

2010 National Veterans Creative Arts Festival



ArtsGram

October 18 - 24, 2010

★ La Crosse, Wisconsin

★ Hosted by the Tomah VA Medical Center

Sunday, October 24, 2010



Friday Night's Rehearsal For The Big Show

Of Special Interest Today:



* If you would like to attend Catholic Mass, depart from the hotel lobby at 8:30 a.m. Mass starts at 9 a.m.

* If you are so inclined, an interdenominational faith service lead by Al Townsend's Jazz Worship team will be held in the Zielke Suite, 2nd floor at 9:30 a.m.

* Performers, buses depart for the Viterbo University Fine Arts Center at 11:45 a.m. Once there you will dress and prepare for the big show beginning at 2 until 5 p.m.

* Artists, buses depart for the Viterbo University Fine Arts Center at 12:15 p.m. The art exhibit starts at 12:30 and ends at 1:45 p.m. in the lobby.

* Buses begin departing for the Radisson Hotel at 5:15 p.m. following the show.

* Pre-dinner Music starts in the North Hall, La Crosse Center at 6:30 p.m.

* The Closing Celebration Banquet and Ceremonies, also in the North Hall, La Crosse Center, start at 7 p.m.

Hosted by the Department of Veterans Affairs, American Legion Auxiliary and Help Hospitalized Veterans

How to Overcome Stage Fright

All performers and artists experience anxiety to some degree. This problem is partly the consequence of a sensitive and artistic temperament. You don't have to let the situation control you. Here are some tips on how you can walk on that stage or speak with the art exhibit visitors with confidence.



- Review the performance/speaking skills you have practiced and learned.
- Prepare all your performance/speech thoroughly. Knowing your song or speech will greatly reduce your anxiety.
- Double-check that you have the correct editions of all your music and/or have the background information you would like to share.
- Put yourself in control of everything within your sphere of influence. For instance, preview your performance space. Walk through the exhibit area before the visitors come.
- Plan ahead to avoid being rushed or distracted on the day of your performance/exhibit.
- Practice your relaxation skills before performing or displaying your work.
- Take an imaginary journey through your performance from beginning to end, soothing your mind during the quiet time before your entry.
- Use deep breathing to calm your body.
- Performers - Offer yourself as the medium through which the composer's or writer's spirit and intention will flow.
- Artists - Remember your artwork is something to be proud of and be ready to share your inspiration.
- Be generous and eager to share your gift.
- Make your performance a celebration, not a trial.

PBS to Broadcast Creative Arts Festival Once Again

Continuing the tradition of the last three years, Public Broadcasting Service (PBS), in conjunction with the National Education Telecommunications Association (NETA), will once again broadcast a 60-minute television presentation of the 2010 National Veterans Creative Arts Festival from La Crosse, Wis. The target date for broadcast is the week of Veterans Day in 2011.



PBS

The program will contain hit acts from this year and will also feature a three minute segment highlighting the visual artists from the 2010 Festival.

The broadcast is "brought to you by" the Department of Veterans Affairs and the event co-presenters – the American Legion Auxiliary and Help Hospitalized Veterans.

This year's PBS presentation on or around Veterans Day, 2010 will highlight the 2009 Festival stage show. PBS reaches more than 65 million people each week with its 356 member stations so keep a lookout for the show on your local channels next month.



Wisconsin Series:

The Amish and the Ho-Chunk

by James Theres, Public Affairs Officer, Tomah VA Medical Center



When you travel through western Wisconsin, you might come into contact with two distinct cultures that remind you of a more simpler time. Both are steeped in tradition and are known to the communities in which they live as the Amish and the Ho-Chunk.



The Amish community is a rural community and different than what most urban people might expect. It is widespread over several townships and consists of small to medium-sized farmsteads and individual homes, many with a small business on the property. Regardless of whether the person is engaged in farming or not...each home has at least a small barn for one or more horses and a grazing area. The first Amish families moved to Medford, Wis., in 1920. Since the 1990s the population growth rate has increased. There are an estimated 8,000-12,000 Old Order Amish in Wisconsin as well as a large number of New Order Amish and Mennonites. The Amish are known for their beautiful handmade quilts, baskets, furniture, and many other items; and almost always travel by horse and buggy.



“Hainipi! Wazaniwina naga hicakorowina, hapte’e hanicawira haipi. Hiza-kisana hinikaragivi!”

“Hello relatives and friends, It’s good to see all of you!”

The Ho-Chunk Nation or “People of the Big Voice” continue to be one of the strongest indigenous Nations in the United States. For several hundred years, the Ho-Chunk lived extensively along the Mississippi, Fox and Wisconsin Rivers. Their forefathers met the likes of Jean Nicolet in 1634. Then for 328 years it was feast or famine for the Ho-Chunk Nation. Finally, in 1962, the elders gathered at the first Wisconsin Winnebago General Council Meeting at Lynndon Station, Wis., to discuss

the future of their people and to form a new government. On January 19, 1963, the tribe ratified a new Constitution. Today, there are approximately 6,000 Ho-Chunks living in western Wisconsin.

Fun Fact Question: What is the name of the Ho-Chunk warrior who received posthumously the Medal of Honor for his courageous actions during the Korean War?
A. Mitchell Red Cloud, Jr.



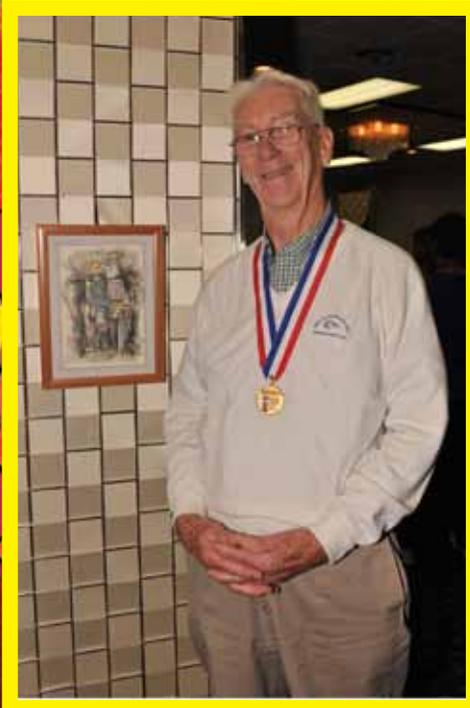
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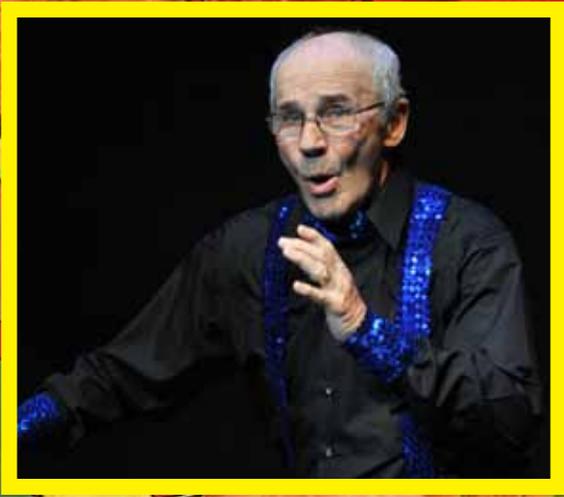
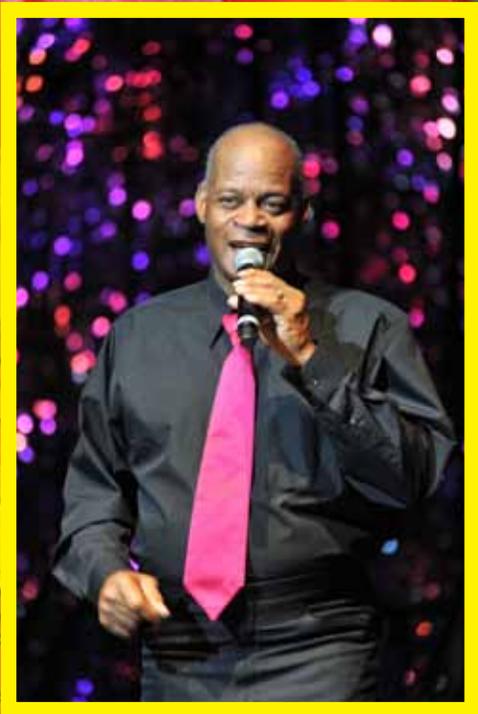
Buses will begin shuttle runs to the airport at 5 a.m. on Monday and will depart from the Radisson Hotel every 30 minutes. The shuttle will stop at the Holiday inn on the way to the airport. Plan to be at the airport one and a half hours prior to your flight time.

Anyone with special travel needs should contact their team leader who will coordinate travel through the command post. Please bring your luggage downstairs and volunteers will load them on the bus. If you need assistance with luggage, please contact your team leader who will contact the Command Post.

Soaring to Artistic Heights

Festival Photos





So Long, Farewell, Auf Wiedersehen, Good-Bye!



It's hard to believe this week has already come to an end. Let us say from our hearts that we have enjoyed every minute and we hope you have too. We often hear about the therapeutic value of the arts and this week we witnessed it first hand in action. This Festival has demonstrated that healing goes beyond a person's physical needs and is more than a one-week event, but a stepping stone to life-long rehabilitation and friendships.

As we bid you so long, farewell, auf wiedersehen or good-bye tonight, we'll hear from the Tomah VA Medical Center Director, Jerry Molnar, our National Veterans Creative Arts Festival presenters, Carlene Ashworth from the American Legion Auxiliary and Mike Lynch from Help Hospitalized Veterans. Gold Medal winning Veteran and VA Chaplain Mel Brinkley will lead us in the invocation while another Gold Medal winner Dan Krehbiel will sing the national anthem after the Fort McCoy Color Guard presents the colors. Before you go, you'll hear one more time from our Stage Show Master of Ceremonies, Michael Peterson, who spent the entire week with us.

It has been a glorious week and at the end of tonight the National Veterans Creative Arts Festival will have a new destination. Thank you for your service to our country. You'll always have a friend here in Wisconsin!

A Day at the Festival with Lonnie Hicks & Johnathan Starks

We have asked two of our Veterans (one an artist and the other a performer) to give us a daily update of their impressions and insights each day of the Festival. Today we read their thoughts about coming to the Festival.



Lonnie Hicks
Artist
Honolulu, Hawaii

Mother came in from Idaho last night. It has been about 10 years since we saw each other. While Yvonne went to a class last night, Mom and I talked. We call each other all the time, but it is wonderful to see her in person. I really enjoyed the wool felting class. I was so looking forward to it after seeing the projects done by the Veterans who had completed the class on Thursday.

We were given a styrofoam block and allowed to be creative in applying the wool. Yvonne had drawn out the Festival logo for me and I have been working on making it, it has been a challenge but so enjoyable. Today we will be going to see glass blowing, soap making and visit a cranberry bog. It has been years since I went to a bog. I used to visit them when I went to Long Beach in Washington state. I am looking forward to hearing the complete process the growers go through as they process the cranberries.



Johnathan Starks
Performer
Anchorage, Alaska

Yesterday was so nice - lots of fun. It was nice to have a slower day. The days have been so long, but everything is going smooth. Ron, Thad, Mike and I practice our song several times every day. The anticipation for tomorrow's show is really building! We have more rehearsals today to fine-tune all our hard work. My wife and I talked with Michael Peterson and his wife yesterday. Michael's wife had been stationed at Fort Campbell, Ky., as I had been while in the Army. It was fun to talk about things going on there. I am looking forward to a quiet morning today to catch up on some rest. It is so important to rest my throat. I haven't had a chance to participate in karaoke the last couple of days - I have missed it. It has been 20 years since I saw my brothers and sisters in Florida. I am really looking forward to seeing them again - it has been too long. Kimberly and I plan to continue on to part two of our honeymoon there.

A Salute to Veterans Cookbook

The Tomah VA held numerous fund-raisers to support the 2010 National Veterans Creative Arts Festival. A group of employees in the facility's Leadership Development Class chose to conduct a Festival fund-raiser as their small-group project. They decided to request donated recipes for a cookbook named "A Salute to Veterans Cookbook: What to Serve Those Who Served." The book features almost 300 pages of recipes, Veterans' stories and photographs.

The cookbook's dedication says it all: "This cookbook is dedicated to the Veterans of the United States of America and the friends and family who support them. Through their stories and recipes, we are given a glimpse of their courageous, selfless and dedicated service to our Nation. It is our hope that this cookbook warms the hearts (and stomachs) of those who cherish our Veterans." Cookbooks are available for sale in the Headquarters Room.

Other memorabilia is also available.

M Festival Menu

Sunday Meal Times:

Brunch

Artists and Performers

— 8 - 11 a.m.

Radisson Hotel Ballroom, first floor

Closing Celebration Banquet

Artists and Performers — 7 p.m.

La Crosse Center Ballroom, second floor

Breakfast Buffet

Assorted baked goods; fresh seasonal fruit; assorted low-fat yogurts; grilled turkey with port cranberry sauce; maple glazed pork roast; beef tips with merlot-mushroom sauce; mashed potatoes with shallots; fresh steamed vegetables; cucumber & tomato salad; organic field greens salad; assorted juices; angel food cake w/ berry sauce; toffee cheesecake; lemon butter cream torte

Closing Banquet

Spring green salad with walnut vinaigrette; walleye wild rice cake with tarragon remoulade; 5-ounce filet mignon with mushroom essence; warm rice salad; green bean bundles with red peppers

Vegetarian Option:

(Must present a green ticket)

Mustard crusted tofu with kale and sweet potatoes; stuffed zucchini; jasmine rice cakes with sweet potato ginger sauce; dinner breads

Dessert:

Carrot cake & sinful 7 cake; coffee, iced tea



Check it out!



facebook

Do you want to share all that is going on with your friends and family back home? The ladies of the American Legion Auxiliary have posted photos from the week on their facebook page. Find it by doing a Google search and typing in "National Veterans Creative Arts Festival/facebook."

NVCAF Web site
www.creativeartsfestival.va.gov

The ArtsGram, Festival videos, participant information and other Festival details are available on VA's Festival Web site at <http://www.creativeartsfestival.va.gov>.

flickr

You will also want to keep checking VA's flickr page. Over the next week or so we will be posting photos from the Festival. Go to <http://www.va.gov> and click on the flickr icon.

Weather

Today



Tomorrow



Today's Festival Schedule

Artists

Performers

Sunday, October 24	
8 – 11 a.m.	Brunch – Radisson Hotel Ballroom, first floor
8:30 a.m.	Depart from lobby for Catholic Mass (for those who wish to go) – 9:00 a.m. mass.
9:30 a.m.	Interdenominational Service – Zielke Suite, second floor Al Townsend's Jazz Worship
10 a.m. - Noon 10 p.m. - Midnight	Hospitality Room Open – Mississippi Suite #823
10:30 a.m.	Team leader & team support meeting – Zielke Suite, second floor
11 a.m.	Team leader & team support meeting with artists
12:15 p.m.	Buses depart for the Viterbo University Fine Arts Center
12:30 – 1:45 p.m.	Artists at art exhibit to discuss their work with audience members – Lobby of Viterbo University Fine Arts Center
2 – 5 p.m.	Stage show performance – Viterbo University Fine Arts Center
5:15 p.m.	Buses begin departing for Radisson Hotel
6:30 p.m.	Pre-dinner Music – North Hall, La Crosse Center
7 p.m.	Closing Celebration Banquet & Ceremonies - North Hall, La Crosse Center
9 p.m.	Karaoke - Radisson Ballroom, first floor

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10:30 a.m.	Team leader & team support meeting – Zielke Suite, second floor
11 a.m.	Team leader & team support meeting with performers
11:45 a.m.	Buses depart for the Viterbo University Fine Arts Center
12:30 – 1:40 p.m.	Performers into costume and makeup
2 – 5 p.m.	Stage show performance – Viterbo University Fine Arts Center
5:15 p.m.	Buses begin departing for Radisson Hotel
6:30 p.m.	Pre-dinner Music – North Hall, La Crosse Center
7 p.m.	Closing Celebration Banquet & Ceremonies - North Hall, La Crosse Center
9 p.m.	Karaoke - Radisson Ballroom, first floor

Artists and Performers:

Please check with your team leader and/or the posted schedule outside of the Radisson Hotel Ballroom for any changes or updates to your daily schedule.



► The **Hospitality Room**, sponsored by the ladies of the American Legion Auxiliary, is located in the Radisson Hotel, Mississippi Suite #823.

Hours: Today – 10 a.m. - Noon and 10 p.m. - Midnight

► The **Medical Room** is located in the Iowa Room, on the second floor of the Radisson Hotel.

- Daily hours are: 8 a.m. - 10 p.m.
- Use ext. 459 inside the Radisson Hotel; outside of the hotel please call (608) 784-6680 and ask for ext. 459.
- After 10 p.m., call room 214 for emergencies.

- During the Festival, please let your team leader know of any medical concerns. They will help you.
 - Medical personnel, wearing bright blue jackets, will accompany Veterans on all trips and tours.
- The **Festival Internet Café** is once again sponsored by HP and is located in the Radisson Hotel, Minnesota Room on the second floor. Thank you, HP, for providing this valuable service to our Veterans!

Today-	7 - 8:30 a.m.; 11:30 a.m. - 2 p.m.
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