



The Spirit

Summer
2018

of the United States Adaptive Recreation Center

Climate Calamity Conquered



Snowstorms or not, it was a super winter!

REALLY? That was winter? This “snow-sports” season was definitely a weird one, and with temps reaching the 60’s during most of the months, Big Bear didn’t really turn into the Winter Wonderland for which we all continue to wait. Yet we adapted.

The few storms that did roll through produced nothing even approaching a “normal year (even rain would have been nice just to fill up the lake a bit)

but the weather, or lack thereof, didn’t stop the USARC from doing what it does best, change lives one adaptive lesson at a time.

(See CLIMATE, pg. 5)

Go Jump in The Lake!

In mockery of the winter, 3 inches of fresh snow lay on the ground outside USARC’s office in early May. Fortunately, USARC has a sense of humor and saw it not as a tomato plant killer, but more run-off for the lake and our awesome adaptive boating programs.

(See GO JUMP, pg. 3)



USARC volunteers rehearse teaching scenarios during training.

24th Annual Peak to Peak Pedal

USARC’s annual autumn adventure is coming. If you have yet to experience this equal mix of challenge and reward, you are missing out on one of the USARC’s greatest traditions.

Not only does it raise valuable resources to help USARC provide its unique and life-changing programs, but it serves as a perfect allegory for what can be achieved when one pushes oneself past what they may have thought of as their “limitation.”

Please join us on this wonderful experience, either as a rider, volunteer or donor. Click on the logo to get started or call 909-584-0269 for more information. As the late Warren Miller always said, “if you don’t do it this year, you’ll just be one year older when you do.”



Executive Director's Note

My niece adores bacon, and if you eat it, you know that it tastes really good. You will forgive me for stating the obvious, but sometimes it doesn't hurt to have a little, or big, reminder to reflect on some of life's more delicious indulgences, whether they come in the form of delicious food, a bluebird powder day on the slopes, a great book or movie, or time in the company of someone we love.

I found myself thinking about bacon while at a recent conference as the lecturer spoke about "mindfulness". While the word may be a little trendy, the concept addresses actively focusing on whatever and with whomever we are engaged at that moment, savoring each sensory nuance and how they make us feel; in short, to truly be present in the moment. As I listened, I realized that mindfulness isn't necessarily new to me.

For example, while it's been a while since my last bluebird powder day, I can still close my eyes and recall the bite of cold air on my cheeks and nose, the muting of normal ski resort cacophony by a soundproof snow cloak, the soft give and squeakiness of new snow under my weight, the brilliance of the sun and how sharp the colors were though my polarized lenses, and the ozone-sharp tang scent of new snow.

Anyway, it just so happens that this particular lecturer was eating breakfast with some friends on Oahu on the morning of January 13th. Like most other people with a smart phone in the 50th state on that day, he received a text alert that an ICBM was

inbound to the islands and he had about 20 minutes to get to "safety", whatever that means. At the risk of sounding overly optimistic, I can't say that I've given much thought to what I would do if I found myself in his position, but if time permitted I would definitely consider partaking of another slice of bacon.



Tom Peirce
USARC Exec. Dir.

Would you take your children onto your lap and hold them tightly? Of course, they are our world. Would you kiss your partner and tell them you will love them beyond time's horizon. Undoubtedly so. Would you think about your family and friends back home? Certainly, but only in that we would probably not want them to worry about us. As the events of our lives did a staccato flicker through our minds like an old newsreel, would we conclude we had tipped the scales more toward good than bad and that we had spent our time as well as we could have? As for me, I think, I hope, yes.

Hence my question to you; how will your time with this humble, little program measure up when you binge watch your life in review? It is my profound wish it will rank somewhere near the top in terms of the effort/reward ratio and that your life, as a participant, volunteer or donor, is richer because of the USARC. If so, then you as a person are doing something worth being mindful of while we, collectively, continue to create a paradigm of wonder.

So however it is that you have joined our family, please don't wait till the end of time to take a moment to be mindful and present about the smiles and milestones you (we) have accomplished, directly or indirectly, with USARC. Like bacon, they are worth savoring.



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Post Office Box 2897
Big Bear Lake, CA 92315
(909) 584-0269
mail@usarc.org

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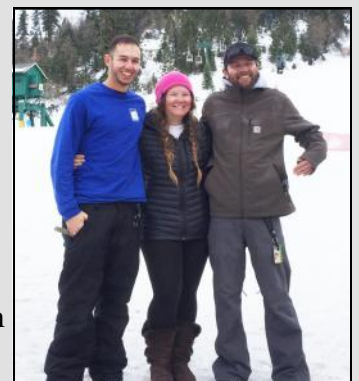
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PSIA Perfection

With the help of a DSUSA grant, USARC went 5 for 5 as the following people passed their adaptive certification exams, adding even more excellence to USARC's impressive corps of credentialed instructors.

Theresa Fox: L-1 Cog
Mark Hopkins: L-2



Joe, Theresa and James.

David Miller: L-2
Joe Miller: L-1 Cog
James Muller: L-1 Cog

Go Jump in the Lake (cont.)

First and foremost, summer reservations for our July and August single-day and overnight sessions (see the calendar on page 9) are being accepted NOW, so call 909-584-0269 SOON!

Meanwhile, the USARC has already ramped up its summer boating programs. Kayaking sessions for the local mountain schools are under way, and the Jet Skis and Nautique are out of winter storage, serviced, and ready for launching in Big Bear. Plus, the USARC will also once again partner with Casa Colina Rehabilitation Hospital at the Land Meets Sea Sports Camp in Long Beach on August 14-16.



Jet-Ski junkies, Lexie and Liz .

As always, volunteers are needed to help during every program day, for which USARC provides free training in Big Bear on Saturday, June 23. More information is available under the volunteers tab on the USARC website at www.usarc.org.

Make sure to call the USARC soon and get ready to beat the heat and have some high alpine fun among the pines, fresh air on the blue jewel of Big Bear Lake.

P2P23 Notable Names

As promised in the last issue of the Spirit, here are P2P23's top fundraisers and the H.A. trophy winner.

- 1) Frank Elliott \$10,750
 - 2) Kelle Malkewitz \$10,050
 - 3) Allison Van Wig \$6,250
 - 4) Dan Stormer \$5,250
 - 5) Jason Dodd \$3,735
 - 6) Cody Bishop \$3,530
 - 7) John Mattos \$3,515
 - 8) Paul Mattos \$3,475
 - 9) Debbi Armenta \$3,394
 - 10) Cynthia Vazquez \$3,335
- H.A.) Donna Halpin



Don't Jump in the Lake...

...to raise funds, at least not during winter! Even if it was being labeled California's third-driest winter in recorded history, when inclement weather was obviously in short supply, the odds were probably pretty low that a March day, only 10 days away from spring would not be sunny. But add "Murphy's Law" to the equation and no one was really surprised



when the day of USARC's Ski-A-Thon turned out to be cold, grey and drizzly.



The Champ.

Did that deter these die-hard skiers from turning out to support USARC's life-changing programs? Not a chance! They just threw on a poncho, went skiing, took a

break every now and then, enjoyed the included hot lunch, delicious appetizers and (adult) beverages, danced to some good Jimmy Buffett tunes, and excitedly awaited the outcome of various opportunity drawings, all while raising over \$60,000 in support of the USARC.

The "Top Fundraiser" pendulum swung back the other direction this year as Michelle's FUNraisers (\$17,025) re-



Soo, Jake and Danny; damp but stoked.

took the crown from Team Briana & Poppa (\$12,425), with Team Buce (\$4,410) rounding out the podium.

USARC thanks all the hardy Ski-A-Thon participants and every sponsor, large and small, for making this year's event sunny and warm, at least on the inside!



Athlete Profile: “Big Man” Reuben Dodd

Reuben is one unforgettable kid. He has a charisma and larger-than-life presence that justifies his father Jason’s nickname for him, “Big Man”. Reuben’s go-for-it attitude is no different from the rest of his family. His father Jason rode Peak to Peak 23 and is planning on riding it again this year, because he has witnessed firsthand the efficacy of USARC programs on Reuben’s life, among others. As you will see below, Reuben is a man of few words, but his smiles, and those from his family, tell us volumes.

The Spirit (TS): So Reuben, how long have you been coming to USARC?

Reuben Dodd (RD): I started when I was 5 and I just turned 11, so 6 years.

TS: What’s your favorite part about skiing?

RD: When I’m in the middle of the slope, skiing down and being in the mountains.

TS: What do you do when you’re not skiing?

RD: I really like dancing, piano, zip lining and chess.

TS: What activities do you enjoy as a family?

RD: Going to the movies and going to theme parks, travel, museums and gardens.

TS: What is your favorite theme park?

RD: Hmmm...either Universal Studios or Disneyland!

TS: What is your favorite movie?

RD: Star Wars!

TS: Oh yeah, so then who’s your favorite character?

RD: Luke! He’s so strong in the movies.

TS: Are you going to come up and try the Summer program this year?

RD: Sorry, no, but I’m going on a trip to Europe for the summer.

TS: That sounds like fun! What is your favorite food?

RD: Milk, pizza and yogurt.

TS: Mmmm, I love Pizza! Okay, last question, if you could be a superhero, who would you be?

RD: Captain America, he’s the best!



David Mora, USARC Warrior Child

One measure of success of an organization is whether those involved in it willingly serve as its ambassadors, either through their words or deeds. Even more telling is when parents feel strongly and confidently enough about the organization to allow and encourage their children to become involved.

The USARC is proud to count among its volunteers the Mora Family. Karen and Rene have not only dedicated a significant portion of their lives to the program, but they also encouraged their son David to follow their example. So, with his fearless and triumphant participation in P2P17, at age 14 David became the youngest man to ever ride in the annual autumn adventure, even before he was old enough to drive!

David never gave up during P2P17, and we at USARC count ourselves among the lucky to have shared those moments of his life. He displayed that same fight and fortitude in his battle with brain cancer last fall, and while David ended up leaving us too soon, his legacy lives on through his family and the lessons he taught us all.

Climate Change (cont.)

What is truly amazing is how good the conditions were during most of the season, thanks to Bear Mountain's extraordinary snow making system and grooming staff, who earned gold stars keeping what snow we had in great shape for our skiers. So let this be a teaching moment for those of you who skipped this year:



Michael, James, Tom and Melissa enjoy the drought!

USARC is undaunted by climate change, and if you stayed home because you did not see snowcapped peaks, you really missed out on some awesome days.



Carol and Sandy ready Miranda for adventure.

Thank you to all the USARC volunteers for choosing to share their precious time with our lucky participant athletes. At a minimum, the list below reflects nearly **800 years** of teaching experience among these devoted and selfless members of the USARC family. Seeing the smiles on the faces of our participants is truly special and inspiring, and would simply not be possible without this extraordinary team of individuals who share a collective vision. Congratulations to them all, as well as to the 2018 Volunteer of the Year, Scott Adler, and Rookie of the Year, John Brown.

Thank You to USARC's Winter 2018 Volunteers!*

UNDERLINE = Taught 10+ days this winter

ITALICS = PSIA Certified Instructor

30+ YEARS <u>John Alderete</u>	Benson Lam Kim McRae John Pacente	Jack Walser	Daniel Warner Darren Young	Kyle Jones Ed Lauth Ben Lawrence
25+ YEARS Claude Chirico Gilbert Cortez Susan Slesinger <u>Bill Yaeger</u>	Andrew Suzuki Josef Szigeti Daniel Taylor Donald B. Whitbeck Paul Zamoyta	5+ YEARS <u>Scott Adler</u> Britt Aguilar Valerie Bagget Paulette Campbell Marilyn Capel Claude Ciocan Mark Hopkins Rodney Hsueh Kay Kobayashi Bobiane Kupfer B.A. Laris Soo Jeong Lee <u>Kim Light</u> <u>Susan Mason</u> Don Schroeder Matthew Schwier Windy Sirignano Kathleen Snow <u>Mark Uthus</u> <u>Paul Van Wig</u> <u>Tracy Walton</u>	1+ Years Jack Beckley Pete Beckley Thomas Beckley <u>John Brown</u> Curt Cattau Genivieve Cook Maria Da Re Keith D'Avignon Daniel Dowdy Tracy Dowty Alexandria Fabbro Lauren Gentry Catherine Ghazal Sara Gordon Devin Greer Linda Griffith <u>Bobbi Hazelton</u> Michael Horner Karen Horst Eric Hutchinson	Hayden Lawrence Elliott Lebby David Leong Andrew McAllon Kristi Moore Doug Morgan <u>Tosh Neminsky</u> Aimee Newell <u>Ted Oden</u> <u>Pat Patterson</u> <u>Gil Ramos</u> German Regalado Amber Salazar Jason Schetter Morgan Schetter Brenda Spence Ernie Thompson Mike Urbanski <u>Kristain Williams</u> Vinnie Ybiernas Casey Ying
20+ YEARS John Melville Matt Fukushima Tim Guebert <u>Kam Lawrence</u> <u>Ray Locascio</u> Karen Mora Tom Pollard Andy Templeton	10+ YEARS Steve Barker Richard Beynon <u>Tom Delgado</u> Debbie Leong Jenn Long Jeff Mills Jim Ortiz <u>Sandy Pappas</u> <u>Tom Perez</u> Bill Shamhart Holly Shelton Neil Slate <u>Carol Sorensen</u> <u>Roger Sorensen</u>			
15+ YEARS <u>Bob Lombard</u> Mary Kay Chirico Jerry Hammerle Bob Knight				

*For any discrepancies or omissions, please accept our apologies and contact us so we can correct our records accordingly.

An Intern's Big Bear State of Mind

Just a few months ago I was spending my last semester at SUNY Cortland looking for internships and thinking I would end up being in an office having a desk job. After looking for what seemed to be a



Joe and Christopher hit it off right away.

competitive' and that I wouldn't get it. But growing up in upstate New York I began skiing at a very young age, plus I had been involved in Special Olympics in the past, so I strived for it and soon found myself packing my bags for a 6-day drive across the country.

It seems like yesterday I was travelling up the mountain, arriving in Big Bear, and wondering what was to come. I did not know a single person in California and I kept thinking what had I gotten myself into? I had never given an adaptive ski lesson before, but after first meeting Sara and Shelly, and going out on my first bi-ski lesson with Davey, I knew this internship was going to be the right fit.

lifetime, I found USARC and instantly fell in love as it soared to the top of my internship list.

People told me an internship with USARC was 'too far away' or 'too

First I had to get accustomed to my new name, 'Intern', but soon I was giving lessons on my own and began learning and experiencing more than I could have ever imagined. I could list the endless amounts of knowledge I gained through this internship, but I know that I would not have learned it had it been for the USARC staff and our amazing volunteers.

What I learned most is that USARC is a place that provides happiness to others. It is full of caring, sincere, loving and passionate people. Thank you to the volunteers who always would lend a hand and help. You showed me all the energy and work you put in and it is truly selfless and inspiring. You are what makes USARC the success that it is.

This winter at USARC I spent some time thinking about my old pals back in New York, but now that I am going back there to graduate, the old pals I will be thinking about are the ones I made here at USARC. It is sad to see the winter season come to an end but I will reminisce about the people I met, the amazing memories we made and being known as 'Intern'. The USARC family took me in as one of their own, and I can't thank them enough. There truly is no other place, and internship opportunity, like USARC.



Bi-skier Ebin takes in the views with Joe, John and a bear.



Please keep in touch with USARC on Social Media

FACEBOOK: Find us at www.facebook.com/usarc1 (or you can type in our entire name: United States Adaptive Recreation Center) and, once there, click on the little "Like" (thumbs up) symbol.



TWITTER and INSTAGRAM: Log into your account and search for @USADAPT



These are great ways to stay up to date on USARC happenings but they can also help the USARC win important support and funding. Don't forget to ask all your friends to do the same, thank you!

Volunteer of the Year: Scott Adler

Scott has been volunteering with the USARC for nine years and is always up for a challenge. Whether it's helping to move a dock in the summer or his ability to teach virtually any adaptive technique in the winter, Scott's "go get 'em" attitude and versatility are just a few reasons he is this year's Volunteer of the Year award winner. We caught up with Scott (which is not easy) to see what he has been up to, and ask him a few questions...

The Spirit (TS): How did you feel, receiving USARC's Volunteer of the Year award?

Scott Adler (SA): It was a really awesome feeling, a bit emotional and overwhelming and I still kind of get choked up thinking about it. I always put 110% into my students and lessons so to be recognized for this was really a great honor.

TS: How did you get involved with the USARC?

SA: I had known about the program for years. A friend was talking about the program and he was so enthusiastic and you could feel his excitement thru the phone. That's all it took; I hung up and signed up.

TS: How did you feel on your first day as a volunteer?

SA: Very nervous, a little scared and very anxious. I was excited but at same time a bit apprehensive about taking someone disabled out to ski I was very fearful of the student getting hurt.

TS: That's why we require so much training! Tell us about one of your favorite lessons.

SA: I have had so many, but one morning I arrived early and there was an 8-year old girl sitting in front of the office with her father. She was not having a good morning and it turns out I was assigned to her. Her father pulled me



Scott and Felicity know that smiles are the ultimate reward!

aside to thank me and told me not to worry because I wouldn't get her ski boots on, that she probably wouldn't ski and please do not take it personally. I told him I had driven up to ski and so had they and that was exactly what we were going to do. After a brief struggle we got her boots on, grabbed her skis and headed to the lift, where I soon had her loading and unloading by herself and skiing! When I brought her back to mom and dad at lunch it was very emotional, with everyone shedding tears of joy. My student had learned that she could ski just like anybody else, her parents saw what their daughter is truly capable of and I was the biggest winner I got the memory of a lifetime.

TS: What might you tell other people who are interested in volunteering at USARC ?

SA: Wow where to start? I tell people that if they sign up and participate with the program that it will change their life forever. Being able to share their love and passion for skiing with their student will be better than any powder day they have ever had. The other volunteers are some of the best people you will ever meet.

TS: If you could have one super power what would it be and why?

SA: A body that never breaks, always heals and never ages. Because skiing wouldn't get harder every year and I could ski, snowboard and do USARC FOREVER!!!

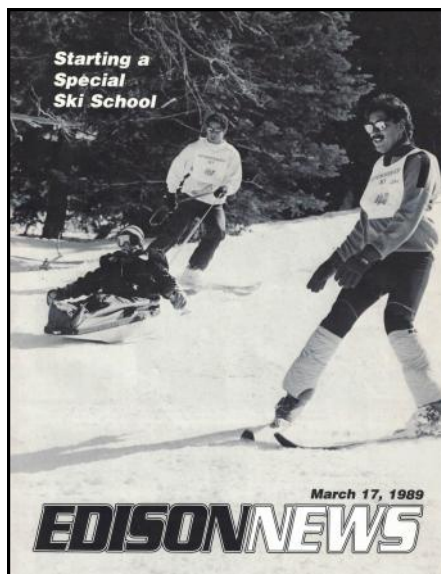


Scott's name joins a prestigious list.

30 Years and Counting!

Some things simply cannot be put into words adequate enough to describe the subject matter. That fact applies equally to milestones of global significance as well as matters of a local nature.

Regarding the latter, the USARC is blessed to count among its volunteers an extraordinary man whose selflessness and devotion has blessed this organization and those it serves for 30 years. To say that he has entered rarefied air is an understatement. In fact, he is the first one to do so.



John Alderete is the skier pictured* above the date on the cover of the [SoCal Edison newsletter](#), as well as named in the NHSRA (now DSUSA) certificate, below, and he has not missed a ski season since. Even though next winter will be USARC's 30th Anniversary, John was one of the few volunteers who signed up to help with the pilot program to determine if a program such as USARC was even viable. Thanks to him, among others, that question was clearly answered.

That the USARC has succeeded at what it proposed three decades ago is due to the unwavering dedication of thousands of volunteers over the years, of whom John Alderete is the most enduring example. As USARC volunteers are often told, there can never be enough "thank-you's" said to reward their dedication, but we're certainly going to try... **THANK YOU JOHN!**

(*Bonus points if you name the other great instructor pictured.)



Credit where Credit is Due!

These in-kind donors of goods and services from the 2017 calendar year are instrumental to the success of USARC programs and special events. Please remember them the next time you shop.

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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, YOUR options are numerous. 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!



SHOPPING PARTNERSHIPS

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 life-changing programs of the USARC well into the future. Consult your tax and legal professionals or call the USARC and we can put in touch with somebody to guide you through the process.

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FRED LIEBEL

Toni Dickson in honor of
MICHELLE JAMESON

Jeff Tweddale in honor of
ROBERT GRAWEMEYER

Susan Slesinger in memory of
DIANE IAZZETTA

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GEORGE WATSON-JONES / MARTY VOCK

John R. Price in memory of
GIL FLORES

JoAnne Apodaca in memory of
JULIAN APODACA

Robert D Fischer in memory of
MARJORIE ZORNES

R.G. & A.A. Dickson in memory of
MARJORIE ZORNES

Karl Stewart in memory of
MARJORIE ZORNES

Michael & Alessandra Alves in memory of
MARY NORMAN

Dave Norman in memory of
MARY NORMAN

Barbara & Gary Lee in memory of
ROGER LEE

Stephen Haver in memory of
ROGER LEE

*(Received since 10/1/17)

What's ahead at USARC?

MAY

15 Summer Reservations 909-584-0269 (9 AM)

JUNE

23 Summer Volunteer Training (Big Bear)

JULY

11, 12 Summer Day Sessions

18, 19 Summer Day Sessions

22-24 Summer Overnight Session 1

25-27 Summer Overnight Session 2

AUGUST

1, 2 Summer Day Sessions

8, 9 Summer Day Sessions

13 Summer Volunteer Training (Long Beach)

14-16 Land Meets Sea Camp (Long Beach)

22, 23 Summer Day Sessions

25 Summer Volunteer Party

29, 30 Summer Day Sessions

OCTOBER

10-14 24th Annual Peak To Peak Pedal (P2P24)