



The Spirit

Winter
2023

of the United States Adaptive Recreation Center

Winter is Quickly Approaching... Are You Ready?

Who is excited for winter? You know that our USARC crew is! After a wonderful summer season out on the lake and a very successful Peak to Peak ride, we are changing gears in preparation of our winter season. The temperatures are dropping in Big Bear and there are storms in the forecast! We never know what kind of winter we will get but are hopeful for a good one this 2022-2023 season!



Volunteers & Staff on Clinic



Susan guiding her student

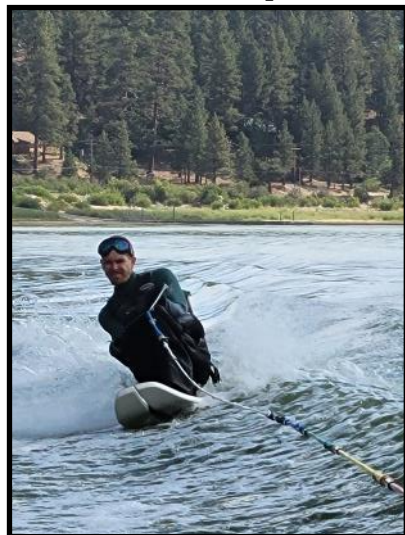
As always, we look forward to seeing our returning participants and are eagerly anticipating all the new ones that will join us. We are also excited for our dedicated returning volunteers to join us once again to help make this season a great one. USARC is always looking for new volunteer instructors so please spread the word to those who you think might be a good fit for our program. Our volunteer training dates this season are: December 9-11, 2022; December 13-14, 2022; or January 6-8, 2023. We will also provide a snowboard training on December 15, 2022, helping to make all welcome.

At USARC, we are passionate about growth, not only in our athletes but our volunteers as well. To help in this, USARC will be providing separate ski clinic days for volunteers to improve in a variety of adaptive techniques and personal skiing skills.

Reservations are open! Book your lessons now by calling our office and we will meet you out on the snow for another memorable season!

Summer Fun, Havin' a Blast!

WOW!!!! What an amazing summer it has been! Every year we are blessed to impact so many lives. This summer has been one for the books! Our athletes this season have surpassed all expectations with their tremendous amount of



Justin getting outside the wake!

growth and their quite literal leaps of faith outside of their comfort zones.

In the waterski world we had more than a few athletes take their skiing experience to the next level. Between either progression to more advanced skies or the added ability to control their turns in and out of the wake on both sides, our sit skiers are truly pushing the envelope. Meanwhile, our stand up skiers are branching out of their comfort zones by taking their two ski experiences and shifting to either a wakeboard or some even pursued slalom, or single ski.



Vinnie showing off his monster catch with David

See Summer Fun continued on pg. 3

A Note from the Executive Director

Time flies when you're having fun...or busy. Another summer has come and gone, the peak to peak pedal has rolled by, the weather is changing, snow guns are getting tested, and we are preparing for another winter to be upon us.



I was very excited to see a Moose in Colorado

The summer was a busy one, as I mentioned in the last newsletter, I took a 3 week long road trip that took my family and I to the 10 western states. Along the way we stopped in Oregon at Mt. Hood, we saw Yellowstone National Park (right before the flood), and we got to spend some time in the Rockies with my relatives. A trip like that is a once in a lifetime experience, one I am thankful for.

September brought the Radford Fire a little too close for comfort. While the whole Big Bear Valley wasn't evacuated, there were some evacuations. From the USARC program office, it was an eerie sight as the smoke came up behind chair 9. The fire was closer to Snow Summit and the Big Bear Mountain Resort staff did an amazing job fighting the fire with snowmaking guns and sprinklers. No structures were lost and the fire only crested the ridgeline by a few feet. Luckily, rain was in the forecast which helped the firefighting efforts. Thank you to all BBMR employees and all firefighters for an amazing job!

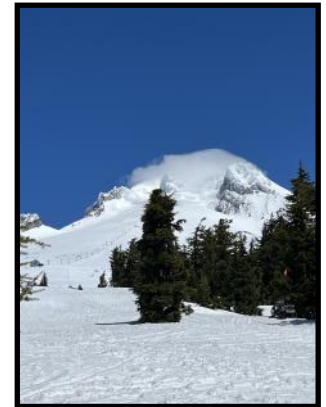
Now that winter is knocking on the door, I am looking forward to another great season. I do hope that Mother Nature is a bit more generous this year, but whatever happens know that the USARC staff is excited to welcome everyone back on the slopes.

As always, thank you for all the ongoing support of USARC and it's life changing programs.

Respectfully,



Sara Rosell-Gavigan
Executive Director



The top of Mt. Hood



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Summer Continued



DJ and Pales zipping through the sky

An addition to our summer programming was the Snow Summit Adventure Day. In partnership with Snow Summit we were able to offer all the base area activities available. Our athletes were able to tackle an array of activities ranging from cruising down the summertime Tubing Hill to flying through the air on a Zipline.

They also showed their strength and perseverance through conquering the Rockwall and jumping super high on the Euro Bungee Trampoline. We also



Brenda and AJ showing their skills

tapped into the less thrill seeking, more adventurous side by taking them on the Scenic Sky Chair for lunch to take in the amazing views and finished off the day with Snow Summit Mining Co.'s panning for treasures.

The summer always goes by in a blur and this year was no different. Thank you to everyone who came out, we'll see you on the slopes!

THANK YOU VOLUNTEERS!!

The summer programs would not be possible without the time and efforts of these amazing volunteers!

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A Glimpse Into The Future

USARC is honored to host one of the 14 Tetra Skis currently in circulation around the world. This ski is the cutting edge of technology in the snowsports world for athletes with high support needs. The Tetraski is currently the only ski of its kind. It allows its user to control their own speed through turn shape with the use of Breath Control (Sip and Puff) or a joystick.

Last winter we even had one of our own athletes, Tim Jin, compete in the first ever Tetraski race, *The Brian McKenna Tetraski Express*, driving the ski with his foot! The Tetraski Express is the first of many races to be held for this ski in hopes to add it as an event in the Paralympics.

There are no words to describe the independence our participants experience while using the Tetraski. Witnessing the joy and sense of accomplishment firsthand has truly shown the perseverance of our athletes and the impact skiing can make on their lives. Many of our participants never thought that they would be able to ski again, much less with almost complete independence.

USARC encourages anyone interested in taking a glimpse into the future to come check out this amazing piece of technology. Shout out to the University of Utah Rehabilitation Research and Development Team for making this dream of independence a reality for so many of our athletes. Check out the link for more information on the TetraSki. <https://www.tetradapt.us/tetraski-adaptive-skiing>



Athlete Highlight, Shawn Fluke

Shawn has been a staple in the USARC program since we first met him in 2014. Shawn's incredible outlook on life and his positive attitude is why we are highlighting him today. Please read on to learn more about Shawn.

The Spirit (TS): How did you first hear about USARC?

Shawn Fluke (SF): I first heard about USARC after attending the Land Meets Sea camp when a friend suggested checking it out. Once I went waterskiing for the first time I was hooked for life!

TS: What other things do you like to do for fun?

SF: One of the biggest things I enjoy doing is playing wheelchair rugby and being able to travel and play competitively. I also enjoy just hanging out with friends, a good show or movie and I definitely enjoy the outdoors and any adventure I can get in to.

TS: Who is one of your role models?

SF: I have several athletic role models but to be honest one of the people I look up to most is my good friend Andrew Skinner, who is the founder of Triumph Foundation which is a non-profit here in Southern California. I've known Andrew since he was first injured and to see what he has built to help the disability community is incredible and I truly admire it.

TS: If you had a super-power what would it be and why?

SF: I would go with telepathy like Professor X so I can still represent the disability community but be all powerful.. and independent lol.

TS: If you could travel anywhere, where would you go?

SF: I want to travel all over the world and see all the amazing things the Earth has to offer, but Rome is definitely at the top of my list.

TS: What is Live to Roll and how did that start?

SF: Live To Roll originally started as my YouTube channel. I started the channel to show how I independently transfer and share some other independent skills that might help other quadriplegics. It's grown into much more now and I have a team that helps me do weekly live shows, a women's disability show and now a show for aging with the disability. We're just trying to provide meaningful and helpful content for the disability community.



Shawn ripping it out on the water!

TS: That's awesome! Any other words of wisdom?

SF: I always try to stay positive with my outlook on life but I understand some days are harder than others and you can't be a ray of sunshine every single day. So if you're having a rough day, or a couple of days, then it's just important to know there's light at the end of the tunnel and to try not to be stuck in that state of mind for too long.

TS: That is great advice! We appreciate you taking the time for us and we can't wait to see

The USARC proudly salutes these 2022 fiscal year donors!

If your donation between 7/1/21 and 6/30/22 is missing please accept our apologies and contact us so we can correct our records.

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PEAK TO PEAK 28

BIG BEAR TO MAMMOTH

10.5-9.22

This years Peak to Peak was one of the hottest on record. In the past we've dealt with wind, rain, even snow, but having the first few days in the mid-90's was not normal. Even Mammoth Mountain was nice as we arrived, usually we are bundled up when the riders make their final ascent.



Paul and David pedaling away

The ride started like all others, riders and volunteers checking in the morning of the first day, followed by breakfast, orientation a group photo and then they were off! We had quite a few new riders this year, one of them being USARC's very own James Muller.

The efforts of the fundraisers proved to be successful as we surpassed our goal and raised \$115,000!! A last minute final day challenge, brought not only some fun, but a



James all smiles at the finish

last minute fundraising push.

Overall, the 28th Peak to Peak Pedal was a great adventure and we are already planning next years!



Frank and Brian on the way to Barstow



Made it to Mammoth!

P2P29,

Oct 4-8, 2023

In Loving Memory



Fred Liebel

Fred was one of those people who left an impression. He had a smile that would light up the room and his outlook on life was unlike anyone else. Fred was an integral part of USARC as a participant, volunteer, board member and donor. Our programs improved with Fred's ideas, and he left USARC with legacy of always improving, always moving forward, and always having fun . He will be missed by all of the USARC family and we will think of him everytime we ride the slopes. Thank you for your years of dedication to USARC. We will miss you Fred!

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 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?

DECEMBER

- 9-11 New Volunteer Training
- 10-11 Returning Volunteer Training
- 13-14 Returning Volunteer Training
- 15 Volunteer Training-Snowboard
- 16 First day of lessons (weather permitting)
- 25 USARC Closed-MERRY CHRISTMAS!

JANUARY

- 1 USARC Closed- HAPPY NEW YEAR!
- 6-8 New Volunteer Training
- 7-8 Returning Volunteer Training
- 9 Group Lessons Begin

MARCH

- 11 2023 Ski-A-Thon
- 18 USARC Volunteer Party
- 30 Last day of Lessons

APRIL

- TBD 28th Annual Peak to Peak Pedal Slideshow

Seeking Corporate Sponsors!

A corporate sponsor could really help improve USARC programs and events! If you know anyone who would be interested in being a corporate sponsor please reach out!
THANK YOU!

USARC Wish List

Truck
Ski Boat
Pontoon Boat
Sand wheelchair
Box Trailer