New Home, Same Fun!
As we are well aware, Southern California has continued to languish in a drought for the majority of the past ten years. Rainfall may be in short supply, but the enthusiasm for, and smiles resulting from, USARC’s programs are far from dried up, and 2018 was our biggest summer yet!

The declining lake level necessitated some changes this summer, but if there’s one thing USARC staff are good at, it’s adapting. Thanks to North Shore Marina, its owner Loren Hafen and manager Maria Da Re, USARC programs didn’t miss a beat. (See North Shore on pg. 3)

Volunteers and Skiers Wanted!
Remember winter? If the answer is no, don’t worry, neither do we. Still, the question on everyone’s mind remains, “is this the year that things turn around?” NOAA is predicting more moisture than “normal” but we’ll stick with the standard reply that Mother Nature is fickle and we will have an answer for you in about six months.

While we keep hoping for a big winter to help fill the lake up, we also have some of the most reliable snowmaking technology in the industry to ensure nice snow conditions, even if under persistent sunny, blue skies. If the valley is cloaked under a big powdery blanket of natural snow on top of it, then even better!

If you are interested in taking a lesson as a PARTICIPANT, we are already booking reservations, so be sure to call (909-584-0269) soon to secure yours, knowing that space is limited and that the holidays and weekends fill up quickly. (See Volunteers on pg. 6)

Ski-A-Thon 2019
Mark your calendar for Big Bear’s premier winter FUNdraiser, returning to the slopes of Bear Mountain (and Snow Summit) on Saturday, March 9, 2019. Come up and go skiing or boarding as you support USARC.

Participants receive a lift ticket with line cutting privileges at Bear and Summit, a goody bag, t-shirt, après-ski party, opportunity drawing ticket, plus a chance to win a Big Bear Mountain Resorts anytime pass! Plus, you don’t have to jump in a freezing lake in the middle of winter!

Don’t miss out; start your registration and fundraising today at www.firstgiving.com/event/usarc/skiathon2019.
Thoughts from the Executive Director

While speaking to our P2P24 riders this year, I began to remember a long, long time ago in a body and fitness level far, far away, I was fortunate enough to explore parts of many countries, including this one, from the saddle of a bicycle. Over many days, weeks and months, I pedaled along roads of all types and levels of repair or disrepair, through weather varying from dry, hot and dusty to barely-above-freezing rainstorms, into relentless and malevolent headwinds and up seemingly endless mountain inclines.

I vividly recall one particular climb, to the saddle of Wyoming’s Powder River Pass, during a west-to-east trip with my brother. It was one of those ascents where no matter how far you could see down the road, it just kept going up, up, up. Along the straight-aways, up, up, up it went. Rounding each bend, up, up, up. Ineluctably, up, up, up.

I could elaborate on my mind games justifying my similarity to Sisyphus himself, like when using the vertical pine tree next to the road to gauge the incredibly steep incline (it wasn’t steep), or swearing I heard the telltale sibilation as my tire was going flat (it wasn’t), or remembering I was still in my big ring (I wasn’t). But I won’t feed your schadenfreude.

After my 42nd “what was I thinking” moment, and with my brother beside me as encouragement, I began to realize that rather than view this nearly two-mile tall massif as an unconquerable monster, it was instead just a whole bunch of single, little revolutions of my cranks with a summit at the end. That must have helped do the trick because suddenly, after hours and hours and hours climbing on a mountain bike loaded with 30 pounds of gear, we reached the summit at a skoshe under 10,000 feet. Woohoo! Yay, at least it was all downhill from there. At long last, my reward: gravitational nepenthe.*

My point here is what I related to our Peakers this past October; namely, that at the end of the day many of us get to leave our challenges behind, whereas others in our USARC family do not have that same opportunity. Yet there remains a commonality among us to not just throw up our hands and surrender to the difficulties we encounter, but rather to think it through, visualize the end game, break down the challenge into small, manageable moments or tasks, and to lean on the person or people there with you.

It is that same formula that has made the USARC so successful these past three decades, and what is ostensibly paraphrased in our multifaceted mission statement. You receive this newsletter because for one reason or another, or perhaps one person or another, you are connected to that mission. As we move ahead into this winter and our fourth decade, I am grateful for that connection. Thank you.

* MEMO TO SELF: Next time, ride over the Powder River Pass in a westerly direction. It turns out that the eastbound road does NOT follow one canyon downhill all the way to the prairie, but instead undulates up and down over multiple valleys and ridgelines!
North Shore Summer (cont.)

The new venue, close to the west end of Big Bear Lake, featured a warm, uncrowded, sandy beach, as well as new views of Castle Rock and the San Gorgonio range beyond. Plus, the generally lighter winds in that part of the valley kept the water as smooth as possible, which is not always easy on a touristy summer lake!

As climate change continues to rear its ugly head, as evidenced by yet another summer of record-breaking heat averages, the mountains remained an oasis of cooler temperatures along with their stunning beauty and fresh air. Even when a monsoon thunderstorm rolled through, with its spectacular show of thunder and lightning (trying to help replenish the lake waters) it left behind the fresh, tangy scent of sage and pine perfuming the air.

Along with the tireless and selfless volunteers who spent some of their precious summer days to help USARC’s athletes, and the support of Steve Fengler and his crew at Big Bear Marina, the good folks at North Shore Marina proved what caring people and businesses can do when they believe in a life-changing cause like USARC.

No matter what this coming winter holds in store, as long as there is water in Big Bear Lake next year USARC will be afloat once again, and we hope you will join us wherever we are.

The USARC is grateful to these 2018 summer volunteers for helping our program be a safe, fun learning adventure for all.

Thank You!

Scott Adler
Don Brannon
Dan Brown
John Brown
Taylor Brown
Jack Cooperman
Ryan Dawgiewicz
David DeGraw
James Divine
Claudia Flores
Julius Garcia
Vanessa Gardia
Sara Gordon
Samuel Gracia
Bobbi Hazelton
Karen Horst
Lacey Huskey
Katheryn Jann
Marty Kerpi
Caryn Krasne
Jason Lee
Soo Lee
Benjamin Lu
Jim MacLeod
Samantha Malz
Kim McRae
Tosh Neminsky
Elaine Nguyen
Dave Norman
Jim Ortiz
Zoey Reinach
Windy Sirignano
Brenda Spence
Shad Tavares
Rachel Taylor
Denise Terrell
Ernie Thompson
Natalie Van Hamersveld
Paul Van Wig
Vance Vargas
Melody Wu
Luz Zavala

Allison and Paul testing a pedal-powered Hobie kayak!

Jim carving a ramp, showing off his surfing style and roots.

USARC’s summer programs are a family affair.
As I started looking for somewhere to do my internship, I never imagined I would find a place like USARC. I only knew one thing: I needed to find an internship that combined my love for the outdoors with my major, recreation therapy.

When my supervisor at Cal State Long Beach (BEACH) found out which aspect of the field I was interested in working, she told me I had to apply to this program called USARC located in Big Bear. When I first heard Tom tell me about their summer program, I could not believe my ears; it was as though they made an internship that included all of the activities I love!

Growing up near the beach, I have always had a love for the water and would spend most of my time in it if I could. Getting the internship at USARC meant trading the beach for mountains and trading saltwater for fresh lake water. Even though I was only two hours away from home, it made me nervous to move somewhere where I did not know a soul. I was used to being around my family, not being alone; however I soon realized that I was not alone at all.

The USARC staff and volunteers welcomed me as one of their own and I saw that I had gained a new family right in Big Bear. I also realized that as the intern I took on the role of the younger sibling who had a lot to learn and who received the chores that no one else wanted! Despite the many jokes made at my expense, I would not have been able to get very far without everyone’s help and support.

Once the program began, I knew without a doubt that I was where I was meant to be. I loved that I could share my passion with our participants and see them accomplish activities that they never thought they could. One of the things that I love most about USARC’s program is the joy and empowerment it brings to all the participants. There were so many moments throughout this summer where I would watch their reactions as they succeeded at something new and I would think to myself, “this is why I am doing what I do.”

USARC provides a lot of fun activities, but more than that, they are helping each participant feel empowered in the activities as well as in their lives. I saw firsthand so many moments when participants would not want to try a certain activity because they thought they could not do it and then watch the pride when they would succeed.

Those are the priceless moments that I will always remember. It is an incredible experience to have someone believe in you and help you achieve your goal, and that is exactly what USARC does for their participants. I will forever be grateful to everyone at

Thank you for opening up my world to the outdoor adventure side of recreation therapy and for a great start to my career as a recreation therapist!

USARC for the opportunity to join such an inspiring program. I was beyond lucky to be a part of a program that makes improbable activities possible for our participants.

From “Beach” to Mountains, Emily “Intern” Hammond

Emily was definitely SUP-er woman this summer; just ask Johnny and Sarah.

It’s a dirty job… Emily after a USARC summer camp skit.
P2P24: Easy? Breezy! Wheezy...

FACT: Anyone who has ever ridden a cycle of any kind knows that there are no such things as never-ending tail-windy down-hills. On top of that, there’s an old adage that goes, if it was easy, everyone would be doing it! That concept has always applied to USARC’s annual fall fundraiser, the Peak to Peak Pedal, and this year’s 24th iteration of the ride showcased that particular saying in spades.

It is worth noting that P2P has always been about challenging oneself to do as much as one can, regardless of the number of miles ridden or the amount of elevation gained. The fact is that some years are simply tougher weather-wise than others. For example, whereas P2PX was noteworthy for its almost ceaseless daily tail-winds, even while riding uphill, P2P24 was a “tad” at the opposite side of the spectrum. Of course, the positive spin is that temperatures were downright perfect. And that, dear friend, is called a silver lining.

Speaking of silver, reports are that a LOT of riders skipped this year so they could ride 2019’s Silver Anniversary P2P25, but for those that aren’t obsessed with square roots, this year’s event was, headwinds notwithstanding, downright golden.

Bright yellow sage blossoms cheerfully embraced road shoulders, Mt. Whitney’s monolithic flanks glowed warmly in the early morning autumn sunlight, and shimmering amber aspen leaves waved riders onward as they both left and re-entered the mountains.

Among P2P24’s nearly two dozen riders were many new “Peakers” who were warmly welcomed by longtime riders with five or ten years, and even 24 years, of experience on the ride. All riders agree that what makes Peak to Peak so special is the sense of family and camaraderie that develops among this very exclusive club of adventurers.

Yes, P2P24 was a challenge, but there were also enough bonding moments and unique achievements that occurred among these amazing riders and volunteers over those days to help assuage any aches and pains.

Hopefully you will join us for the first time (or again) next year for this transformative experience for each rider and every USARC athlete they support through their efforts.

You are invited to the P2P24 slideshow/reunion party in April, and look for the P2P24 top fundraisers and H.A. trophy winner in the Summer 2019 newsletter.

Five days and 335 miles later, they were all still smiling.
Athlete Profile: Tina Walpole

Tina Walpole is somewhat of a staple in the USARC family. She has been involved since 1998, and has participated in virtually every Ski-A-Thon since. Her love of skiing is contagious to those who are lucky enough to ski with her. She has also been a great advocate for the USARC, bringing along other athletes like her good friend Charles and then later, Charles’ brother Harold. We enjoy Tina’s company so much, we’d thought we would share her with you.

The Spirit (TS): When did you first come to USARC?
Tina Walpole (TW): USARC was my first adaptive experience and that was around 20 years ago!
TS: How has USARC affected you personally?
TW: Participating in adaptive recreation with USARC has always been an amazing experience. Home and work are often rewarding but life can also throw you curve balls and be very stressful. The skills I learn at USARC helps me handle those challenging times.
TS: What do you do for a living?
TW: I’m in my 23rd year of teaching for Los Angeles Unified School District where I teach 4th grade.

TS: Water Skiing or Snow skiing?
TW: Snow skiing is my favorite. However, water skiing is a close second. I also once got to do downhill mountain biking and I enjoyed that too.
TS: Favorite lesson so far?
TW: Every lesson has been beneficial to me; I couldn’t pick a favorite. I learn so much from every instructor.
TS: If you were able to retire, what would you do and where would you go and why?
TW: New Zealand! I like to apply what I have learned at USARC and ski in a different hemisphere. It would be great to snow ski all year long! Plus I would take my parents with me. Also, I would volunteer at schools.
TS: You are a new crayon; what color are you and why?
TW: Bright red with flecks of gold glitter. First, that mix I think fiery aggressiveness and when I am in that mood, I take in a lot from life. Red and Gold are also my favorite NFL team. Yes, it’s been a while since we’ve had a winning season, but I am no fair-weather fan!
TS: Nuff said, bring on the bad weather! Thanks Tina.

Volunteers Wanted! (cont.)

We’d love to count you among the volunteers who are the life’s blood of USARC. FREE TRAINING and WONDERFUL PERKS are provided. NEW volunteers must attend four days of training (December 13-16 or January 10-13) whereas RETURNING volunteers in good standing can attend a two-day training (December 10-11, December 15-16, January 12-13).

NEW THIS YEAR are optional “down-the-hill” meetings (located in Long Beach or Pomona) intended to orient prospective, or returning, volunteers and help them understand the program requirements and benefits.

In return for teaching, which most volunteers agree is ample reward in itself, each volunteer receives one transferable lift ticket voucher (valid at Bear, Summit, Mammoth and June) for every day they teach, 50% food discounts when teaching, and eligibility for Far West Ski Association (FWSA) trips and events (now that USARC is an affiliate ski club).

Don’t wait! Call (909-584-0269) for an application or more information, and then start doing your snow dance!
The USARC proudly salutes these 2018 fiscal year donors!

If your donation between 7/1/17 and 6/30/18 is not listed please accept our apologies and contact us so we can correct our records.

**Anonymous**
- Boeing Employees Community Fund
- California Dept. of Boating and Waterways
- Disabled Sports USA
- Foothill Engineering & Devating
- Griswold Industries
- John Price

**Boeing Employees Community Fund**
- John Daily
- John Southern

**California Dept. of Boating and Waterways**
- Doris T. Garcia

**Disabled Sports USA**
- Frank Elliott

**Griswold Industries**
- Kelly Emling

**Anonymous**
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- Randy & Bobbie Benson

**Boeing Employees Community Fund**
- Charles Dankel
- Charles E. Dankel

**California Dept. of Boating and Waterways**
- Faye Hatton

**Disabled Sports USA**
- Fred T. Mihalek

**Griswold Industries**
- John Allan

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**Robert & Cynthia Allen Foundation**
- Carol Armstrong
- Carol Armstrong

**Bear Valley Plumbing/ Heating**
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- Randy & Bobbie Benson

**Applied Materials Company**
- John Cheung

**Griswold Industries**
- John Price

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**Cindy Moran**
- Stacey L. Moran

**David & Kelley Kupfer**
- Jeff Lapin

**Norris Foundation**
- John John

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**The USARC proudly salutes these 2018 fiscal year donors!**

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**Anonymous**
- Peter & Annette Borisavjevic
- Randy & Bobbie Benson

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**Cindy Moran**
- Mike Moran

**David & Kelley Kupfer**
- Jeff Lapin

**San Manuel Band of Mission Indians**
- Jay Vickers

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**John Price**
- David Rader

**Jeffrey Rosenbluth**
- Rebekah Ross

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**Anonymous**
- Glasses don't improve your vision, they only improve your appearance.

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**Anonymous**
- Glasses don't improve your vision, they only improve your appearance.
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 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 are sold, with the proceeds defraying USARC’s operating costs and you receive a tax deduction! Call 855-500-7433 or click on the logo to get started.
A HELMET. IT’S A SMART IDEA.

Ski or ride RESPONSIBLY - it’s PRIORITY NUMBER 1. Helmets are a second line of defense!

Helmets can REDUCE HEAD INJURIES by 30-50%.

Wearing a helmet is NOT A REASON to take more risks. Ride as if you are not wearing one!

Helmets provide the MOST PROTECTION at SLOWER SPEEDS. Check your speed!

Helmets only work when PROPERLY FITTED and the CHIN STRAP FASTENED.

FOR MORE INFORMATION GO TO WWW.LIDSONKIDS.ORG