



The Spirit

Fall/
Winter
2012-13

of the United States Adaptive Recreation Center

What Wintery Wonders Await?

That is definitely a question that the USARC hears a lot this time of year. Of course the pundits have tossed around everything from a bad, dry season to a huge, deep, cold winter about which all the "old timers" always seem to speak. Whether it has already been jinxed by murmurs of "El Nino", and thus becomes an "El Zippo", the fact is in October there was already one wintery day here at the USARC. It didn't do much, but it definitely indicated what lays over the horizon and may explain why the USARC's phones began ringing!



You simply can't argue with the smile and giggles of a kid like Zane when Craig shows him the freedom of skiing.

See pg. 3

Summer always ends too (Mon-)Soon!

The USARC summer program is all about water sports, so getting soaking wet really shouldn't be considered unusual. However, that usually results from getting in the lake. The USARC's 2012 summer program will not just be remembered for its fun and smiles and challenges and successes, but for the fact that some people got wetter on land than they did playing on the lake!

Mother Nature made her presence known with an unusually early and relentless monsoon season this year, replete with thunder, lightning, hail and downpours that would have sent Noah scurrying for his tool box.



Eric always raises a hand, or two, when the question is posed, "who wants to go water skiing?"

Program participants and volunteers took it all in stride, enjoying the fantastic displays of nature's might while safely and patiently waiting for the storms to abate. And oh the rewards for those who waited!

See pg. 3

It's Easy To Support USARC

There are many ways to make a substantial and positive impact and help the USARC succeed. From donating various assets to donations of your time and skills, the USARC thrives through the support of its extended family.

ESTATE PLANNING

One way is to incorporate USARC in your estate plans. This gift, called a bequest, can lessen the burden of taxes on your family, simplify your estate and leave a legacy for future generations.

A bequest is one of the easiest gifts to make. With the help of your attorney, you can include language in your will, trust, codicil or amendment specifying gifts to USARC along with your friends and family members.



Your generosity makes catchy photos like this a reality.

Bequests may be made in several ways; you can give a percentage of your overall estate, give a specific dollar amount or asset or make a gift from the balance or residue of your estate.

See pg. 2

A Note from the Executive Director

Dear USARC Family Members,

I miss going to the concert, um, well, wait a minute, scratch that, it's much more than a concert; I miss the happening that is a Jimmy Buffett show. For a variety of reasons, what was once a fairly regular autumn activity of mine no longer occurs, and I miss it terribly. It was something I always looked forward to, not necessarily for the oft-overplayed music, and not necessarily because it was a laughable and mesmerizing amalgam of circus characters and beach bums, but because its timing and vibe represented the curtain call to summer's long, warm days and carefree attitudes.



Tom Peirce
USARC Exec. Dir.



Now the cold winds have begun to blow, and Big Bear's brief impression as a New England forest is in its final act, with each gust shaking loose a deciduous wake-up call in the form of a coruscating shower of gold, vermilion and tangerine. Despite this kaleidoscopic visual dirge, I am not necessarily sad, because I realize that summer and sunshine are more than just things. They are actually a state of mind that make even the coldest, gray winter days worth welcoming and, more than that, enjoyable.

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Sure, we all have our heliotropic side (maybe that's one reason sunflowers are my favorite flower,) but life's sunshiny moments are made more special by going through the moments that are less so. Many of the participants in the USARC's programs battle through their own dark, stormy circumstances, striving for success in the face of what was thought impossible. We saw it this past summer and, thanks to all of you who help make it happen, we will witness it in the winter ahead. I hope you join us.

Hopefully, if we're lucky, we'll see some of those "bluebird" powder days this year, when the storm clears, the sun shines, and life is as beautiful and bright as any sunflower ever was. To whomever recently sent me the photo of them at the Jimmy Buffet concert, thanks for the memories and helping me transition back into winter.

Support (cont.)

Another way to make a gift to USARC is to donate your retirement assets. An IRA, 401(k) or other similar account, makes an excellent gift. If your family members were named as the plan beneficiary, much value may be lost through income taxes. By designating USARC as a beneficiary of all or part of your retirement plan (using the beneficiary form provided by your plan administrator), the full value of the gift is transferred tax-free and your estate receives an estate tax charitable deduction. A similar beneficiary designation from your life insurance can also make an excellent gift. If the value of the matured policy goes to USARC and your estate receives an estate tax charitable deduction. Other options...

MAKE AN ONLINE GIFT

Easy, secure and fast donations can be made at www.usarc.org/html/givedirect.html

DONATE A CAR OR BOAT

USARC will receive the proceeds of your donation through www.cars4causes.net

VOLUNTEER YOUR TIME

The winter is here, learn about volunteering at www.usarc.org/files/WinterVolApp.pdf

JOIN THE SKI-A-THON OR PEAK TO PEAK PEDAL

The Ski-A-Thon will be here on March 2 and you have almost a year to prep for P2P19!

DONATE ITEMS TO A USARC EVENT

Auction/raffle items such as goods and services, vacation lodging, air miles, etc.

Winter Wonders (cont.)

Be this your first or fiftieth time, **participants** who are thinking ahead can secure a reservation by calling the program office at 909-584-0269. Half-day and full-day lessons, including instruction, lift ticket and equipment are available.

Weekends and holidays fill up quickly, but plentiful weekdays are usually much quieter and less crowded. Remember to mark your calendar for the 2013 Ski-A-Thon fundraiser on Saturday, March 2, and start getting your team and sponsors together!

For any wonderful and selfless **volunteers**, without whom the USARC would not be able to provide the thousands of lessons we do every year, the first training session will be held on December 6 & 7, 2012 (for returning volunteers), while new volunteers may attend one of two free four-day training sessions, one in December 13-16, 2012 and the other on January 3-6, 2013. If you are interested in joining the volunteer team, and in so doing changing your life while doing the same for another, please call the USARC or visit www.usarc.org and download an application today!



Jacob cruises along over packed powder and under blue skies, never far from the experienced eyes, behind him to his left, of volunteer and fellow mono-skier Fred.

Summer Rain (cont.)

When the storms cleared out they left some amazing conditions, with windless, wake-free (since most boats fled for cover) mirror smooth water ripe for carving water-skiers or kayakers and stand-up paddle boarders. Once again, our fleet of vessels and participant safety was augmented by two new Kawasaki Jet Skis, courtesy of Victor Valley Motorsports.



Mickey's patience pays off as she savors the silky glass in the wake of a summer thunderstorm.

The success of the participants was not just due to the USARC's fantastic equipment offering, but also the result of over two dozen volunteers donated their time and enthusiasm to help the USARC teach hundreds of lessons in activities that also included sailing, fishing and camping.

A huge thank you to Alan Sharp at Big Bear Marina for once again giving our vessels a home, and to John Gorzik at B's Backyard BBQ for allowing us the docks that we call our home a couple days a week. Without the generosity of these two remarkable gentlemen the USARC would not be able to share the excitement of water sports. Rain or shine, this summer every day was a good day!

Farewell Friend



This past spring the USARC lost a long-time member of its family. Janice Schafer was not just a tireless volunteer with the summer and winter programs, special events, and a former Volunteer-Of-The-Year, she was a veritable fireball of energy that changed the lives of all those who worked with her, learned from her and called her family or friend. She is missed by all.

Participant Profile: “Hand Crank” Frank Elliott

Frank Elliott is an inspiration to many, but not because he is an amazing athlete who never says “never.” Rather, he is the kind of person everybody wants to be. Nice, sincere, happy, relaxed, funny, joyful, smiling, committed, genuine and married to a woman (Doris) with the same qualities, if Frank does *not* inspire you then your last name must be Scrooge. (Note: Frank’s nickname came courtesy of fellow “Peaker” Gary Steube.)

The Spirit (TS): *How did you start with the USARC?*

Frank Elliott (FE): In June of 2000 a recreation therapist at Northridge Hospital introduced us to USARC. Being in a wheelchair was new to me and I was never a big snow enthusiast, except sitting in the lodge and having a nice drink or two by the fire. It was one of the best decisions Doris and I have made since the accident. With the help of all the great volunteers I was up and skiing better than I ever did on two feet. We then got involved in the summer water sports and camping programs. It all emphasized the possibilities.

TS: *Tell us about your 4-time Peak to Peak participation. What makes you keep coming back?*

FE: I wanted to ride P2P after hearing about it back in 2000-2001. It seemed a long way and I was not sure about being low to the ground around lots of cars. “Hood ornament” came to mind. Of course those are just excuses and in 2009 I finally joined in the fun. Man, did I miss out on the earlier rides. P2P15 & 16 went north to south and P2P17 & 18 went south to north; what a difference the direction makes! I’m loving south to north. I could say I come back each time with conviction it is the adventure, the accomplishment of pushing myself, finishing, or THE



Frank casually tells us all to hang loose as he flies the USARC colors.

FOOD!
Really it is an opportunity to help raise money so that others can be helped just like I so desperately needed at that time in my life. To know that life is not what I

can’t do but what I can do. One ride and you will keep coming back. All the support, roadside assistance, break stops, lunch break, massages and our Dinner Divas. It doesn’t get any better.

TS: *What else do you do besides cycling?*

FE: Being retired is a great thing, but you can really fill your days with volunteer work. Besides working out 3 to 4 times a



Frank headed toward Independence on P2P16. Interpret that as you see fit.

week I’m an amputee peer visitor at Kern Medical Center, also Gift Shop Manager. I’ll be a Peer Visitor with the Grossman Burn Center at San Joaquin Hospital after I complete the SOAR program in early November. Doris and I also volunteer with a Cleaners Food Program for people over 60 twice a month.

TS: *How does cycling or skiing make you feel?*

FE: In the early morning I load my hand cycle and head for the bike path. Helmet in place I begin my ride – I’ll put in 30 miles or so and see how I feel. Some days I’ll just keep riding but every day I feel the independence it brings to my life. It’s not just the way I feel anymore, it is the confidence I have that the possibilities are endless. It is always encouraging to do those things I did before the accident, to know that not only can I still do them, but also the feeling of being a part of society, that I have something to offer. My role to play is not complete here on earth and I need to move forward and show others it can be done. Again the possibilities are endless.

TS: *Will we see you this winter?*

FE: No, a cruise to the Caribbean and a trip early next year to the Big Island of Hawaii will use up our time away from our girls (dogs Sadie and Holly.) Doris and I are planning at least one trip to Big Bear next summer. Kayaking interests us because it is something we can do together, and maybe a little time on the water in a sit ski; I never had so much fun as jumping the wake! We love to travel - whether to South Florida for Super Bowl XLIV (Saints 31, Colts 17, Yeah!) or to Hawaii, or maybe just a short drive to Pismo, CA to our Beach House (a travel trailer.) Maybe a swim with the dolphins is in order.

TS: *What is your favorite saying?*

FE: Holy Crap! Because there is a lot of Holy Crap out there. Seriously it is a verse that I try to live by. It is found in Philippians 4:13 and it reads: “I can do everything through him who gives me strength.” I believe surviving the accident was no accident or good luck. It was the prayers from many friends and family and God is not done with me yet. There are things to be accomplished and with his help I will accomplish those tasks.

18th Annual Peak to Peak Pedal Perspectives

If you ride P2P, you know that the weather is simply a part of the adventure. A cool desert usually means chilly, snowy mountains, whereas the hot days to start this year's ride made for perfect balmy conditions at the end. Riders and volunteers once again came together to ensure a successful event; here are some of their favorite moments and perspectives on P2P18.

P2P18 RIDERS

(in order of funds raised):

Frank Elliott
Dan Stormer
Tom Peirce
Kelle Malkewitz
Robert Allen
Ken Klein
Tricia Bland
Robert Otwell
Kathy Portie
Sarah Alvarad
Brian Francis
Debbi Armenta
Alex Blanc
Kim Meares
Scott McClave
Michelle Russell-Burke
Bobiane Kupfer
David Briery
Sally Martin
John Mattos
Dave Sotero
Gary Steube
Tony Garza
Daniel Brown
Paul Mattos
Glenn Bland
Rick Hopkins
Anthony Bradley

VOLUNTEERS:

Cindy Allen
Jack Cooperman
Matt Fukushima
Linda Grebel
Tim Guebert
George Halter
Diane Hopkins
Diane Jordan
Susie Klein
Bob Lombard
Rick Martin
John Matz
David Price
Dave Rosell
Alex Serrano
Andy Templeton
Jim Walls
Sue Wellman
Jules Whiston
Don Whitbeck
Cassie Woods

Kelle M: P2P just keeps getting better! Thanks to my 35 supporters I raised \$5,840 for USARC programs. The food, support and massages are out of this world, the ride is beautiful and the camaraderie of this entire group of people that shares my passion for the services USARC provides is priceless.



Dan S: Last year I had just started riding a bike and my sole goal was to not get picked up by the SAG vehicle and I succeeded at that very minimum level. I then began training and got a lot stronger. On the last day, 1/3 of the way up the road up to Main Lodge, where I was walking last year, I suddenly felt like I had a ton of strength left and powered the remaining way. It felt great right up to the point I stopped, and as I stood there gasping for breath, I felt wonderful and like it was all worth it. Nice feeling.

Robert A: When (perennial first-arriver) Ken Klein and I road into the lunch stop together at exactly the same time, and Cindy was writing down who came in and when, she said, "I think you were ahead of Ken." Ken and I just laughed.

Kathy P: I will never forget riding the second day in memory of Stephanie Murphy with her husband Mark, nor the outdoor movie screen by my tent in Bishop, the beer I wasn't going to drink at Gomez', but did, nor the Lyle Lovett tunes crooning from Bob's truck as he struggled to keep my pace over the last miles to Mammoth. Good friends. Good fun. Good cause. Let's do it again.



Michelle R: Rumble strips on the highway are not for cars. They are to keep cyclists, who are falling asleep on their bikes, out of traffic. Thanks everyone for another awesome ride!

Bob L: Why do I do this? Whether riding all 5 days, driving sag, or fixing bikes by headlamp under a clear, cold moon, it's a question I've oft asked myself. My best answer is that a group of people bonded by a common good endeavor become family, and that family leaves me filled with inspiration, energy, and love.

Tricia and Glenn B: It is very motivating to hear why people participate in P2P18 as a rider or as a volunteer. Their stories are so inspiring and validate the value of the programs that USARC offers. It is easy in our daily lives to take mobility for granted, but not everyone is fortunate to be blessed with the ability to walk or engage in sports. We appreciate that there is a program we can support, that is passionate and dedicated to providing sports programs to improve the lives of individuals with disabilities. A special addition are the amazing volunteers that freely dedicate their expertise, energy, time, and compassion to all of its participants. The USARC is comprised of outstanding people coupled with fantastic activities!



Photos courtesy of Bob Lombard

Spyder-man Rick Martin to the rescue!

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

Rick Martin (RM): I first saw USARC while I was working at Ski Patrol. I got to know some of the people involved and always marveled at the patience of the volunteers.

TS: How did you feel on your first day of volunteering?

RM: I was very nervous about the first day, but felt confident in my abilities. I was surprised on how physically demanding it can be, but I had a great time.



Water skier Gus' face says it all: Spyder's attitude and skill always leaves 'em smiling.

TS: Do you remember your first lesson?

RM: I believe it was with a young girl with autism. I was elated to hear her scream with delight as we went down the hill.

TS: What else do you do when not volunteering?

RM: I have a multitude of things to keep me busy. I golf, motorcycle ride (dirt and road), travel, help friends with tasks,

walk my dog (Kar-Li), keep up the yard work, and stain the house. I also ski, snow shoe, mountain bike, and read. My favorite thing to do is putter around in the garage, I'm currently building a trailer. My wife said that I should add "honey-do's".

TS: What is your favorite part about volunteering?

RM: The feeling of gratitude that comes from my students. I feel as though I am doing something in my life that was missing. I worked as a fireman for 31 years and I can't remember too many times that I got instant gratifi-

cation for what I was doing. With USARC I find that every day is rewarding in so many ways. It is also nice to have great people to work with. I have made some good friends.

TS: What might you tell potential new volunteers?

RM: I would tell them that if they want to do something extremely rewarding and had a great amount of "feel good" attached that they should volunteer with USARC. I think the benefits are also worth mentioning, like the season pass, lift tickets earned, dedicated co-workers, great scenery, and flexible work days.

TS: You won "Rookie of the Year" last season, so what are you expecting now that you will be a 2nd year volunteer?

RM: More of the same. I really look forward to expanding my skills in all of the techniques, and going to the next level in my training and improving my personal skills.

TS: You have volunteered in both summer and winter programs; do you prefer one over the other?

RM: Well, they both have advantages. The summer session was a lot more physically demanding, but the winter had skiing. The summer camp-out was fun; maybe we could camp out on the winter slopes? More of me got tanned in the summer than in the winter!

TS: Do you have a favorite quote?

RM: President Kennedy's inaugural speech had the words, "Ask not what your country can do for you, but what you can do for your country." This quote hit home with me and USARC. So many things are going on in this country right now but, when you can help in any way, with anything and get a feeling that you helped, that goes a long way in my book.

San Manuel Renews Support of USARC

The San Manuel Band of Mission Indians continued its long partnership with the USARC through a recent \$14,000 grant.

The grant funds will subsidize the costs associated with the purchase of adaptive equipment, training hundreds of volunteers each year, and the USARC's policy of keeping its services affordable by all.

The USARC is proud to thank and recognize the following Summer 2012 volunteers, who fulfilled their six-day commitment to the USARC to help improve the lives of so many children and children at heart.

Debbi Armenta
Steve Bethell
Richard Beynon
Daniel Brown
Jack Cooperman
Jean Evans
Tony Garza

Shirley Giesking
Linda Grebel
Dori Harris
James Harris
Rebecca Hinton
Diane Jordan
Caryn Krasne

Bobiane Kupfer
Soo Jeong Lee
William Luksha
Rick "Spyder" Martin
Janet McCord
Kim Meares
John Melville

Debbi Mote
Paul Priest
Paul Van Wig
Jay Vickers
George Watson-Jones
Maryana Yurchyshyna

The USARC proudly salutes these 2012 fiscal year donors!

If your donation between 7/1/11 and 6/30/12 is missing please accept our apologies and contact us so we can correct our records.

Anonymous **Weingart Foundation**
Boeing Employees Community Fund **Yahoo! Employee Foundation**
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Online Edition

VOLUNTEERS WANTED!



The USARC winter program is poised to begin, and we want thrill seekers to join us, be they in need of adaptive instruction or as a volunteer who wants to

help better the lives of others. See page 3 for details.

YOU are invited...

to a Holiday Party along with the USARC! With the holidays fast approaching, the Association of Corporate Real Estate Executives (ACRE) is hosting its annual party at Andrei's in Irvine on December 13. The evening will feature delicious food, festive drinks, silent auctions (for your gift shopping needs) and fabulous socializing. For more information, please contact the USARC at 909.584.0269.



Shoppers Support USARC

You, your family and your friends shop for groceries, and the merchants send USARC a check. It really is that simple, but you MUST sign up for the FAST, EASY and FREE rewards programs at your respective stores.

RALPHS patrons: Log onto www.ralphs.com and click on the "Community Contribution" link, then click "Enroll" or "Sign In", whichever is appropriate, and follow the prompts. (USARC's NPO # is 80843).

VONS / SAFEWAY patrons: Log onto www.escrip.com and under "Make a Difference in Four Easy Steps", and follow the prompts. (USARC's group ID # is 152931854).

It's a Great time to Buy in Big Bear!

Property prices are still very low in the mountains, and USARC staffer, Will Rahill, also an agent with Keller-Williams of Big Bear, will donate 10% of his earned commission to USARC if a lead comes from a USARC associate. If you want to sell or purchase a home or property, please contact him at usarc@willrahill.com, 909.645.1949, or www.SearchBigBearRealEstate.com

What's ahead at USARC?

DECEMBER

- 6-7 Returning Volunteer Training
- 13 ACRE Holiday Party (Irvine)
- 13-16 New Volunteer Training
- 15-16 Returning Volunteer Training
- 25 USARC Closed

JANUARY

- 1 USARC Closed
- 3-6 New Volunteer Training
- 5-6 Returning Volunteer Training
- 7 Group Lessons Begin
- 27-29 PSIA So-Cal Session Winter Clinics

MARCH

- 2 2013 Ski-A-Thon
- 18-20 PSIA Adaptive Exam Week
- 23 USARC Volunteer Party
- 30 Last day of Lessons

APRIL

- 6 P2P18 Slideshow/Reunion Party