



# The Spirit

Spring/  
Summer  
2015

of the United States Adaptive Recreation Center

## The Little Winter That Couldn't Quite

Whether it was wishful thinking or all those news stories about the warm Pacific Ocean, we really thought we were going to have a great winter, snow-wise. After an early storm gave us hope, followed by a second storm that dropped a foot, we saw the temperatures drop, allowing for snow making around the clock.



Amy, Bill and Sandy love teaching Tim to mono-ski!

Those conditions saved December and Christmas and saw us through January, while February brought pretty much nothing. With March rapidly approaching, conditions were looking grim as Ski-A-Thon weekend approached. Call it the "Mini March Miracle" if you please, but a small storm showed up just in time to blanket the mountain in fresh powder and put out the "million dollar billboard", snow covered mountains that are seen from LA and Orange counties.



Volunteer John keeps close tabs on his student Gileen.

(see "Un-Winter", pg. 5)

## Summer Fun in the Mountains

Even though the seasons seem confused these days, with 70 degree temperatures during ski season and blizzards in May, the fact is that the hot



Tommy and Lindsay know that having fun while "getting tubed" isn't just a surfing term!

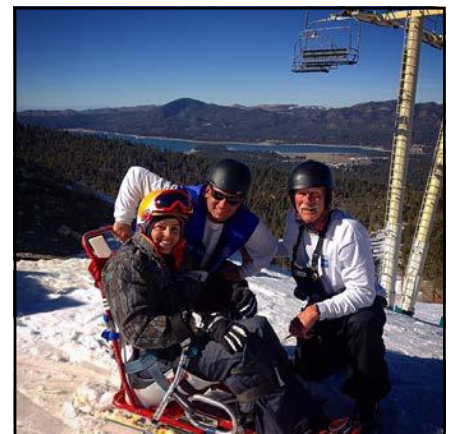
summer months are rapidly approaching. No matter what you may think about the recent weather trends, the summer heat waves are inevitable, so now is a good time to plan your escape by joining the USARC for some cool summer fun in the high country.

(see Beat the Heat, pg. 10)

## Participant Profile - Melissa Allensworth

**The Spirit (TS):** How has recreation therapy made an impact on your life?

**Melissa Allensworth (MA):** Recreation keeps me active, adventurous and enjoying life. It is not only beneficial for me physically, but also mentally and emotionally. When I first became paralyzed due to a motor vehicle accident in 2008, I thought my days of being active were over. Adaptive recreation helped change my perception and opened up a whole new world for me.



Melissa readies for another run with Davey and Spyder.

(see Melissa, pg. 7)

# A Note from the Executive Director

On a recent windsurfing vacation my friends and I spent some of our excessive idle time watching a movie, in which somebody quoted Winston Churchill as stating, “The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” Unlike a lot of sayings, this one struck a personal chord since it wasn’t a particularly windy trip and we had been forced to find some alternative activities, including bird watching, long walks on the beach and beautiful sunsets. We also visited someone who shares the waters with us, Aloysius the Alligator, who didn’t seem perturbed in the least by this change in the usual weather patterns.



**Tom Peirce**  
USARC Exec. Dir.



United  
States  
Adaptive  
Recreation  
Center

## ADMINISTRATION

Tom Peirce, Exec. Dir.  
Shelly Egerer, Admin. Asst.  
Sara Rosell, Programs/Outreach

## BOARD OF DIRECTORS

Bruce Allen, President  
Kirk Badii, Vice President  
Bill Webster, Treasurer  
Art Kreitenberg, M.D., Secy.  
Howard Fitzgerald  
Brian Harvey  
Jeff Lapin  
Fred Liebel  
John Mattos  
George B. Stoneman, M.D.  
Jay Vickers  
Alexandra McDermott Wilcox, Esq.

## ADVISORS

Steve Garvey  
David Kiley  
Lee Majors  
Kelle Malkewitz  
Warren Miller  
Hal O’Leary  
Sallie Pritchard, Founder  
Carol Schuller  
James B. Sikking  
Tom Sullivan

Post Office Box 2897  
Big Bear Lake, CA 92315  
(909) 584-0269  
mail@usarc.org  
IRS Tax ID# 95-3872771  
[WWW.USARC.ORG](http://WWW.USARC.ORG)



Obviously, the lesson learned once again was that the need to adapt our activities and mindsets became paramount, a paradigm the entire USARC family has found itself sharing as of late. Despite these crazy May snowstorms, it was a downright



**Upon closer inspection, no bits of colorful windsurfing sails were visible in Aloysius’ teeth.**

lousy winter, and not only did our participants not complain nor whine, they showed up to the tune of a 10% increase over the prior winter!

Our volunteers also changed their mindset, displaying their fortitude as well, fulfilling their own commitment while also stepping up to fill the gaps when other volunteers could not do so. On top of that, we had a record number of volunteers undertake, and pass, their PSIA Adaptive Certified Instructor exams. It’s hard enough to do that on good snow, let alone warm slush-mush! You can see their names on page 5.

Even our donors and event sponsors made a warm winter cooler, as they came together to make March’s Ski-A-Thon one of the most lucrative ever, reflecting the success of last October’s best-ever Peak to Peak Pedal.

It all just goes to show you that no matter how bad things seem, be you becalmed in alligator infested waters or turning a drought plagued winter into a meaningful and rewarding experience, optimism beats pessimism every time!

## Well Done David!

The USARC congratulates former USARC Board of Directors member David Briery for winning the Jimmie Heuga Award from the Far West Ski Association. The award is presented annually to someone who has made a significant contribution to disabled skiing and been an inspiration to others, and through his nearly 30 years of devotion to the USARC, David has personified the award. Kudos!



**David pauses during the Peak to Peak Pedal, the event he created.**



# The Queen is Dead, Long Live the Queen!

Sometimes change is good, and sometimes change is excellent. Regarding the latter, when the lack of change is having a long-time, prolific Ski-A-Thon fundraiser still do what they do best, yet find themselves surpassed by yet another Ski-A-Thon fundraiser, then that is the kind of change that nobody minds.

Such was the case this March during the 2015 Ski-A-Thon presented by the Anthem Blue Cross Foundation, when Team Brianna, led by the ever-ebullient USARC volunteer Marilyn Capel, walked away with the Top Fundraiser honors after raising \$10,000 in support of USARC programs!



**Marilyn smiling behind her team namesake, Brianna.**

As impressive as were the efforts of Marilyn and Team Brianna, their title run was not the result of a lack of effort by the former champion, Michelle's FUNraisers (who have raised nearly \$60,000 over the years!) Indeed, this team, who held the title six of the last seven years, earned an impressive second place showing, raising over \$7,775!

Impressively rounding out the podium this year was former USARC participant Donald McVicar, whose skiing may have been a little rusty, but whose fundraising was not, as his team raised \$7,150.



**Donald, left, gets a little pre-ski coaching from volunteer Fred.**

Said the father of former champion Michelle, "I am glad that my 'come take me down' challenge was accepted. I have said for some time that my dream was to have my best year and yet end up as an 'also ran'. Dreams do come true. Michelle realized first place wasn't 'hers' this year and, completely on her own, gave hugs to the #1 team."

Worth noting is that even these three heavy hitters still didn't match the total of all the other equally valuable fundraisers. The efforts of all of these extraordinary people and teams, blended with the wonderful support of a variety of sponsors (visible on the USARC website), made the 2015 event the most successful Ski-A-Thon in years. Thank you all!



**A Ski-A-Thon team heads for the slopes.**

**The USARC is grateful for our 2014 calendar year in-kind donors\* whose generosity facilitates our success.**

- Ron Andrews
- Bear Valley Bikes
- Becky Bechtel / Heritage PT
- Big Bear Marina LLC
- Big Bear Mountain Resorts
- Bishop Waste Disposal
- California Dept. Boating /Waterways
- Cantrell Fishing Guide Service
- Captain's Anchorage
- Clif Bar
- Jack Cooperman
- El Jacalito, Inc.
- Finish Line Technologies, Inc
- Matt Fukushima
- Gate City / Reyes Holdings
- Goldsmith's Board Shop
- George Halter
- Sandy Horna
- Implus Footcare, LLC
- John Wayne Cancer Foundation
- Johnstone Supply
- Jones Bicycles II
- Kawasaki Motors Corporation
- Lakeside Boathouse Tavern
- Liquid Image
- Medieval Times
- Paceline Products
- Adam Peirce / Stonepier.com
- The Pines Lakefront Dining
- Ryder Sunglasses
- Sam Enterprises
- SolRX
- Sugarpine Bake Shop
- Andy Templeton
- The Bike Shop
- The Sock Guy
- Trinity Wine Partners
- Virus Intl.
- Volkl, USA
- Daniel Warner
- Donald B. Whitbeck
- Cassandra Woods

\* If your support is not listed please accept our apologies and contact us so we can correct our records.

# Volunteer (of the Year) Profile - Bob Lombard

**The Spirit (TS):** What did you think when Tom announced your name as Volunteer of the Year?

**Bob Lombard (BL):** It went right past me, didn't even register. Spyder had to poke me with his elbow to make it start sinking in, and then I was looking around to see who Tom was talking about. Having just seen the Rookie award go to someone who had taught 37 days, I wasn't expecting to hear my name at all.

**TS:** What has your time with USARC meant to you?

**BL:** 25 years of pure awesome, no matter what particular part I've been involved in. The participants, staff and volunteers make each day on the hill its own reward. Many



You know the one about "behind every great man is a great woman"? Meet Jill.

**TS:** What is one of your favorite memories? There must be many.

**BL:** Seriously, you want me to pick one? There was a monoski student that came over from the UK every year for a week or so at a time. He could ski anywhere on the mountain and one year we lucked into the most epic powder day. Snow fell all day, and we mostly had the mountain to ourselves because the roads were so bad. We never stopped for lunch and by 2PM all we could do was laugh uncontrollably every time we got on the chair. Others? The starry sky at Bishop Hot Springs on P2P. The pre-season Pizza Parties. Dropping Tom into the pit on Chair 6 when the lift operator missed the stop button during a clinic. (There was payback later though!)

**TS:** What is the most creative way you have used duct tape on a lesson?

have become like extended family.

**TS:** After your brief break, how does it feel to be back to teaching again?

**BL:** Wonderful. It's how I first got involved with USARC (then California Handicapped Skiers). I had to cut back as my girls were growing up but always missed it. I hope to be able to teach for a long time to come, maybe even go for my PSIA Adaptive Level II.

**BL:** I'd argue that \*any\* use of duct tape is creative, but taping a wad of foam into a ball and taping that under my student's chin so she'd keep her head up.

**TS:** You recently rode Peak to Peak again, after riding across most of the USA; how do they compare?

**BL:** P2P stands alone, because you're riding with a group of like-minded souls and are fully supported. Its easy to find someone to ride with or to ride alone, if you so desire. Even though I've been up and down that valley a hundred times, there's always something new.

The USA trip was like lots of little P2P rides, except I was by myself 99% of the time, hauling all of my stuff, and couldn't flag down a sag wagon. Every time I'd rack up another 335 miles I'd mentally check off a P2P that I'd either missed altogether, or done support for. I think I made up for the ones I missed. Climbing La Vida Pass (9400'), La Manga (10200') and Cumbres Pass (10022') was probably worth one P2P each, all by themselves.

**TS:** How did you come up with the M\*A\*S\*H-style showers for Peak to Peak?

**BL:** I think I lost a bar bet with someone? Really it was simply that KelLe asked me if I could figure something out with Solar Showers for P2P4, which I literally put together in the parking lot the night before the ride started. It was too labor intensive and got trashed at the end of the ride. The engineer in me started doodling better ideas, on one day I was helping a buddy who's a scout master clean out his shed and he had a GI Water heater he was going to toss. The light bulb went off when I happened to see a water pump on the sale table at Harbor Freight and the rest is history plus a few bits from Home Depot. Looking to do something better for P2P21.

**TS:** Any other Comments?

**BL:** Is it winter yet?



Bob is not just "The Shower Man"; he can ride too!



Bob's name deservedly joins a list of greats.

# The “Un-Winter” of 2015 (cont.)

So if timing really is everything, the few storms that rolled through this season couldn't have come at better times, keeping Bear Mountain, and the USARC, in operation when needed. Another “un-winter” notwithstanding, the USARC did great, increasing the number of lessons taught from the prior season!



**Liz looks smooth in a mono-ski, with volunteer Dori close behind.**

Considering so many people decide to go skiing based on snow conditions, the fact that USARC had such a great turnout is testament not to the quality of the powder, but to the efficacy and value of USARC programs, year after year, decade after decade.



**Volunteer Billy helps Harold carve the white in the bi-ski.**

Of course, one could view this season's statistics (which Shelly loves to compile) as a simple validation that the USARC has the most enthusiastic participants, eager volunteers and generous supporters.

Together they will ensure the success of the USARC mission, no matter the snowiness of the winter, or lack thereof!

Congrats to these USARC staff and volunteers who passed their PSIA Level 1 Adaptive Instructor exam!



Steven Chin  
JR Davidson  
Jonas Ely  
Hope Garcia  
Cathy Ghazal  
Mikey Horner  
Colin Ip  
Kay Kobayashi  
Ed Lauth  
Davey Miller  
Claire Youmans

## USARC Volunteers Rock!

The USARC is proud to recognize the following volunteers who fulfilled their Winter '14-'15 teaching commitment to the USARC, and in so doing, changed the lives of many hundreds of participants for the better!

<b>Scott Adler*</b>	<b>Mark Hopkins*</b>	<b>Harry Pearce**</b>
Britt Aguilar	<b>Daniel Horner</b>	<b>Tom Pollard***</b>
<b>JOHN ALDERETE</b>	Rodney Hsueh	David Price
Harold Allen**	Leah Hughes	<b>John R. Price</b>
Robert Allen***	<b>Colin Ip</b>	<b>Marshall Richter</b>
Ron Andrews*	Tamisha Jackson*	Tony Rogers*
<b>Valerie Baggett</b>	Murray Jacobson	Daniel Romney
<b>Steve Barker*</b>	<b>Monica Jan</b>	Steve Rose
Greg Benson	<b>Bob Knight**</b>	Elisha Samra
Steven Betance*	<b>Kay Kobayashi*</b>	Melissa K. Schmitt**
Richard Beynon*	Bobiane Kupfer*	Don Schroeder*
<u>Daniel Brown</u>	<u>Monique LaGore-Phillips</u>	Bill Shamhart*
<b>Jeffrey Buys</b>	Benson Lam***	Joseph Shay*
Paulette Campbell*	B.A. Laris	Holly Shelton*
Marilyn Capel	<b>Edward Lauth</b>	<u>Windy Sirignano</u>
<b>Claude Chirico</b>	Hayden Lawrence	Neil Slate*
Claude Ciocan	<b>Kam Lawrence***</b>	<b>Susan Slesinger</b>
<b>Jack Cooperman</b>	Jason Lee	<b>Carol Sorensen**</b>
<b>Gilbert Cortez</b>	Soo Jeung Lee	<b>Roger Sorensen*</b>
<b>John "JR" Davidson</b>	Debbie Leong*	Steven Stapleton
Dave Day	Reed Leong	Alpha Starcher**
<u>Peter de Viso***</u>	<b>Fred Liebel*</b>	Amy Stone
Tena Dekker	Kim Light*	<b>Karyn Strong</b>
Thomas Delgado*	<b>Ray Locascio***</b>	Josef Szigeti
Alexis Egerer	<b>Bob Lombard**</b>	<b>ANDY TEMPLETON</b>
Vicki Faraca	Susan Mason	<b>Charles Thompson</b>
Bronco Farwell**	Andrew McAllon	<u>Paul Van Wig*</u>
<b>Matt Fukushima***</b>	<b>Kim McRae*</b>	<b>Jay Vickers***</b>
James Gabelman	Rose McShane*	Ashley Walton
Mike Gabelman	<b>Kim Meares*</b>	Tracy Walton*
<b>Catherine Ghazal</b>	<b>John Melville</b>	Daniel Warner*
Tim Guebert***	Sue Mendoza*	George Watson-Jones*
Michael Hansen	<b>Gary Mertens*</b>	Sue Wellman*
<b>Dori Harris*</b>	<u>Davey Miller</u>	Donald Whitbeck***
Mark Harris*	Jeff Mills**	Wendy Winters
<u>Bobbi Hazelton</u>	<b>Karen Mora</b>	<i>BILL YAEGER</i>
Sarah Heacox*	Rene Mora	Connie Ybarra
Mark Heinold	Debby Mote	<b>Claire Youmans</b>
<b>Scott Hepner*</b>	Heather Norton	Darren Young
Bill Hinchliff	<b>Sandy Pappas**</b>	Maryana Yurchyshyna

*Italics = 25 years*

\* = 5+ years

CAPS = 20+ years

Underline = 10+days

\*\*\* = 15+ years

**Bold** = PSIA Certified

\*\* = 10+ years

# Good Times Aplenty on P2P20

Ya gotta love humans. There's something about numbers that end in the numerals five or zero. Just like the 10th Annual Peak to Peak Pedal shattered USARC's fundraising records at the time, so too did the 20th incarnation of the ride set a new standard last October, grossing about \$170,000!



**The indomitable Frank leads the train of Glen, Trish, Brian and Bob.**

Some 43 riders took to the roads of the high Sierra on a cool Wednesday morning, heading east toward the Owens Valley. Over the course of that day and the four days that followed, they accomplished great things for themselves and the programs of the USARC.

Gorgeous weather greeted the riders each day which, along with the general elevation-losing (read: downhill) profile of the ride and the presence of luxurious tailwinds, may have lulled them into a false sense of security. The last day's climb into Big Bear provides a reality check to even the most seasoned pedaller, although the

fact that it's the last day may have made it fractionally easier, if such a thing is possible on a 16 percent incline!

While we bade farewell to our amazing long time "Chuck Wagon Queens" Diane Jordan and Linda Grebel, the dinner fare provided by local caterers along the way kept



**The only person to ride all 20 Peak to Peak Pedals, Kelle passes by Mt. Whitney.**

everybody fueled up, and the devoted volunteers served tirelessly in every conceivable capacity (food service, photography, massage, mechanic, shower builder, etc.), ensuring each rider's experience was the absolute best it could be. The miles may be numerous, but the smiles are even more so, as this great adventure continues to create amazing memories for all involved, and equally amazing opportunities for our USARC program participants.

So plan on joining us this coming October, because if you don't, you will just be one year older when you do!

See you this fall for lucky #21!

 = Matt Fukushima & Robert Otwell



**Riders and volunteers gather before the first of 342 miles from Mammoth to Big Bear.**



**Alpha and Nahu cruise through the scenic Round Valley on the day one trip to Bishop.**

	<b>Top Ten P2P20 Fundraisers</b>
Frank Elliott	\$12,000
Debbi Armenta	\$10,000
Dan Stormer	\$9,850
Tom Peirce	\$9,500
Kelle Malkewitz	\$9,175
Daniel Warner	\$8,100
Claude Ciocan	\$7,675
Rusty Barnes	\$7,076
Gary Steube	\$6,536
Kim McRae	\$5,755

# Melissa Allensworth (cont.)

**TS: How did you hear about USARC?**

**MA:** I was first introduced to USARC at Casa Colina's Land Meets Sea Sports Camp in 2013. I tried water skiing and jet skiing for the first time since my injury and I had a blast! I never thought I would be able to water ski being paralyzed. USARC's staff and volunteers were top notch and I felt completely safe while I was in the water. I have been participating in the water skiing at the camp every year since. Some of the USARC instructors told me if I liked water skiing so much I would also like their snow skiing program in Big Bear. In 2014 Triumph Foundation sponsored a group of us first time skiers to participate in USARC's adaptive snow skiing program. That was the first time I tried snow skiing since my injury. My instructors were awesome and I had so much fun that I couldn't wait to hit the slopes again with them this year.

**TS: Which activity is your favorite, water skiing or snow skiing?**

**MA:** I enjoy both water skiing and snow skiing with USARC, but water skiing is by far my favorite activity, because I love being in the water.



**Have you noticed a pattern in Melissa's gestures? It seems like the girl is perpetually "thumbs up!"**

to stay involved and keep the SCI community connected. I do a lot of behind the scenes administration stuff and help to keep Triumph's social media updated.

**TS: If you could travel anywhere in the world where would you go and why?**

**MA:** I would love to travel to Australia and SCUBA dive the Great Barrier Reef because it is one of the world's largest coral reef systems and the water is warm!

**TS: What would you tell someone who was new to the adaptive recreation world?**

**MA:** My best advice for someone that is new to the adaptive recreation world is to get out of your comfort zone! You will be surprised at how much fun you can have.



**Melissa suited up and ready for launch.**

**TS: What other hobbies/interests do you have?**

**MA:** I love to be outdoors and in nature. I recently became SCUBA certified, thanks to a generous grant from the Challenged Athletes Foundation. I also love to paint and was awarded a scholarship for an artist residency at the Vermont Studio Center for an entire month this Summer. I work out at the OC Goodwill Fitness Center, a special gym for people with disabilities. I also work out with special trainers at Strides SCI doing activity based therapy. I also volunteer for the Triumph Foundation, a non-profit that helps people living with paralysis.

**TS: What is your role at the Triumph Foundation?**

**MA:** As an ambassador, I am part of an amazing team that delivers care baskets full of resources and information to people that are newly injured and dealing with paralysis to help them rebuild their life. I attend many of the spinal cord injury support groups in the Southern California area

## Please like the USARC on Facebook!

Simply log on, then go to [www.facebook.com/usarc1](http://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.

Not only can you keep up to date on USARC happenings but you can help the USARC win important support and funding. Don't forget to ask all your Facebook friends to like USARC too. Thank you!



# Report: What I did on my Winter Vacation (or, Jonas the Intern's Perspective)

While sitting down to write this piece for the USARC newsletter the first thought that came to my head was, whoa I can't believe how fast this winter season has gone by! It feels like yesterday when I was driving up the hill in my little '95 Geo in which I could barely move because I had all of my life's belongings packed around me.



**Jonas coaches volunteer Heather on her tethering technique for keeping Tony safe.**

Growing up in Alaska I had snowboarded the majority of my life and then in high school I started to volunteer the Special Olympics, teaching kids with disabilities how to ski and snowboard. My advisor at Chico State was aware of my past involvement with the Special Olympics and suggested that I considered USARC as an option for my internship.

After looking at the USARC website and the details of the internship, it was clear that USARC provided the type of internship I wanted. I loved that USARC was dedicated to providing outdoor recreation to different populations that wouldn't usually get the opportunity to participate in these different activities. While volunteering for the Special Olympics I could see how much the students enjoyed these outdoor activities and how these activities gave them confidence.

When I first arrived in Big Bear I was welcomed with open arms by the USARC family. It was so cool to see how excited everyone at USARC was to meet the new "intern".

After some short introductions I was thrown right into the mix and was sent out with George for a bi-ski lesson. I hadn't skied in almost ten years but was forced to learn quickly in order to somewhat keep up with George and his student. Two weeks later I was out giving lessons on my own. This wouldn't have been possible without the support of the staff. Every time I went out to teach with a staff member they all taught me different tricks and teaching techniques that work for different situations.

It was so wonderful to be able to work with such a wide range of people with all sorts of disabilities. One day that stands out the most happened to be one of the last lessons I taught. My student was 35 year old man who was fully paralyzed from the neck down. His paralysis was so severe that he depended on a respirator to breathe because his diaphragm was unable to open up on its own. Previous to his accident the student had been really involved in extreme sports such as motor cross and snowboarding. After the full day of driving him around in the bi-ski and taking him in the half pipe, he told us that he hadn't had a feeling close to that since the last time he was on his motorcycle. It's moments like that which made this internship so special and meaningful.

Thank you to the USARC staff for being so kind and hospitable, especially Shelly who was like a second mother to me while I was here and Jeff Palmer who let me take over his man cave while he was tending to the young ones. Last but not least I want to thank all the volunteers who make this organization run; you guys are truly amazing and taught me so much while I was here.

I had such a pleasure talking to many of you during our lessons. Your passion was seen every day out on the hill and really carried



**Jonas and John pose with their student Russell between bi-ski runs.**

over to the staff. Thanks so much!



## How can I help USARC?

This is a frequently asked question. 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

On the USARC website ([www.usarc.org](http://www.usarc.org)), under the Support tab, there is a symbol for GiveDirect. Clicking on that image takes 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

Also under the Support tab are the web pages for these respective special events. Held annually in March and October, respectively, these unique and fun events allow participants 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. If you patronize VONS, RALPHS, SAFEWAY, FOOD 4 LESS, MACY’S, and many other retailers, you can select the USARC to receive a portion of your purchases. AMAZON’s charitable arm ([www.amazonmile.com](http://www.amazonmile.com)), and a variety of online retailers you can find through [www.igive.com](http://www.igive.com) and [www.escrip.com](http://www.escrip.com) allow you to select the USARC as a beneficiary of your shopping forays.



### 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 UNWANTED CAR, BOAT, RV, ETC.



**Cars 4 Causes**  
“The Charity That Gives to Charities”

Preferably in decent running condition to facilitate resale, cars, RVs, and boats donated to the USARC can be sold and the proceeds used to defray the program’s operating costs.

## Have Camera, Will Travel

The old saying goes that a picture is worth a thousand words. If that is the case, then over the years the USARC has been presented with the



**Andy Templeton**

equivalent of the entire contents of the library of congress by some very talented professional photographers.

The images you often see in this newsletter or on the USARC website are not just random shots somebody took on their iPhone (okay, maybe one or two fit that category.) Rather, most of them come from the following photographers, whom we humbly suggest you consider should you ever have need of such a service.

**Andy Templeton** ([www.atempletonphoto.com](http://www.atempletonphoto.com)) has been a volunteer with the USARC since 1996. Longer than the two decades he has honed his skill of teaching adaptive skiing on the slopes has been his years behind the lens, including catching USARC skiers and P2P cyclists having the time of their lives.

**Matt Fukushima** ([www.fukushimaphoto.com](http://www.fukushimaphoto.com)) is both a colleague and friend of Andy, and also graces the volunteer ranks of the USARC season after season. Matt’s skill and artistry is equally evident whether he is with camera in hand or guiding a blind skier down the slopes.



**Matt Fukushima**

**Jonathan Nourok** ([www.nourokphoto.com](http://www.nourokphoto.com)) can often be seen snowboarding down the slopes of Bear Mountain in classic style in his inimitable “soul surfer” style. We couldn’t find a shot of him, so you’re going to have to take our word for it.

## What's ahead at USARC?

### JUNE

27 Summer Volunteer Training (Big Bear)

### JULY

8-9 Summer Day Sessions

15-16 Summer Day Sessions

22-23 Summer Day Sessions

29-30 Summer Day Session

### AUGUST

4 Summer Volunteer Training (Long Beach)

5-7 Land Meets Sea Camp (Long Beach)

12-13 Summer Day Sessions

16-18 Summer Overnight Session 1

19-21 Summer Overnight Session 2

26-27 Summer Day Sessions

29 Summer Volunteer Party

### OCTOBER

7-11 21st Annual Peak To Peak Pedal (P2P21)

## Beat the Heat in the Mountains! (cont.)

Even as the late season snow falls, the USARC staff is hauling its boats and equipment out of storage as they change gears and get their collective brains into summer mode. Kayaking sessions start the summer off in June, before the traditional single day sessions begin in July and August. Also in August are the overnight sessions, combining lake sports with a taste of camping, as well as USARC's collaboration with Casa Colina Hospital at the Land Meets Sea Sports Camp in Long Beach.

As always, the USARC is seeking eager and adventurous participants ready to take the plunge and challenge themselves. The day sessions offer water skiing, Jet skiing, stand-up paddleboarding and kayaking during the day sessions, while the overnight sessions add sailing and fishing to the mix, with evenings spent at the accessible Serrano campground.



**Hope helps Jesse look cool and stay cool on one of USARC's Kawasaki Jet Skis.**

Enthusiastic volunteers are the bloodline of USARC and we always need them to help the participants have the best time possible. Volunteers are used as dock help, boat help and other various jobs. A one-day volunteer training will be held on June 27, 2015. An application can be found under the Volunteers/Summer tab at [www.usarc.org](http://www.usarc.org).

The low lake level is prompting some additional scurrying around this year, but one way or the other the USARC programs will take place. After all, adapting is our specialty! Regardless, you won't find us complaining about these late season storms or the monsoon to come, so please do your rain dance so you can join us on the lake this summer!

## USARC Fees Lowest in the West

A recent survey of programs offering adaptive snow sports lessons showed that, among survey respondents, the USARC provides its services at the lowest cost of any of its contemporaries.

This is testament to the dedicated support of our volunteers and donors, the sponsorship and success of special events like the Ski-A-Thon and Peak to Peak Pedal, and the commitment of a

variety of philanthropic foundations to the mission of the USARC.



The survey reinforces how the USARC helps alleviate poverty in

low income families by delivering its services for fees that are a fraction of what the services cost. In other words, virtually every snow sports lesson provided includes some level of scholarship, and the USARC is proud of this achievement.