were a better or worse choice than the bulldozer-style treads, the size of the auger and the depth/width of the path it would clear, how many forward speeds and how many reverse speeds,

whether or not it had a headlight, did it have a pull start in case the electric starter failed, and so on with numerous other factors.

Well these things aren't cheap, but I was just about to pull the proverbial trigger (or click the mouse) when that little superstitious voice in my brain kicked in, making me wonder if, by prepping for a big winter, somehow I was jinxing the whole thing, so I promptly cancelled my order. After looking at the big, broad-bladed snow shovel hanging in the garage, I further rationalized my decision with the afflatus that shoveling all that snow would help me get in shape. What better than



Tom Peirce USARC Exec. Dir.

to save money, please the so-called "snow gods" and improve one's health all at the same time?

So there I sat, shovel ready and snowblower-less, confident in my decision that my superstition would prove fruitful. And there I continued to sit, week after week, watching satellite imagery of an empty blue eastern Pacific devoid of storms, and scoffing at the few wimpy cold fronts that actually arrived. I was still sitting there when I realized that winter was over, I was still out of shape, and the shovel hung on

the wall sheathed in cobwebs, anthropomorphically giving me a judgmental look of condemnation in the way that only a dusty snow shovel can do

way that only a dusty snow shovel can do.

So, dear reader, I hope you see my point about putting things off. Don't let superstitions or rationalizations about

having plenty of time get in the way of your g winter or beyond.

Could this be the catalyst for a big winter?

accomplishments, this coming winter or beyond. You can't worry about what might happen if you do something, and therefore you don't do it, or vice versa. The time, my friends, is now!

Simply put, make this the winter you get involved (again) with the USARC, as a participant, as a volunteer, or as a Ski-A-Thon supporter. You won't regret it, and I, and so many others, will be grateful.

As for me, I'm done with dilatory strategies and superstitions and headed out to buy a snowblower!

So long Summertime (cont.)

Despite the lack of run-off into Big Bear Lake and the steadily decreasing lake level, the USARC's reputation for good times and excellence ensured its sessions were filled with adventure seekers of all ages and abilities.

Thanks to a devoted squadron of volunteers, "access" to the joys of a day on the water took place on multiple levels. They eagerly displayed their amazing patience and perseverance in the water,

USARC 2016 Summer Volunteers

Debbi Armenta Daniel Brown Jeanine Cardullo Jack Cooperman Amanda Egerer Trevor Ellis Micaela Fairchild Julius Garcia Suzanne Goya **Christopher Hale Bobbi Hazelton Amanda Horner Daniel Horner** Ann Kaesman Jason Lee Cristal Lopez Jim MacLeod James Muller **Dave Norman** Laura Oelsner Jennyfer Oh Jim Ortiz Sandy Pappas Carl Pearl Kei Takamura **Hailey Underwood** Paul Van Wig **George Watson-Jones**

The USARC thanks these 2016 summer volunteers who gladly gave of their time and effort to help the USARC summer programs be a safe, fun learning adventure for all.

Claire Youmans

while on the land they truly put their back into it as they maneuvered "Bertha", USARC's big balloon-tired beach chair, across the rocky and everincreasing shoreline to help athletes get to the dock. USARC's volunteers devoted their free time to attend training and helping hundreds of participants safely engage in fun and challenging sports like waterskiing, paddling, wakeboarding and personal watercraft riding, for which we cannot thank them enough.

A huge thank-you is likewise extended to Steve Fengler at Big Bear Marina for once again giving our vessels a home, and to John Gorzik at the Lakeside Boathouse Tavern for allowing us the docks that we call our home a couple days a week. Without the generosity of these two remarkable gentleman the USARC would not be able to provide or teach the excitement of watersports.

As part of its outreach efforts to serve people who may not be able to attend programs in Big Bear, the USARC once again partnered with Casa Colina Rehabilitation Hospital which put on another successful Land Meets Sea Camp in Long Beach.

See ya next summer on the (hopefully fuller) lake!



Austin shows his skill and confidence skiing in the smooth wake of the USARC Nautique.



A USARC kayak flotilla cruises across Big Bear Lake with a dormant Snow Summit beyond.



Staff member Mikey teaches safe vessel handling to Ethan aboard a Kawasaki Jet-Ski.



Jeff deftly positions a Jet-Ski as Jim prepares to jump in alongside Trina when she glides to a stop.

Participant Profile: Nicholas Dust

Nicholas is 10 years old and has been coming to USARC for two years. An adventurous little guy ready for anything, he is a man of action and few words, but we'll share them with you just the same. The Spirit (TS): So Nicholas, do you prefer snow



Nicholas looks like he's claiming the music and beach as Dan helps him on a SUP.

skiing or water skiing? Nicholas Dust (ND): I really like snow skiing. It's fun to ride the ski lift and then come down the mountain.

TS: What is your *favorite part* about skiing?

ND: Riding the chair lift.

TS: What is your favorite thing to do at home? ND: Listening to

dancing.



Despite being airborne, Nicholas' experience shows, taking the stable center seat when tubing behind the boat!

TS: Do you have any pets?

ND: I have two dogs, Harley and Puck

TS: What do you like best in school?

ND: Playing handball with my friends and math

TS: Who is your favorite cartoon character and why?

ND: I love super heroes because they have super powers.

TS: If a friend asked you about coming to USARC, what would vou tell them?

ND: (Mom talking here) hard to get an answer on this one - he says it's fun.

TS: What do you want to be when you grow up?

ND: President. Also, a doctor and a fireman.

22nd Annual Peak to Peak

The recent ride proved its reputation as one the most enjoyable challenges a cyclist can undertake. Yes, there were days with nagging headwinds, but they uniformly ended up as tailwinds. Caltrans' shoddy work in places made the smooth wide tarmac seem even nicer in others.



"Hand Crank" Frank never has a bad day.

The hot parts of some afternoons also led to relatively warm nights perfect for camping.



A few members of USARC's P2P family, Paulette, Paul, KelLe and John, enjoying camaraderie (and a rest!)

Hunger and thirst made food, beer and even Otter Pops just taste that much better. More importantly, and there are no adequate words for it, is the feeling of family and the bonds of shared accomplishments that everyone feels from the first day to the last. This is truly a great event, supporting a greater program, all made possible by the greatest people. Please join us for the slideshow in early April and start your planning for P2P23 now!

How can I help USARC?

Since this is an oft-asked question we will continue to run this page in every newsletter because, quite frankly, the answer is quite simple; in addition to volunteering, there are many ways to financially support the USARC!

DONATE ONLINE IN YOUR NAME OR AS A TRIBUTE TO A LOVED ONE

Clicking on the logo below, or via the Donate Online tab on the USARC website, www.usarc.org, will take you to a secure and reliable website where you can use your credit card to make a tax deductible donation in your name or in recognition of another.

PARTICIPATE IN THE ANNUAL SKI-A-THON OR PEAK TO PEAK PEDAL

Under the Support tab at www.usarc.org are the web pages for these respective special events. Held annually in March and October, respectively, these unique and fun events allow you to support the USARC while engaging in activities they love, be it snow sports or cycling!



The USARC can be named as your partner when you shop at numerous retail outlets, at both online and "brick and mortar" stores. AMAZON's charitable arm (www.amazonsmile.com), and a variety of online retailers you can find through www.igive.com and www.escrip.com allow you to select the USARC as a beneficiary of your shopping forays. If you patronize RALPHS, MACY'S, and many other retailers, you can select the USARC to receive a portion of your purchases.

PLANNED GIVING IN YOUR WILL OR TRUST

The USARC can be named as a beneficiary in your estate planning, enabling you to support the important and lifechanging programs of the USARC well into the future. Consult your tax and legal professionals or call the USARC and we can put in you in touch with somebody to guide you through the process.



DONATE YOUR OLD CAR, ETC.

Cars, RVs, and boats donated in the name of USARC are sold, with the proceeds defraying USARC's operating costs and you receive a tax deduction! Call or click on the logo to get started.

An Early Letter to a **Certain Jolly Ol' Soul**

Dear Kris,

I am writing this letter as part of the USARC's newsletter "The Spirit" and wishing for what I hope will be a winter full of snow. As you know, during the past few years we have been optimistic at the beginning of the winter, but it has seemed that just as fast as that excitement for a snowy season comes, it soon passes under a ceaseless parade of sunny and cloudless skies.

Last year we started off strong, when a massive storm dropped three feet of the white stuff on Big Bear, and people began talking about the epic winter that was surely to follow. Unfortunately, that huge blizzard ended up being the only big storm of the year.



The lights on a little roadside tree glitter under the fluffy white bounty of last winter's sole blizzard.

Of course, the USARC didn't worry. As a reminder, Mr. Kringle, our middle name is "Adaptive", and all the phenomenal people who comprise our rather large extended family took the lack of storms in stride and simply put on more sunscreen and bigger smiles. Just so you know, this request is not for our benefit, but for the participants, volunteers and family members (not to mention all the forest inhabitants) who would really enjoy a snowy wonderland and a replenished lake.

We understand that you are not Mother Nature, but maybe you can stir up some magic in that workshop of yours. Just so you know, it won't be long until our participants and volunteers fill up our little ski school with their never-ending generosity and energy. Please give those reindeer of yours a hug and know that we are very excited to see what you bring us this year! Oh and by the way, we have been very good!

Sincerely, A USARC Staff Member

The USARC proudly salutes these 2016 fiscal year donors!

If your donation between 7/1/15 and 6/30/16 is missing please accept our apologies and contact us so we can correct our records.

Anonymous

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Volunteer Profile: Trevor Ellis

Trevor Ellis came to us this past summer by means of Paul Van Wig, reigning Volunteer of the Year. Trevor was visiting for a few weeks so Paul brought him up to training and it's safe to say that Trevor jumped right in! Trevor was a great asset to our volunteer pool, always up for anything and always had a smile on his face. We would like you to learn more about him as well...



Trevor ready to jump from the back of Kim's Jet Ski.

The Spirit (TS): What did you think of your first summer?

Trevor Ellis (TE): My first summer as a volunteer for USARC was nothing short of amazing! The employees, volunteers, and participants were all extremely fun to be around, and share the same passion to serve and have fun that I have! I loved the opportunity to help those with special needs have a once in a lifetime experience out on the lake, whether that was water

the lake, whether that was water skiing, kayaking, or jet skiing. It was all fun!

TS: Art there any moments in particular that stood out?

TE: The three-day summer camp, Land Meets Sea. It was a blast and I'm not going to lie, I was exhausted afterwards, but it was well worth it. It is a fantastic program, and I will never forget all of the joy and smiles expressed by both participants and volunteers. The adventures and experiences that are offered to participants by USARC cannot be replicated and cannot be easily forgotten. Jumping was by far my favorite! I loved the thrill of jumping

off of a moving jet ski, and swimming as fast as you can to lift someone out of the water. Then, once you get them up, holding on for the ride!

TS: What are you thinking as you jump off the jet ski?

TE: I believe that I was thinking something similar to most jumpers as they jump off of the jet ski...I need to get to this person as fast as I can, and of course, I hope the water isn't too cold! Honestly, not a lot would go through my mind as I was jumping. I would just swim and get the person out of the water and ready to go. I think the only thing on my

mind was how much fun the participant was having, as well as ensuring that they were ok.

TS: How's school? What are you studying?

TE: School is great! I am a finance major at BYU. It is stressful, but it is great being able to learn and study what I love and hope to do for the rest of my life. Plus, it is nice to be around friends all the time.

TS: Tell us something interesting about yourself.
TE: (1) I lived in Mexico

for two years to serve a mission for my church (2) I

can do a backflip (3) I enjoy investing in mutual funds and planning for my retirement. *TS: Will you come back next summer?*

TE: If I am in California next summer, I will definitely be back as a volunteer!

TS: If you could go anywhere in the world, where would it be and why?

TE: In Mexico I lived in the states of Jalisco and Michoacan so I would definitely go back there and see all of the people that I met.



Post-jump, Trevor stabilizes a smiling Walter while Dave guides them toward the dock.

Snowsports Lessons (cont.)

The USARC is a member school of the Professional Ski Instructors of America (PSIA), and many of the staff and volunteers possess some level of PSIA certification. With that collective expertise and some of the latest in adaptive ski equipment, it is easy to understand why the winter lesson spaces fill up so quickly. In order not to miss out on your opportunity, mark your calendar for Tuesday, November 8, but don't call before 9:00 AM!



The USARC is a proud member school of the Professional Ski Instructors of America.

At that hour the USARC phone lines (909-584-0269) open for winter reservations, of which you are allowed to book up to 3 dates at one time. Thanks to the support of volunteers, the success of fundraising events like the Ski-A-Thon and Peak to Peak Pedal, and the generosity of countless individual donors and foundations, the USARC's fees remain the lowest of any regional adaptive program, while its program standards and success are among the highest!

Winter Volunteers (cont.)

Training is provided at no charge to the volunteers, who must attend a 2-day refresher if they fulfilled their commitment last year, or a 4-day session if they are new or have skipped a season. Volunteers are preferred to be able to ski a basic parallel turn on easy intermediate "blue" terrain. They must also provide their own helmet and ski-wear as well as a short pair of "teaching skis" (usually old rental skis) which enables the volunteer instructor to ski without needing poles and be more maneuverable in order to help the adaptive

athlete. Lastly, they are asked to teach no less than 6 midweek days during the course of the winter.

The greatest reward of volunteering is witnessing the joy on the face of the program participant and their family as they realize their potential and redefine their concepts



Bob and Windy are two of USARC's finest volunteers. Just ask Danny!

of limitations and potential. On top of that, volunteers have the opportunity to join the Professional Ski Instructors of America and take an exam to become certified instructors, which in turn opens all sorts of doors and opportunities, including discounted lift tickets at countless resorts and huge discounts on winter sports equipment. For more information and an application please check out the volunteer (winter) tab on the USARC website or telephone us at 909-584-0269.

Hand-Cycles for Sale





has virtually new Top-End adult and junior hand-cycles for sale. For details, please call 909-584-0269.

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Attention Big Bear Real Estate Buyers & Sellers!

USARC staffer/realtor, Will Rahill, will donate 10% of his earned commission to USARC for sales from a USARC associate. If you want to buy or sell, please contact him at (909) 645-1949, usarc@willrahill.com, or www.SearchBigBearRealEstate.com

What's ahead at USARC?

DECEMBER

- 2-4 Ski Dazzle (L.A. Convention Center)
- 5-6 Returning Volunteer Training #1
- 8-11 New Volunteer Training #1
- 10-11 Returning Volunteer Training #2

JANUARY

- 5-8 New Volunteer Training #2
- 7-8 Returning Volunteer Training #3
- 9 Group Lessons Begin

FEBRUARY

22 PSIA So-Cal Session

MARCH

- 4 2016 Ski-A-Thon
- 13-14 PSIA Adaptive Certification Exams
- 18 Volunteer Party

APRIL

TBD P2P22 Slideshow Reunion Party