



The Spirit

of the United States Adaptive Recreation Center

Snow is white, but we'll be blue, unless we get a Vol like you!



Volunteers Carol, Matt and Willie prep for a run with Helen and Neil of Scotland's Uphill Ski Club.

Do you enjoy making people smile? Well, here's your chance to do just that. The USARC is now recruiting volunteers to teach adaptive ski and snowboard lessons for the 2006/2007 winter season. Volunteers are an important component of the USARC, without whom the program would only be able to serve a fraction of the people who desire to take advantage of these inspirational, uplifting and life-changing programs. It deserves noting that those adjectives apply equally to the volunteers, who benefit in many more ways than can be defined here.

Nonetheless, the definable benefits to volunteers are plentiful. Training is free of charge, during which volunteers don't just learn adaptive teaching, but become vastly improved skiers themselves; for each day volunteers teach they earn a lift ticket that can be used or designated for a friend's use in the future; volunteers are eligible for discounts for themselves on meals and merchandise at Bear Mountain, as well as for equipment from some manufacturers; they may be entitled to discounted lift tickets at other resorts.

(please see [Volunteers Wanted](#) on page 7)

A "Summery" of Watersports

Another warm and sunny summer has flown right by, made all the more apparent as the USARC stores its boats and watersports equipment in the dark and lonely recesses of sheds and warehouses. Even with the eagerness and optimism that accompanies the beginning of winter, it is always difficult to say goodbye to shorts, flip-flops and swimsuits. Of course, a lake full of water requires a winter full of snow, so with that chilly white prospect in mind, it's time for a retrospective on this fantastic summer just past. And fantastic it was, with an abundance of fun, laughter and achievement.



Habib gives a big wave as he rides the aptly named Kan-Ski.

With an early summer heat wave, the lake surface warmed to nearly 70 degrees, encouraging everybody to jump into the programs head-first (actually, feet-first for safety reasons!) While there was some epic glass for the water skiers and wakeboarders, a few breezy days that made the skiing a little cold and bumpy (or was all that rough water from our wild Jet-Skiers?) Of course, those same breezes proved fantastic for the sailors, giving them enough speed to "shoot the gap" by China Island. On at least one program day, the fishing crew arrived back at camp with a massive stringer of fresh trout, quickly grilled over the campfire and just as quickly devoured. Kayakers frequently set out on their mission to reach the pirate ship, but often they just ended up cruising along the shoreline and hanging with the ducks.

(please see [Summer Summary](#) on page 5)

Shop for the USARC!



Register your **Albertsons/ Sav-on** card on the Community Partners

page of their website, www.albertsons.com, and designate the USARC (ID# 49000119060) as your charity.

For stores such as **Vons, Safeway, Pavillions, Wild Oats** and many more, log onto www.escrip.com, and follow the prompts to register your card(s). (ID # 152931854).

Do your Internet shopping through www.i-give.com, where you can shop at countless major retailers who in turn make a donation to the USARC, without charging you more.



Also...



Call the USARC (909.584.0269) with your **Ralphs** grocery card information and the chain will donate a percentage of your expenditures to the USARC.

Instead of a garage sale, take an item into any www.i-soldit.com store and register the USARC (ID # 95-3872771) as your charity. When it sells, they will donate 60% or more to the USARC!



A Letter from the Executive Director

Dear USARC Members-

What is that chill in the air? Is it fall already? Is winter really only a few months away? Just like when we were kids, and for those of us that still are, I guess summer just never lasts long enough! However, if measured by the number of smiles and laughter, challenges and accomplishments, it was time well spent.

That may be an understatement, indicated by the continuing popularity of USARC summer sessions, and the fact that we couldn't schedule enough of them to accommodate all of the interest. It goes without saying, but I'll say it anyway, that this is not due to a lack of one particular resource; once again, the complainant volunteer corps of the USARC rose to the occasion. Believe me, as I budget resources on a daily basis I realize what an asset that group truly is. How did we get so lucky?



Tom Peirce
Exec. Director



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Intern (aka Stephanie Haas) heads out for a ride on a Kawasaki Jet-ski from Callaway Motorsports.

Complementing them was a skilled crew of staff, replete with our 2006 Summer Intern from Cal State Dominguez Hills, Stephanie Haas. Collectively, and with help from those volunteers, this evolving group of (para-)professionals exemplified what recreation therapy is all about: utilizing the appropriate amount of instructional and equipment adaptations to foster as much success and independence as is practical.

I would be remiss if I failed to limn about all the others who are so instrumental in this process. Namely, the donors whose names you see in this issue, the families and group leaders supporting our participants, the USARC board of directors, our administrative staff, and you, as a devoted member and supporter. With that last group in mind, keep an eye on your mailbox as we will soon be mailing our 2007 membership packet to you, with the hope that you will find yourself placing a **USARC 2007 Member** decal on the window of your car or business.

Then you, too, can smile and laugh when you see somebody else with one, knowing you are involved with something great, knowing the time (and resources) you devote to the USARC is very well spent. Winter is nigh; be you volunteer, donor or participant, thank you for staying involved. Please enjoy this issue of *The Spirit*.



Fall is Workplace Giving Season

California state and federal government employees designate a portion of their income to a charity of their choice. The United States Adaptive Recreation Center (USARC) is on the approved lists for the California State Employees' Charitable Campaign (CSECC) and Combined Federal Campaign (CFC) in California! Please designate the USARC as the recipient of your contribution.

Look for the United States Adaptive Recreation Center alphabetically in your campaign booklet or under "**Local Independent Charities of America.**" To designate USARC as for your **United Way** gift (although the USARC is **not** a United Way Agency) complete the pledge form with USARC's name, address and EIN, 95-3872771. Also:

MATCHING GIFTS - Many employers will "match" a gift that is made by an employee to a non-profit 501(c)(3). Ask your employer and then contact the USARC to follow through.

EMPLOYER VOLUNTEER SUPPORT - Many employers support volunteerism through time off or a donation based on volunteer hours donated. If so, contact the USARC so we may provide required documentation to your employer.

TELL YOUR FRIENDS - Many employees pick charities randomly. Share your passion for the USARC and request that they consider designating USARC as their charity.

PRINT OUR FLYER - www.usarc.org/files/wpgposter.pdf, if appropriate, to let your colleagues know more about the USARC and how a workplace contribution is utilized.

Your help will enable the USARC to subsidize fees, procure state-of-the-art adaptive equipment, and train hundreds of volunteers annually, creating opportunities for children and adults with disabilities to challenge themselves, and succeed, in outdoor recreation.

USARC Volunteer Profile - Kelly Scatton

Kelly started at the USARC this summer with her mom Kathy. She attends Fresno State University and is majoring in Therapeutic Recreation. Kelly was very enthusiastic about volunteering and never stopped wanting to help. After her first two-day session, she changed her plans midweek to enable her to stay and volunteer for the next session. Kelly never shied away from any assignment and, in fact, was often the first to volunteer for the harder jobs! We think Kelly is a great person and look forward to having her come back next summer. We think you'll see why as Kelly talks about her experiences.

The Spirit (TS): So, Kelly, how did you first hear about the USARC?

Kelly Scatton (KS): I have been in a Ski Club with (longtime USARC volunteer) Robert Allen since I was 4 and he kept telling me about the Kern River trip he hosts every year for USARC volunteers. He wanted me to volunteer, but I was not old enough. Then my dad did the winter program, and afterward highly encouraged my Mom and I to take time off to participate in the Summer Program.

TS: What made you want to volunteer here?

KS: I really enjoy working with individuals with disabilities and when the application came in for volunteering for summer, it involved water skiing, jet skiing, and kayaking, I could not pass up the opportunity. There is so much joy in the hearts of these individuals, and it is apparent in their smiles and laughter, how could you pass up the opportunity to spend part of your summer with them?

TS: What other experiences do you have working with people with disabilities?

KS: I was involved with Best Buddies International and Peer Assistance and Leadership (PAL) all through high school. And I also volunteered as a soccer referee in the Special Olympics.

TS: How did you feel during when you first came up?

KS: On the day of the volunteer training I was really nervous, anxious, and excited all at the same time, because I had never met the staff and I really did not know what to expect. The first day I volunteered was the start of one of the overnight camping sessions. I arrived excited, but still not knowing what to expect, I was anxious for the next day to start. I showed up on time and suited up for a day of jumping (exiting the stern of a Jetski to assist a skier in the water.) What that all entailed I did not know, but I went out excited and ready!



Kelly helps James get fired up for a few laps on blue Big Bear glass.



Kelly is all smiles as she ends up on "boat babe" duty behind Ralph in the .

TS: Did you have any expectations on your first day?

KS: I expected to learn more about the program, and to watch and learn by example. But no, that is not how USARC works... they teach by doing! I also expected to do my best and I thought for sure I would be on dock help, you know, something simple to start with. Again, I was very wrong, I was in the water from the start.

TS: Please tell us about your favorite day at USARC?

KS: My favorite day was when I jumped with Elena, we sang random songs in between jumps, and then we would ride up along side the water skiers, cheer for them, and give them thumbs up! Their faces lit up to see us excited for their achievement!

TS: What would you tell someone that is interested in volunteering at USARC?

KS: Using all the time you have available to volunteer is well worth it! Once you start you will not want to leave because right away you will feel like a part of the "USARC Family". You will fall in love with the participants and

want to return again just to see their smiling faces! Everyone is capable of volunteering; don't doubt yourself! Remember to "sun block up" and be on time!

TS: Final thoughts or comments?

KS: I don't know. I had a great 2 weeks up in Big Bear and I looking forward to coming back next summer.

The USARC deeply appreciates the following summer program volunteers who fulfilled their commitment of Big Bear Lake program days in service to the USARC and its participants.

John Alderete	Bob Hendrich	Carl Pearl	Chad Stout
Richard Beynon	Patty Hinkley	Tom Pollard	Laurel Terreri
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USARC Participant Profile - Ruba Bayaa

It is never easy to come up with a USARC participant to profile; there are so many wonderful participants who come through the winter and summer programs. Every now and then somebody will stand out, as is the case with Ruba Bayaa. Ruba has been attending USARC programs for several years with the group CoachArt, and has excelled in both summer and winter sports. She may just be 16 years old, but Ruba is an amazingly mature, capable and articulate young lady with a lot to offer and the motivation to do it. This past summer Ruba tried wake boarding, which can be tricky due to its sideways stance, and after popping up to her feet on the boom (a learning bar extending from the side of the boat) she quickly progressed to a handle! Ruba rode long enough to cruise past the dock to the cheers and admiration of her fellow participants, volunteers and USARC staff. Enough of telling you what USARC has seen, here's a little bit about this fun-junkie from her point of view:



Ruba and Joel in a very unusual situation, riding slowly and quite dry!

The Spirit (TS): How long have you been coming up to Big Bear?

Ruba Bayaa (RB): I've been to Big Bear four times with CoachArt – twice in the summer, twice in the winter.

TS: Do you like it?

RB: Definitely. There isn't a chance to do all those activities otherwise!

TS: What is your favorite aspect of the USARC?

RB: I always look forward to the water skiing. I think we're all determined to get up on the wakeboard or skis.

TS: Okay then, waterskiing or wakeboarding?

RB: I enjoyed wakeboarding. After all the action, I enjoyed sailing, too.

TS: How do you like sleeping outside (otherwise known as camping)?

RB: Sleeping outside is probably my least favorite part, but it's all part of the experience!

TS: During the campfires, what skit is your favorite?

RB: I remember one skit where the USARC staff showed us their "morning routine". That was entertaining. (Ruba is being kind regarding the USARC staff's "acting".)

TS: You did awesome on the wakeboard! Are you sure you didn't do it anywhere else?

RB: Well, thank you, haha. I don't wakeboard anywhere else; I think that's what makes these trips so enjoyable.

TS: Who is your favorite staff member? Why?

RB: I really liked Sara (Rosell). I think she was most mellow. And all the staff I've known for some time, like Tom and Ralph. And, I'm terrible with names, the British guy (George Watson-Jones), he was really nice. Also, the lady who helped us with the wetsuits, we had some good conversations. But I like you all, really!

TS: What advice might you give someone who thought about coming to the USARC?

RB: I think most people who go on one of these trips feel really apprehensive. It's so thrilling, though! There are adaptations for everyone, too. It's not as though we're limited to wakeboarding or kayaking. It's all about the atmosphere, really. You don't see stars all the time, and how many of us live next to lakes? It's fun for those who don't see those things regularly.

TS: What do you like more, winter or summer?

RB: After being sun-burnt this past summer, I think winter is more enjoyable. There is also more time during the winter to master what you're doing, since you're allowed to do the same sport both days.

TS: Are you planning on coming up to Big Bear this winter?

RB: I'd really like to.

TS: Do you ski or snowboard?

RB: As far as I know, I snowboard (not too well, however).

TS: Any last thoughts?

RB: Everything was covered! Thanks for letting me share my opinion!

TS: It is truly our pleasure Ruba!

Taking Nothing for Granted!

The USARC is honored to recognize and express its thanks to the following foundations and organizations with vision enough to recognize the merit of that which is accomplished during USARC summer and winter programs.

Association of Airport Employees
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Sidney Stern Memorial Trust
UPS Supply Chain Solutions
Frederick R. Weisman Foundation

Since the Fall 2005 edition of *The Spirit* these organizations have been proud partners with the USARC in creating life changing opportunities for our participants. Without their support we would be unable to subsidize lesson costs, purchase state-of-the-art equipment, nor maintain our high caliber of staff and volunteer involvement and training.

Touch the Sky with USARC

As the retail world well knows, it's never too early to start thinking about the holidays! Whether you need to pick up some unique gifts at bargain prices, or if you just want to take a friend or loved one out for a spirited evening of fun and festivities, the USARC invites you to the Annual ACRE Holiday Party and Auction.



ACRE (Association of Corporate Real Estate Executives) is a professional organization that has designated the USARC as its charity of choice for the proceeds from this fun event, and invites you to attend. This year's event, slated for Wednesday, December 13, returns to the stylish and historical Sky Room in Long Beach, on the roof of the venerable Breakers Hotel building on Ocean Avenue.

With the luminous dusk and sparkling lights of downtown filtering warmly through countless expansive windows, the Sky Room's cozy little tables are perfect for sitting and enjoying sumptuous appetizers with your partner, and quiet, softly lit alcoves are ideal for networking with a group of colleagues over a beverage. While festive décor and elegance abound, the ACRE Holiday Party lends itself to a sense of comfort and style rarely seen at such galas, especially when coupled with the excitement of bidding (live or silently) on fantastic items at a bargain.

The USARC and ACRE encourage you to kick your holiday season up a notch, past the roof, past the chimney, and beyond, to the sky! Call the USARC at 909.594.0269 for more information or to donate an auction item.



Summer Summary (cont.)

The heat wave transformed into an early monsoon season, bringing thunderstorms to the valley and quickly replacing the few inches of lake water evaporated by the hot sun. Staff and participants kept a wary eye to sky, watching for lightning and measuring the time between strikes and the resultant thunder (myth-bust: it's not one second = one mile!) When the storm's proximity necessitated evacuating



Nate (a very good sport during campfire skits) carves the wake!

the waterfront, people found shelter in their cars or buildings and watched the majestic beauty of nature's power until it passed. Water skiers that waited were rewarded by air so still and water so calm, it was as if they were slicing turns through a great pool of mercury.

August proved to be busy as always, as the USARC not only conducted week after week of programs in Big Bear, but also renewed its collaboration with Casa Colina Hospital at the annual Land Meets Sea Camp in the Long Beach Marine Stadium for a week of saltwater fun. Lest it be forgotten, the so-called

"road show" also traveled to Lake Arrowhead several weeks in May and June for adaptive kayaking programs to complement those held for the local Big Bear residents. One such week of programs emphasized boating safety, thanks to the California Department of Boating and Waterways. Thanks are also due to The Dock Club at Pine Knot Landing, Kawasaki USA, Callaway Motorsports in Riverside, and all of the loving and giving volunteers, without whom the USARC couldn't achieve great things. THANK YOU ALL!

R-U Race-Ready?

The USARC is planning a 3-day Skill Development Camp and Level 1 Race at Bear Mountain, tentatively scheduled for a weekend in February (NOT Super Bowl weekend.) The National Sports Center for the Disabled (NSCD), in Winter Park, Colorado, will be sending an expert coach to Bear Mountain to help adaptive skiers with competitive aspirations, or those looking to take their skiing to the upper level, develop and hone their skills and techniques.

The NSCD is where many U.S. Disabled Ski Team members and Paralympic athletes learned to race, or constantly train to perfect their techniques.

Using the vast experience of the coach, practical tools such as on-hill exercises, practice runs through the gates, classroom discussion and video-analysis, participants in the Camp will find themselves primed to race in an actual timed competition on Sunday.

Fees are available for single day or multi-day participation, and USARC members will receive a discount. Participants are required to provide their own equipment, and must provide and wear a helmet at all times during on-hill activities. Interested participants should call the USARC at 909.584.0269 to register and will, in turn, receive more information when it becomes available early in the winter.



Jason exhibiting some sweet angulation and carving skills during a camp.

The USARC proudly salutes these 2006 fiscal year donors!

Individuals and organizations donating products or services ("In-Kind" donations) are listed in the winter edition of *The Spirit*. If your FY06 (between 7/1/05 and 6/30/06) contribution of \$100 or more is missing, please contact us to correct the omission.

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Back to the Beginnings for Peak to Peak #12

As this issue goes to press, or as you read (because you have provided an email address), the 12th Annual Peak to Peak Pedal (P2P12) is traveling north on its way toward Mammoth Mountain. After a visit to the shores of the Pacific Ocean last year, P2P12 returns to its roots, crossing



several hundred miles of alpine, then arid, then alpine, terrain as it winds its way to and into the high Sierra. Fully supported and well within the abilities of most recreational riders, P2P12 is a roving venue for dozens of extraordinary people to

nonetheless challenge themselves, using bicycles and hand-cycles, and raise awareness and support for the USARC, thanks to their generous sponsors. The USARC exists because people believe in meeting challenges head-on, or helping others to do so, and P2P12 is a microcosm of that philosophy. If you didn't make it this year, check our next newsletter for full recap, or better yet, start planning to be one of the lucky ones to ride P2P13!

Volunteers Wanted (cont.)

The commitment of USARC volunteers remains unchanged from seasons past. After attending a training session (4 days for new volunteers, 2 days for experienced volunteers) they are asked to commit to six mid-week days between January 8 and March 16, 2007. In addition to some other requirements, volunteers must be at least 18 years old and able to ski on intermediate (blue) trails, although technical precision is not the goal, so don't worry!

Snowboarders are welcome and desired, but must be willing to learn to ski as well (since many adaptive techniques require the mobility of two skis.) Training sessions are scheduled for December 4-5, 2006, December 14-17, 2006 and January 4-7, 2007. Call 909.584.0269 or log on to www.usarc.org for more information.



Volunteer Laurel assists Lauren with a simple but effective adaptive technique known as horse and buggy.

Teaching in the USARC winter program is a great opportunity to meet wonderful people, make new friends, and to bring indescribably rewards to your life. It's not a cliché to say the biggest reward is the smiles on the face of your student after a day on the slopes. The USARC invites you to come join us for a season... you won't want to leave!



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Get *The Spirit* early and help us conserve resources. Please give us your email address so we can email your future issues.

HELP WANTED: The USARC has full-time **STAFF INSTRUCTOR** positions available this winter. If you want to live in the high country and make a difference with your life, call the USARC today!

Big Bear Real Estate Buyers/Sellers



Will Rahill, former USARC staffer, is now selling Real Estate for First Team of Big Bear, and will donate 10% of his earned commission from any transaction to USARC, if the lead comes from a USARC member. If you have any leads please contact Will Rahill at usarc@willrahill.com, or on his cell phone at 909.645.1949.

Register online for USARCFest '07, coming Saturday, March 3

The USARC invites skiers and snowboarders of all abilities to participate in the USARCFest '07, scheduled for March 3, 2007 at Bear Mountain Resort. All USARC members and past USARCFest (fka Ski-A-Thon) participants will receive information during the winter, including how to use Kintera.com, a website dedicated to **EASY, FAST, SECURE and ACCRUATE** special event registration. USARCFest participants will be able to quickly and easily create their own webpage, on which their supporters can confidently make pledges, enabling the participant to **slide for free!** Mark the date on your calendar and start planning on attending the USARCFest '07 now!

What's up at the USARC?

November

- 7 Individual Lesson Reservations Begin
- 25 Winter Lessons Begin (snow permitting)

December

- 4-5 Returning Volunteer Training Clinic
- 13 ACRE Holiday Party (Long Beach)
- 14-17 New Volunteer Training Clinic
- 16-17 Returning Volunteer Training Clinic

January

- 4-7 New Volunteer Training Clinic
- 6-7 Returning Volunteer Training Clinic
- 8 Group Lessons Begin
- 27-28 PSIA Adaptive Exam Prep Clinic

February

- TBD Race Development Camp/Level 1 Race

March

- 3 USARCFest '07
- 10-11 PSIA Adaptive Exam
- 24 Volunteer Recognition Party
- 31 P2P12 Reunion Party/Slideshow