



The Spirit

Summer
2021

of the United States Adaptive Recreation Center

USARC Overcomes COVID

Looking back to last fall, the most commonly asked question was, "what is winter going to look like?" Fast forward a few months and here we are, watching the snow melt. The winter program was successful considering the changes that were made to accommodate COVID protocols. Volunteer trainings were split between virtual clinics and on-the-snow clinics; participant numbers were reduced to allow for social distancing; and facemasks were worn by everyone.



Mandy and Miah
The 2021 Interns

As the winter progressed, USARC adapted as needed. Mid-week days, usually reserved for groups, became available for individual lessons as well as volunteer training clinics. PSIA certification trainings started in February, with nine staff and volunteers taking on the task. Miah (Intern 1), Mandy (Intern 2), Rich McCollom (Rookie of the Year), Oliver Stein, and Ted Oden passed their Level 1 Adaptive Exams and James, Emily and Kam Lawrence all passed their Level 2 Cognitive exam. Our very own Program Coordinator, DJ, passed not only the Level 2 Adaptive Snowboard, but also the Level 2 Alpine ski portion allowing him to start his pathway to being a PSIA adaptive examiner. All in all, a successful winter season indeed!



Jim and his posse on the top of Chair 9

2021 SKI-A-THON WAS A HIT!



Not only was the 2021 Ski-A-Thon a successful fun day of sunshine and skiing, but the amazing participants and donors helped USARC go above and beyond raising over \$65,000!

The race to become Top Team Fundraiser was once again a nail biter until the end with Team Briana raising \$17,870, surpassing reigning champ

Michelle's FUNdraisers raising \$15,025, and 3rd place fundraisers, Karen's Team bringing in \$5,000.

Without the ongoing support and dedication by all Ski-A-Thon participants and donors, we would not be able to do what we do, so, THANK YOU!! We will see you next year for the 2022 Ski-A-Thon!



Jeff tethering James while Rodney keeps watch

A Note from the Executive Director

There are not enough ways to say "thank you". Sure, you can say it in a hundred different languages, but "thank you" sometimes just is not enough. This is one of those times.

Looking back to last year, the pandemic just started, people were scared, not sure of what to think or what to do, we worked from home wondering what the summer was going to look like. Now, a year later, we have wrapped-up our successful winter season and are looking forward to the warmer months and welcoming back our awesome summer program.



Sara Rosell-Gavigan
Executive Director



United
States
Adaptive
Recreation
Center

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**MOVE
UNITED
MEMBER**

So where does "thank you" come in? Thank you for the continued support of the USARC. Without your generosity and patience over the last year we wouldn't be where we are today. The COVID pandemic proved to be a challenge but as we moved forward and adapted to the ever changing conditions, we persevered. Considering the challenges of operating in a pandemic, both fundraisers, the Peak to Peak Pedal and the Ski-A-Thon, were a hugely successful-surpassing our fundraising goals.

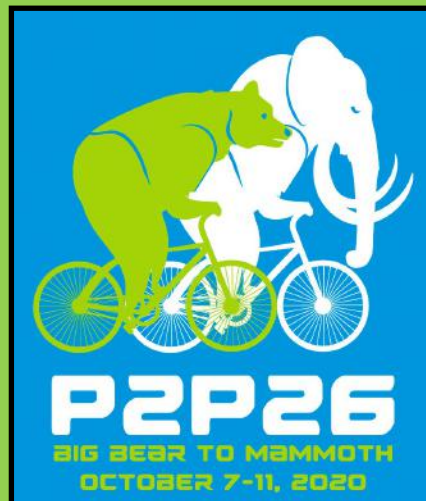
Our winter program was also a success, teaching 695 lessons throughout the season when everything was in constant flux. All these things have one thing in common: the extraordinary support of our participants, volunteers and donors, much of which these things would not be possible. So, again, THANK YOU!

We are looking forward to seeing you on the lake!

Until then, respectively yours,

Peak to Peak 26 Riders

Thank you to all riders, volunteers and donors that made Peak to Peak 26 a success! We are looking forward to Peak to Peak 27 coming this fall, October 6-10, 2021. Please see information on Page 8.



John Mattos \$7,225.00
Frank Elliott \$7,000.00
Paul Mattos \$4,677.00
Jon Worden \$4,475.00
Ryan Goldsmith \$4,465.00
Allison Van Wig \$4,275.00
Jason Dodd \$4,000.00
Karen Mora \$3,625.00
Paulette Campbell \$3,525.00
Sandy Pappas \$3,510.00
Brian Sturz \$3,250.00
Raffi Avetisyan \$2,875.00
Andy Walters \$2,850.00
Tricia Bland \$2,500.00
Glenn Bland \$2,500.00
Bob Lombard \$2,075.00
Aimee Newell \$1,075.00
TOTAL RAISED: \$80,353.00

HA Winner: Lunch Truck Dave

Summer Lovin'



The girls ready for some tubin'!

Who is ready for some fun in the sun? If you raised your hand, you are not alone! After missing out on last year's summer programs, the USARC staff is more than ready to dust off the boat, kayaks and paddleboards and make a splash. We are once again offering our ever popular day sessions, complete with waterskiing, tubing and paddle sports along with the always entertaining overnight camps which in addition to the aforementioned activities add in camping, fishing and sailing. Summer dates are listed on the calendar on page 8, so be sure to check them out. Summer reservations open up on May 11, 2021 at 9:00am, so be sure to call and claim your spot!

We wouldn't be able to hold these programs without the truly amazing volunteers. Volunteer training is scheduled for June 26th at North Shore Landing. If you haven't participated in the Summer program yet, now is the time! There's a diversity of fun volunteer opportunities; so water-sports experience is not necessary. We use volunteers as shore help, boat crew, fishing crew, paddling crew, and jumpers. This is a whole different world than winter, so come on out, get some rays and watch the USARC do what it does best and make some memories.



Michael enjoying the freedom

Athlete Highlight

We are proud to introduce you to Elisa Selles. Elisa was a new participant to USARC this winter and made the most of her time with us. Here is a little bit about our highlighted athlete.

The Spirit (TS): What is your favorite part about skiing?

Elisa Selles (ES): I have lots of fun. They got me skiing from day one. I love my teachers, they are the best. USARC has given me the opportunity to learn how to ski!

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

ES: Spain, to visit my grandparents.

TS: What is your favorite movie or book?

ES: Fancy Nancy

TS: What do you like to do for fun?

ES: Ski, sing, dance, play in the park, read.

TS: What superhero powers would you have?

ES: I would fly!

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

ES: I want to be a dancer

TS: Do you have a favorite animal?

ES: bears!

TS: Do you prefer the beach or the snow? Why?

ES: I like them both. At the beach I can play in the sand, swim and fly a kite with my dad. I love the snow because I can ski with my family.

TS: When you tell others about USARC, what do you tell them?

ES: They are the best. I get to ski and have lots of fun.

TS: Thank you so much Elisa! We hope to see you on the water this summer!



Heading up for another run with Mandy



Elisa showing us her racer pose!

From the view of an Intern- Miah Taylor

From the moment I began the search for Recreation Therapy internships I knew I wanted to do something in the realm of adventure or outdoor recreation. The difficult part was finding that! The majority of Recreation Therapy internships are in the clinical and community recreation area which makes finding an outdoor based site similar to finding your phone when it drops off the lift into powder, nearly impossible. When I came across United States Adaptive Recreation Center (USARC) I applied within minutes. It was exactly what I was searching for. The ability to work with a broad population of people with disabilities while being active seemed like a dream.

When I found out that I had been chosen as one of the interns I was elated! But then the reality of what I was about to do sunk in. It had been nearly ten years since I



Miah giving a ride of a lifetime.

were able to problem solve certain situations and find the best solution which only helped me grow even more.

I feel incredibly thankful for each and every participant, staff, and volunteer I had the opportunity to work with. As my internship is drawing to a close, I look back at some of my favorite lessons. I had a participant with a rare muscle disorder which presented with weak muscles and joints. The moment he arrived he looked at the bi-ski we got out for him and he said, "There's no way I'm doing that". I laughed and asked him what he wanted to do and he said he wanted to stand up ski. He was by far one of the most determined participants I had this season. Although he was only able to stand up for one run, I could tell how much he wanted to be independent. He did end up using the bi-ski to ski but I worked hard to allow him to call his own turns and lean into them to turn himself. By the end of the day I was barely holding on. It's lessons like these and many others that constantly rejuvenated my passion for this career that I am going to be entering shortly.

I sadly will not be able to stay for the summer season, but I know that I have made lifelong friendships and connections through USARC and look forward to volunteering in the future.



Showing off a picture perfect CASS hold technique

skied, and by no means was I a good skier back then. I knew that I could do the easy runs, but personally skiing while also helping another person learn to ski was quite daunting.

When I arrived at USARC at the beginning of January they threw me right into a lesson in the first 2 hrs. I remember watching Emily, one of the staff members, ski backwards and corral a student with ease. I was in awe. As the season progressed, I began getting comfortable on more difficult terrain and was eventually able to ski on every run. Not only did this internship help me with my personal skiing, but it helped me learn new tricks and interventions for working with people with disabilities. Every time I was paired with an experienced volunteer or staff member, we



Miah showing off her festive side

Two-terns Journey:

Fresno State Bulldog Mandy Logan



When starting my internship here at USARC, I never would have thought that I would fall so in love with what I was accomplishing on a daily basis. With Fresno being my hometown and a student at Fresno State, I have been involved with an outdoor recreational program similar to USARC. For my internship, I wanted to find a placement that focused on my passion to work in the outdoors and still make a difference in people's lives. With knowing the skills that I possessed, I went on a hunt for an internship and immediately found USARC.

Due to COVID-19, I was unsure who was going to be offering an internship for college seniors or if I would have to wait until restrictions were lifted. Luckily after my interview with administration, I was offered an internship at USARC for the winter season!

Thinking about moving away from my hometown of Fresno, was very exciting and overwhelming at the same time. Before moving here, I had not visited the city of Big Bear and had no idea where it was even located. Making the decision to complete my internship at USARC was one of the best decisions I have ever made. After moving into my own place, I quickly started my first day and was welcomed by the amazing staff and volunteers. Going in, I was nervous about the experience and the lack of knowledge that I had when it came to working with a variety of different participants. I quickly learned that no matter what the lesson was, staff and volunteers always had something to learn and they made me feel as if I was not alone.



Mandy putting her skills to work

Once I began to assist and receive my own lessons, the experiences that I had were the most humbling. I had never really worked with kids before coming to USARC and I wanted to become more familiar in this area of work. They taught me many new lessons and a new outlook on life. Some days were harder than others, but the enthusiasm and drive of my participants kept me going and I wanted to make their experience worth while! I knew that after working with a variety of participants that I had treasured what I was doing and wouldn't have changed it for anything.

Making the decision to complete my internship at USARC was one of the best decisions I have ever made. The USARC staff, volunteers, and participants made my 15 weeks of internship one of the most incredible experiences that I will hold dear to my heart for the rest of my life. I am grateful for the organization and the support I received to complete my PSIA Adaptive Level 1 exam. The skills that I learned here at USARC will help me further my career as a recreational therapist and help me further make an impact on other individuals lives. I would like to thank the USARC staff for giving me the opportunity to participate in am astonishing program. I hope to see many of you this next winter season!



Kate and her gang ready to ski!

Our Volunteers are The BEST!*

Underline=10+ Days taught
Italics= PSIA Certified

30+ YEARS

John Alderete
Claude Chirico
Gilbert Cortez
Bob Lombard
Bill Yaeger

25+ YEARS

Matt Fukushima
Ray Locascio
Karen Mora
Will Rahill
Andy Templeton
Paul Zamoyta

20+ YEARS

Tim Guebert
Kam Lawrence
Tom Pollard

15+ YEARS

Debbi Armenta
Steve Betance
Mary Kay Chirico
Kim McRae
Jeff Mills
Michael Moniak
Sandy Pappas
Tom Perez
Neil Slate
Carol Sorensen
Roger Sorensen
Josef Szigeti

10+ YEARS

Scott Adler
Steve Barker
Richard Beynon
Tom Delgado
Kay Kobayashi
Debbie Leong
Kimberly Light
Bill Shamhart
Holly Shelton
Paul Van Wig
Tracy Walton
Danny Warner

5+ YEARS

Daniel Brown
Marilyn Capel
Cathy Ghazal
Rodney Hsueh
B.A. Laris
David Leong
Reed Leong
Susan Mason
Josh Miner
Don Schroeder
Windy Sirignano
Kathleen Snow

1+ YEARS

Olivia Anderson
Robert Anderson
Thomas Ahola
Chris Auerbach
James Benson
Haylee Beynon
Taylor Brown
Megan Coble
Genivieve Cook
Dennis Matavisko
Richard McCollom
Davey Miller
Brooke Moultrie
Ted Oden
David Ohl
Chuck Orozco
Pat Patterson
Colette Pfiffer
Hannah Rinard
Jeff Saunders
Jason Schetter
Riley Schetter
Erick Snyder
Magali Stein
Oliver Stein
Emily Stoll
Michael Stoll
Jordan Szigeti
Eric Vasiliauskas
Lisa Marie Vath

Volunteer of the Year – Tom Perez



Please allow us to introduce you to the 2021 Volunteer of the Year, Tom Perez! Tom has been a volunteer for 18 years, not only in the winter program but last year joined us on the Peak to Peak Pedal as a photographer. Tom brings so much to the table, his joyous personality is contagious and is spread throughout the participants and other volunteers alike. Here's a little bit from Tom himself.

The Spirit (TS): What is your favorite part about being a USARC volunteer?

Tom Perez (TP): Being able to combine my two favorite activities: Helping others & skiing is the short answer. It dawned on me a few years ago that helping others makes me happy, fulfilled and working with like minded people to accomplish this is probably the best part.

TS: How does it feel to be this year's volunteer of the year?

TP: I'm blushing just thinking about this question, because I have wanted this honor for a while, but trying not to think too hard about it because there are a lot of others that qualify and give as much to the program as I do. Yes, this makes me feel awesome!

TS: Other than your photography, what else do you do in your spare time?

TP: Living in the San Diego area I ride my road bike a lot. Golf & hang out with Brenda (my wife of 41 years). Help friends with home improvement projects. Get to hang out with my grandson Ollie once a week.

TS: Can you think of one lesson that stood out this season?

TP: Yes, It was one of my last lessons of the season, Bob Lombard (past VOY) and I had two sisters on ventilators and we were tasked to give them an on hill experience. Not ever given a Bi-Ski lesson (full assist) while caring a ventilator, pulse-ox machine, battery pack and nurse in tow in case suction was needed (and it was). We achieved two runs, but to see the look on dad's face and the squeals from my little athlete was more the satisfying.

TS: That's so awesome! Any fun plans this Summer?

TP: Hopefully being able to dine out with family & friends. More bike riding (prepping for P2P27?) and more Ollie.

TS: Sounds like a perfect Summer! What advice would you give a new volunteer?

TP: Don't worry about your own skiing ability, the staff will teach you, don't worry about how much time you can volunteer, whatever it is will be appreciated, and use high-way 38 to get up & down the mountain.

TS: Sounds like great tips from a pro! Thanks Tom! Hopefully we will see you on Peak to Peak 27 if not sooner!



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

2020 IN-KIND DONORS

USARC's events and programs succeed thanks to the generous in-kind donors of goods and services from the 2020 calendar year. Please remember them with your patronage when possible.

Amangela's
Azteca Bar & Grill
Heritage Physical Therapy
Big Bear Bowling Barn
Big Bear Marina LLC
Big Bear Mountain Resorts
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Clif Bar
Fire Rock Burgers
First Baptist Church, Barstow
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Memorials and Tributes

The USARC is honored to have received donations in the name of someone held close to the heart of the donor and/or their family and friends. We are proud to see that many of the names listed below are current or former members of the USARC family, all of whom have contributed to the success of the program.

Thank you all.

MEMORIALS

John Price in memory of
Gil Flores
Gary & Barbara Lee in memory of
Roger Lee
Michael & Alessandra Alves in memory of
Mary Norman
Melissa McFedries in memory of
Janice Schaefer
Raymond & Valerie Walshe in memory of
Judith Elaine Walshe
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Elizabeth & Larry Schmitt in memory of
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Thomas Richmond in honor of
Paulette Campbell
John & Nancy Shirbroun in honor of
Shelly Egerer
Alisoun Geller in honor of
Pales Gensler
Girl Scout Troop 12015 in honor of
the Good Family - Katelyn Good
Mary Lou Gordon in honor of
Sara Gordon
R.G. & A.A. Dickson in honor of
Michelle Jameson
Will Rahill in honor of
Ed & Diane Jordan
Wes & Pam Bennett in honor of
Tony LaReau
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Michael Stoll & USARC volunteers

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Mary Kay Chirico
*Jessica Hennessey, Lynda Winterson-Clerke, Megan Murphy,
Jennifer Taylor Escobar in honor of Jill Drawbridge*
*Christopher Ronus, Maurice Jordan, Robert Russell, Yvette Fer-
rer, Leosl Herman in honor of*
Leann Levine
*Rick Rosell, Susan Langelier, Denise Tuck, Kathy Haney &
Scott Luekens in honor of*
Dave Rosell
Sheila Driscoll & Sue Wellman in honor of
Haylie Wellman

How can I help USARC?

In reply to this oft-asked question, 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 here <https://www.givedirect.org/donate/?cid=1433> or via the Get Involved option on the USARC website at

www.usarc.org, will take you to a secure, reliable website where you can use your credit card to make a one-time or recurring 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 Event 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 you love, be it snow sports or cycling!

SHOPPING PARTNERSHIPS

The USARC can be named as a partner when you shop at numerous retailers, either online or at "brick and mortar" stores. Amazon's charitable arm, <http://smile.amazon.com>. Other online retailers at www.igive.com or www.escrip.com, allow you to select the USARC as a beneficiary of your shopping forays. RALPHS grocery shoppers can register at www.ralphs.com/topic/community-contribution-2 and designate 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 you in touch with somebody to guide you through the process.

DONATE YOUR OLD CAR, BOAT, RV ETC.

Cars, trucks, motorcycles, boats, trailers and RVs donated in the name of USARC at <https://careasy.org/nonprofit/USARC> are sold, with the proceeds defraying USARC's operating costs and you receive a tax deduction! Please call 855-500-7433 or click on the link to get started.



What's ahead at USARC?

MAY

11 Summer Reservations Open

JUNE

26 Summer Volunteer Training

JULY

7,8 Day Sessions 1&2

13 Kayak and Hike

14,15 Day Sessions 3&4

18-20 Overnight Session #1

21-23 Overnight Session #2

27 Kayak and Fish

28,29 Day Sessions 5&6

AUGUST

4,5 Day Sessions 7&8

11,12 Day Sessions 9&10

13 Kayak and Hike

18,19 Day Sessions 11&12

24 Kayak and Fish

25,26 Day Sessions 13&14

OCTOBER

6-10 27th Annual Peak to Peak Pedal

Seeking Corporate Sponsors!

As you know this year has been a challenge and we need to find revenue where ever we can. Please reach out to your company or any corporation you're involved with and ask them if they are interested in sponsoring USARC. Please contact us if you have any questions (909) 584-0269.

Coming this Fall...



Registration coming soon!
Peak to Peak Pedal - USARC



A healthy and safe summer starts by following these skin safety tips:

1

Shade: UV rays are strongest and most harmful during midday, so use this time for indoor play.



2

Protect Head to Toe: Wear a wide brimmed hat to provide a shield by casting a shadow around the face, including ears, eyes and neck

3

Sunglasses: Look for sunglasses that wrap around and block as close to 100% of UVA and UBA rays as possible.

4

Sunscreen: Use SPF of 30 or greater. Reapply every three hours or after prolonged exposure to water.



5

Monitor your moles: Perform a full body skin exam at home at least once a month in order to stay aware of any changes in your moles.

