



The Spirit

of the United States Adaptive Recreation Center

Fill 'er Up!

You have to see it to believe it, especially if you are only a USARC summer program participant and haven't been here since last year. Big Bear Lake, down nearly 18 vertical feet of water at the end of the dry season, is rapidly approaching capacity and should be close to full by the summer of 2005, the result of what can justifiably be termed an epic winter.



Rosalba Brambila, Tom Pollard, Noemi Galaviz and Cris Schlanser enjoying some fireside camaraderie.

Instead of saying 30,000 acre-feet have been added this winter, put it in laypersons' terms and imagine what nearly 10 billion (yes, with a 'B') 1-gallon water jugs might look like. That's approximately how much water the winter of 2004/2005 added to the lake and, as a result, this sparkling playground now beckons to the members of the USARC like an irresistible sapphire jewel. Soon enough, those same waters will be plied by the prows of various USARC vessels, be they water-skiing, jet skiing, sailing, kayaking or fishing!

The USARC would love to have you join the fun on this replenished alpine gem, and with so much more space, your water skiing tows will be straighter, your sailing reaches longer, and your fishing lines trolling deeper! Who knows, real "campfires" may even be permitted during the overnight sessions. Check the calendar and make your reservations soon, because this summer ought to be the finest, fun-est, and fullest in years!



Nathan Stark and Maryon Lee ease across some Big Bear Lake glass.

Maybe *that* explains the rain

It comes with the heaviest of hearts that the United States Adaptive Recreation Center bids farewell to its long time, and extraordinary, Executive Director, KelLe Malkewitz. Maybe that's why it was such a rainy winter; even the heavens were crying. Headed for points east, KelLe will be gone, but certainly not forgotten. Peek inside to see why.

The Big One...

...usually proves to be that which you never see coming! Not only does that apply to life, and to many of the storms during the winter of 2004/2005, but also to the winter as a whole.



Volunteer Cassie Woods helps put a big grin on the face of Benjamin Goldstein.

Most of the pre-winter forecasts called for average conditions, which isn't exactly wet in Southern California. With all due respect to the weather-people, it's exactly the kind of mistaken forecast winter sports enthusiasts like to see.

Those who braved the wintery conditions, the roads (excepting the day all those leading into the valley were closed,) tire chains, and the throngs of excited crowds, were met with some of the finest skiing and riding in years. Thanks to a group of amazing, generous and talented volunteers, led by

the ever-so-talented staff, USARC members had the opportunity to learn in consistently ideal conditions, pretty much since the beginning of the season.

Accomplishments abounded, which is pretty typical for the USARC, but just like flowers seem brighter and prettier when the sun shines, lessons seem even more rewarding when conducted in a dazzling white wonderland. It didn't matter if it was the first lesson, or the tenth, it was all about being out there, dancing with gravity, and feeling the freedom.

Hats off to all who made the effort, participants and volunteers alike! If you missed this year, you missed one for the record books. All you can do is hope those who predict next winter's weather are equally accurate, or inaccurate, or, well, you get the picture!



Plenty of fresh snowfall ensured the successful execution of the USARC's snowshoe program this winter.

(Final) Thoughts from the Executive Director



USARC Exec. Dir.,
Kelle Malkewitz

Dear Members,

It has been an incredible winter. As we move into Spring, the snow is melting quickly and continues to raise the water level of Big Bear Lake. The turn of the seasons has brought some major changes in my life. I became engaged in March and, as of June 15, will be relocating to Vermont.

My time with USARC has been a satisfying journey. Over the past eighteen years, it has been my pleasure to work with each of you. The tremendous growth of our organization is a direct result of the passion and participation of our members and supporters. Thank you for sharing your time, your financial resources and your love of outdoor recreation with USARC.

I believe that USARC will thrive under new leadership as our commitment to creating opportunities and discovering abilities remains the same. I have complete confidence in USARC staff to transition with change and move forward. I know that our members will support staff during this time and continue to believe in the importance of the work that we do. I thank you for your kindness and your unending commitment to the USARC mission. Together, we do make a difference!



United States Adaptive Recreation Center

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...& Thoughts from You

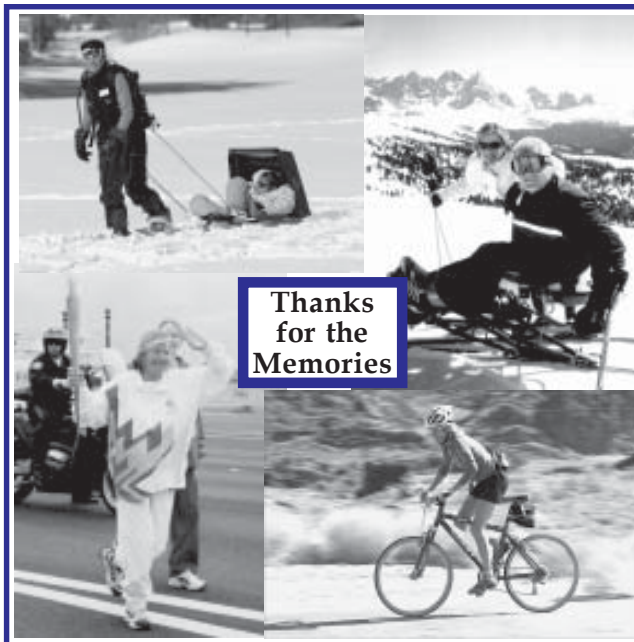
Kelle taught our daughter Kendra, a spirited soul, so of course they hit it off quickly. We were concerned about the environment and the quality of staff, but our concerns were put to rest. Kendra came back beaming and we as parents were proud to see how confident she felt. How ever long she skis Kendra will always remember fondly her days at Bear Mountain and ALL the wonderful staff that treated her like any other new skier. It will no doubt leave a life long impression on her. We all wish Kelle the very best and thank her for being a great leader of spirit and dignity. - Kurt Waefer & Karen McLaughlin

During the summer, we loved the camp skit with the long shaped monster. We could always tell where Kelle was because of her skinny legs. It won't be the same without her, but we understand change is sometimes necessary and we wish her all the best. - Tina & Casey Stout

I remember the volunteer recognition parties where Kelle had difficulty holding back tears as she thanked the volunteers and read letters from

I absolutely LOVED every moment I spent in Big Bear because of the fantastically run program that Kelle put together. I've had experience in four adaptive skiing programs across the country and can honestly say that the USARC is the best! Take care Kelle and best wishes in your future endeavors. - Jay Allen

My friend Joe would never attend any of her doings. She finally got him to attend and from then on, whatever Kelle concocted Joe attended. He thought Kelle was the greatest, and I feel the same way. I love Kelle. USARC will certainly miss her. She is a very unique person and gives her whole self in whatever she does. - Millie Agostino



some of the clients. She has always had tremendous passion for the program and the people who helped make it such a success. We will all really miss her! - John Price

Thank you for your tireless dedication and commitment. You will truly be missed. - Kirk Badii

It seems that she was so serious about making "first tracks" that she camped out one night, on the the top of Geronimo. Shortly after the groomers finished their runs and before they started running the chair lifts. Kelle came cruisin' down and then went inside for a cup of coffee. Kelle is indeed one of those serious skiers. - Ozzie Dashevsky

As a volunteer, it always surprised me that she would recall what I had told her the year before. It meant a lot to me that someone who saw me so seldom would remember a little part of my life that was so important to me. - Jessica Jung

Participant Lisa Hayes - Human Dynamo



Lisa swoops through some sweet turns in a meltdown of sunny spring slush.

The last time they crammed this much energy into a similar sized package it was called an atomic bomb. If you have ever had the opportunity to meet, or ski with, the unforgettable Lisa Hayes, you will leave thinking the exact same thing. When you first meet this petite, charming lady, she seems quiet and demure, but the more she gets to know you, the more she relaxes and opens up. Soon enough, she transforms into a human hurricane with one thing on her mind: action.

A self-professed student at the school of hard knocks, Lisa is a Southern California native born and raised in Torrance. She attended Mt. San Antonio College where she studied music, skills she still employs to this day on the piano and guitar, even if she changed majors to sociology. So how is Lisa using those credentials today? She negotiates multi-thousand dollar contracts between a major health insurance company and various care providers. Coming from that battlefield, it's no surprise Lisa's assertiveness streak comes out when she gets down to business, and it makes one wonder how she could be afraid of anything. Read on, but beware of her "enthusiasm fallout," it could be infectious!

The Spirit (TS): How did you get involved with the USARC?

Lisa Hayes (LH): I brought my son skiing and somebody asked if I was going skiing, and I was like, you're kidding, right? So, I figured I would stop in (at the USARC) and, boom, they squeezed me in when somebody cancelled.

TS: Why did you wait so long to do it?

LH: That was it, that was the first day I found out about it; I just didn't know that adaptive skiing existed prior to that!

TS: Wow, you must live in a cave. So, what else do you do for fun?

LH: That's just it, I work ALL the time, and now it supports my skiing habit. I also love the ocean, so in the summer I hang out at the beach. I also sing in my church and play music for kids.

TS: How does mono-skiing make you feel?

LH: It saved my life, it is so awesome! I got to a point where I didn't think I could be surprised, and it totally surprised me. I can't put it into words, but I just never imagined it was possible.

TS: Tell us about your first lesson.

LH: I was with Cris and scared to death (not meant as a reflection on his skills), but then I found the freedom and speed so exhilarating! It ranks right up there with chocolate and...

TS: Okay, we get the point, moving right along, how would you convince others to try it?

LH: There's just such a great group of people (staff and volunteers) at the USARC, they are guaranteed to have fun. After they talk to me, they would have to be convinced *not* to try it.

TS: So back to being scared, as the mother of a teenage boy, do you even feel fear?

LH: Ha ha, of course, but that scares me WAY more than skiing.

TS: What has skiing taught you about yourself?

LH: I hate using cliches, but I learned that you really can do anything if you just put your mind to it. I also discovered that falling down sucks, but I'm good at it!

Catch a Wave...
and you'll be sitting on top of the world. Okay, so maybe The Beach Boys have been over-hyped for the last 40 years, but their messages are basically true. For participants seeking to discover that truth, the USARC is planning its annual Surf Camp at San Onofre State Beach. Stay tuned for dates and details, or call the USARC for more information.



A late afternoon wave-skier showing that water doesn't have to be frozen to be fun.



Volunteer Janice Schafer and USARC staffer Sean Peterson take a breather with Lisa.

TS: What's next on your list of adventures?

LH: I'll try anything once, but I don't know, I'm not really that wild (this, after telling *The Spirit* about her para-sailing exploits). I really admired the people doing the race clinic (in February), because they were AMAZING!

TS: Is there any advice you have for our readers?

LH: Get involved! Volunteer! Participate! Donate!. If programs like the USARC don't survive, what opportunities will be available? I am so lucky to have the choice to do this; one way or the other, get involved!

Rain, Snow, Friends, and Sun

This year proved more challenging for USARC volunteers than in years past. In recent years volunteers could almost count on the morning commute up Highway 330 or 38 as being pleasant with sun shining through the trees to the dry pavement below; no CHP checkpoints, no chain controls, no weather related traffic delays. However, with the arrival of "Winter Weather" in Big



John Loftus, Mike Stewart and Kathy Morgan with monoskier Tina Walpole.

Bear this year, the volunteer commitment took on even greater meaning. Nevertheless, despite some treacherous roads and sometimes miserable weather, the '05 winter season was an unmitigated success.

This year our committed volunteers, with a collective experience of 807 years, put in a combined total of over 870 teaching days! Now that's experience! However, it wasn't just the USARC veterans going the extra mile. This year's new volunteers showed their dedication with force by averaging over 7 days each. Without the overwhelming dedication and commitment of our volunteers, USARC would not be able to provide the opportunities for which it is known. Our deepest thanks and appreciation go out to all of our talented volunteers whose time and efforts have helped to re-create the lives of others.

Hot on the heels of the conclusion of the winter program, comes the commencement of the USARC's summer program. Volunteers are needed to help in a variety of capacities, and the cool thing is that while experience with water skiing, fishing, sailing, kayaking and other watersports is helpful, it isn't necessary due to the team-teaching approach taken during the summer program. If you love the water, and love being outdoors, and you like helping others discover that love, give the USARC a call.



John Copyak and Bill Hood making short work of BBQ'd ribs at the volunteer party.

Our congratulations and deepest thanks to these wonderful volunteers, each of whom fulfilled a commitment to teach six days this winter and, in turn, ensured the fulfillment of our mission.

<i>John Alderete</i> ***	Lauren Hood	<u>John Pacente</u> *	Ray Shelden*
Harold Allen	Bill Jacox	<u>Jeff Palmer</u>	<u>Mickey Siegel</u> *
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<u>Tim Exley</u>	<i>Greg Matson</i> *	Rod Rice	<u>Jay Vickers</u> *
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<i>Tim Forrest</i> **	<u>Kim McRae</u>	Mary Kay Sachs	George Watson-Jones
Matt Fukushima**	<i>John Melville</i> *	Leonard Sandoval*	Donald B. Whitbeck*
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Donna Halpin*	Mike Moran**	Dick Seward	Cassandra Woods*
Frank Hayes	<u>Cedar Morgan</u>	Amelia Shea	Laurie Woodward**
Bob Henrich	Ron Newport*	Bob Shea*	<u>Bill Yaeger</u> ***
Bill Hood			

Italics = PSIA Certified / Underline = 10 days or more / * = 5 - 9 years / ** = 10 - 14 years / *** = 15 years or more

Profile in Generosity - Volunteer (of the year) Jay Vickers

Choosing this season's Volunteer of the Year was difficult. In fact, the hardest part was deciding whether to choose Jay Vickers, for his outstanding service this year, or choose his wife, for letting him come play with us 17 times this season. That's more than once a week for our entire season.



Jay doing what he loves most at Heavenly Valley in Lake Tahoe.

Minimum commitment means nothing to Jay; in fact he has never put in less than 8 days a year and has totaled over 70 teaching days in the last six years. The criteria for the USARC Volunteer of the Year is someone "who displays exceptional dedication, altruism and compassion in their commitment to USARC," and Jay fits that to a "T."

With a big smile and a "happy to be here no matter what the weather is like" attitude, Jay Vickers embodies the qualities of the Volunteer of the Year. Never once was an objection heard from this retired attorney, in fact the only words spoken by Jay that weren't expressly pleasant were, "Well, Ok." Jay could not be with us at the volunteer recognition party this year because he and his wife Cheryle were in Deer Valley, spending their 38th wedding anniversary doing what we all hope to be doing on our 38th wedding anniversary, skiing our hearts out! We caught up with Jay later, when he showed up to volunteer just one more day.

The Spirit (TS): What drives your passion for skiing and teaching at the USARC?

Jay Vickers (JV): I love to ski. I love to work with people; I've always enjoyed it. My father believed greatly in volunteerism, and he raised me and my brother to do the same, and working with the USARC has become

my release.

TS: Do you remember the first lesson you taught?

JV: The first lesson I remember teaching was a woman who had suffered from carbon monoxide poisoning and had no short-term memory, but had been skiing for fifty years. She had the same bad habits I have, so I spent the whole day teaching myself a lesson and we both worked on our bad habits.

TS: How about your worst lesson?

JV: I had one lesson with an 18-year-old who weighed over 200 lbs. and had never even seen snow before. Inspiration was closed so we spent the whole day walking up the hill and doing straight runs. I thought the kid was miserable, but at the end of the lesson he was so excited and couldn't stop talking about coming back again. So it wasn't even a bad day after all.

TS: What tricks do you use to get your wife to let you come out and play so often?

JV: My wife knows that for four months out of the year, this is my thing and she supports me.

TS: What's the source of your continually pleasant demeanor?

JV: I like people, I like life. You can always look at the glass as half empty, but it isn't, life is always great.

TS: Other than skiing in Deer Valley and Heavenly, what do you do when you're not volunteering for the USARC?

JV: My wife says I'm Obsessive-Compulsive. I'm a gym rat and spend a lot of time working out. I also do a lot of work at my church, something I really enjoy.

TS: What would you like to see added to our program for next year?

JV: That's hard, I enjoy the program as it is. A new building of course, and personal volunteer lockers. I'd like to see more one-day clinics throughout the year, there is so much more that I want to learn and practice. I'd love the opportunity to improve my skills even more.

TS: Several members of our staff say that you remind them of their fathers, how does that make you feel?

JV: It makes me feel lucky. I hope it's a good thing, but I like being looked at as a father figure.

TS: Do you have any words of wisdom for future volunteers of the year?

JV: Come prepared. All days are great, but not if you're not prepared. Your mind has to be here, and not somewhere else.

TS: What do you have in store for the summer?

JV: This year I'm going to do a lot of work in my yard and hopefully put a wine cellar in my house. Then I have to get ready for USC football season. My true passions are skiing and football, I'm lucky I married someone who shares them with me.

TS: With 17 days this year, can we expect 18 out of you next year?

JV: Probably, as long as my youngest daughter doesn't get pregnant and have a baby in the middle of the winter!



Jay tethering bi-skier Mike Lisowski during one of the many 04/05 snowstorms.

USARC Volunteers exchange White snow for White water

On the weekend of June 4 and 5, USARC volunteers are invited to join volunteer Robert Allen and numerous experienced river guides on the rapids of the Kern River in the Southern Sierra. This is not a USARC event and, as such, interested volunteers must contact Robert Allen directly at cbuckhorn@aol.com.



USARCFest '05 Un-dampened by Weather

Like most of the USARC's weekend special events this year (volunteer training, NASCAR at California Speedway and the Volunteer Recognition Party) the 2005 USARCFest met with some inclement weather. However, that was an insignificant speed bump to those that believe in the cause: ensuring fulfillment of the USARC mission.

While the weather was cold and gray outside, there was a plethora of warmth and sunshine in the hearts and smiles of all those who braved the conditions (which really weren't that bad except to Southern Californians) in fulfillment of their pledge to their generous sponsors. A vast cross-section of participants joined in the cause, families, ski club members, snowboarders, adaptive skiers, and USARC volunteers.

Collectively, this group raised many thousands of dollars to help defray the expenses associated with running this premier program.

After a full day of VIP-style chairlift access (Lift lines? Ha, what lift lines?), a hot lunch, and countless runs, the whole group gathered for the après-ski party, replete with musical entertainment by the inimitable David Allen Baker (who happens to do a great auctioneer impression.) With rosy cheeks and big grins a testament to their day on the slopes, there was no shortage of bidders for the fantastic auction items, including a rare trip to the invite-only Magic Castle in Hollywood, courtesy of Ray Goldstein.



USARC board members Steve and Maureen Goldsmith are all smiles at the USARCFest '05.

The USARC salutes the efforts of the top fund-raisers of that day, Michelle Jameson (\$3,200), Pam Cochran (\$2,000) and the USARC's own Will Rahill (\$1,500). Kudos to the Inland Empire Parrothead Club, who once again swept the Club Challenge! They were all here, but the real question is, weather notwithstanding, where were you? Please join the party next year, because it's not just an important fundraiser, it's a FUNdraiser!

The USARC is grateful for these USARCFest '05 and Peak to Peak Pedal sponsors. Please remember their loyalty the next time you require their goods or services.



P2PX Kudos

As of the prior issue of *The Spirit*, the donation totals for each rider in the 10th Annual Peak to Peak Pedal had not been calculated. While every rider's efforts are respected and appreciated, the USARC can now acknowledge the extraordinary fundraising energy of these riders:

Don Robertson - \$7,680
 KelLe Malkewitz - \$6,950
 Dave Mengelkamp - \$5,635

Jack Walser - \$4,121
 Michelle Douglas - \$3,775
 Ken Klein - \$3,105

Winter Wrace Wrap

Mau Thompson from the National Sports Center for the Disabled (NSCD) and Bill Bowness from the PSIA Demo Team joined USARC athletes for a weekend of race education and competition. Thompson, from Japan and Bowness from Truckee, CA both have years of coaching experience and enjoyed honing the skills of USARC athletes. Sundays Race Results: While Bill Bowness DQ'd on the first run, Elizabeth Hughes swept the four track division, Michelle Kristoffersen placed first in the women's mono-ski division, in the LW10 division, Fred Liebel took first place and in the LW12 division, Craig Anderson placed first, followed closely by Jim Holloway.



KelLe Malkewitz and Mau Thompson standing behind mono-skiers Craig Anderson, Jim Holloway, Fred Liebel, Michelle Kristoffersen and Bill Bowness with 4-tracker Elizabeth Hughes.

Special Thanks

to the following professional photographers whose documentation of USARC programs and events is so often depicted in this and other USARC publications: Matt Fukushima, Jonathan Nourok, and Andy Templeton.

Gratitude For Grants

Since July, several foundations have awarded grant funding to the USARC's summer and winter programs and special projects. Our heartfelt thanks go to these generous supporters!

Kenneth and Eileen L. Norris Foundation
Christopher Reeve Paralysis Foundation
Doug Flutie, Jr. Foundation
Frederick R. Weisman Philanthropic Foundation
Boeing Employees Fund
Special People In Need
San Manuel Band of Mission Indians
Archer Johnson Foundation
Prewoznik Foundation

Contributions continue to be sought and received from many excellent organizations committed to supporting innovative and adventurous therapeutic recreation programs. The USARC is glad to have these supporters on its team, for they help to create smiles, joy, and a deep sense of achievement!

Drive with USARC at California Speedway

The dedication and experience of the USARC volunteers has warranted yet another request for their services by the California Speedway in Fontana. As a member of the elite "Blue Team", volunteers use small golf carts to transfer guests around the immense facility. Two opportunities are available for this year: the NASCAR Nextel Cup on September 2-4, and the Indy Racing League on October 14-16.

During the dawn-to-dusk racing days, volunteers will be able to see the thunderous spectacle that is professional auto racing from a unique perspective, as they travel to numerous venues within the race track. If you possess a valid driver's license, the ability to safely control a golf cart and, for new volunteers, the time to attend a brief orientation at the speedway, then this is a great opportunity to have fun and make a difference at the same time. Please call the USARC at 909.584.0269 to register.



This could be you at California Speedway (not really!)

The USARC salutes these in-kind donors!

In-kind donations are products or services, in lieu of cash, for which the law permits a tax deduction. If your contribution between 1/1/04 and 12/31/04 is missing please contact us to correct the omission.

Robert Allen	Honey Bear Lodge	Real Deal Board Shop
Banana Boat	Ingrid's Deli & Sandwiches	Red Bull North America, Inc.
Barnstorm Café	Jones Bicycles, San Marino	Robinhood Inn
Becky Bechtel	La Montana, Inc.	Rubio's Baja Grill
Bishop Waste Disposal	Leroy's Shoe & Clothing Co. #1	Bruce Schramm
Blauer Ski Rental	Log Cabin Resort Rentals, Inc	Stan Schreier
Boo Bear's Den	Cybillie MacDonald	Senor Hogs
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Erik Schat's Bakery	O Koo Ran	Mike Terrien
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Get *The Spirit* early while helping us conserve resources.
 Give us your email address so we can email your future issues.

Volunteers are needed

for many fun USARC programs and activities.
 Please call 909.584.0269 for details!

Buy groceries and support the USARC

It costs you nothing but a minute or two for the USARC to benefit from your weekly errands!

If you shop at Albertsons?

Call the USARC for your Community Partners card.

If you shop at Vons, Safeway, Wild Oats, etc.?

- Log onto www.escrip.com
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- Enter Group Name: United States Adaptive Recreation Center
- Or enter the Group ID #: 152931854
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USARC Wish List

Pick-up Truck
 Videographic Production Services
 LCD Projector
 Wetsuits

The donation of these items/services will improve the USARC's service to its membership.



*similar to actual boat

Ski Nautique 4 sale!

1993 Ski Nautique*, closed bow, with trailer. \$7,500 as is. Call California Correct Craft at 951.479.9640 for more info.

What's up at the USARC?

May

- 17 Reservations begin for Summer Program

June

- 25 Volunteer Training

July

- 6 Waterski/Jetski Camp
- 7 Waterski/Jetski Camp
- 13 Waterski/Jetski Camp
- 14 Waterski/Jetski Camp
- 24-26 Overnight Session #1
- 27-29 Overnight Session #2

August

- 3 Waterski/Jetski Camp
- 4 Waterski/Jetski Camp
- 8 Volunteer Training (Long Beach)
- 9-12 Land Meets Sea Camp (Long Beach)
- 17 Waterski/Jetski Camp
- 18 Waterski/Jetski Camp
- 21-23 Overnight Session #3
- 24-26 Overnight Session #4
- 27 Summer Volunteer Party

September

- 2-4 NASCAR at California Speedway (Fontana)

October

- TBD 11th Annual Peak to Peak Pedal (P2P11)
- 14-16 IRL at California Speedway (Fontana)