



LOCAL VETS PROUD TO PARTICIPATE

Minnesota, host state for the 2002 National Veterans Creative Arts Festival, also boasts 11 "home state" veterans participating in the week-long activities. Ranging in age from 48 to 69, and representing winners in the drama, art and music competitions, the veterans are excited about the opportunity to participate in the Festival, and to share their homegrown talents with others.

"Charlie" Wittwer, 53, describes himself as a "sit-down" comedian (as opposed to a "stand-up" comedian,) since he uses a wheelchair for mobility. Demonstrating that humor is the best medicine, Wittwer's routine reflects some of his experiences as a disabled person. "It is a great honor to be included among so many talented and creative people," says the Cloquet resident.

Graylyn Morris, 48, is another drama winner. Morris, a magician who "loves entertaining people...and working with children," is from St. Paul. The Festival is "a lot of fun, and I enjoy making new friendships" said Morris, whose magical comedy is now his profession.

Representing art competition winners are Lucy Melena, 57, of Minneapolis; LaRue Cooke, 69, of Fridley; and John Lovseth, 51, of Hopkins. Melena, the only female veteran among the Minnesota group, voices the sentiments of many of the artists: "Art is good therapy for me. Art enhances my life by allowing me to visually share with others what is happening in my life."

Cooke, an Army veteran from Fridley, earned first place awards in two categories of Festival competition. Cooke



Odell Brown from Richfield, Minnesota practices his piano solo.

used a scroll saw for the delicate precision cutting required for his woodcarving piece, "The Lord's Prayer Magnified." His second piece, "A Satisfied Red Tail Hawk," a winner in the mosaic category, was made using an art called "intarsia," where the artist cuts out shapes from different woods and puts them together like a puzzle. "It is a gift from God that I've been able to do this type of work," said Cooke. "It is great therapy to be able to feel productive despite health problems."

Music competition winners from Minnesota include Odell Brown, 62, of Minneapolis; Monroe Wright, III, 54, of Maplewood; Maurice Young, 54, of Apple Valley; Calvin "Sonny" Knight, 54, of Minneapolis; and Brian Mackey, 48, of St. Cloud. Rick Stang, 40, of Sartell, is a winner in previous Festival competitions, and is also participating in several production numbers this year.

Odell Brown, 62, of Richfield, will perform a piano solo "With You I'm Born Again" in the Festival's stage show on Sunday. "I started playing this song while I was in the hospital and realized that it was about me, my dilemma, and my experiences," said Brown. For more than 40 years, Brown has worked as a producer, arranger, composer, digital keyboardist, and recording artist. "I have had to deal with health issues for a long time," Brown said. "God sent angels to prove to me that my life was, indeed, worth living."

The music trio of Wright, Young, and Knight perform as "The Bachelors," and took first place in the vocal group pop and vocal group jazz, rhythm and blues category.

They will perform their rendition of "Pennies From Heaven," sung in the style of the Mills Brothers.

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FROM THE DIRECTOR'S CHAIR



EVERYTHING YOU WANT TO KNOW ABOUT OLD GLORY!

Our closing number is an exciting arrangement of our National Anthem. It will feature many surprises for the audience, including confetti cannons showering them with red, silver and blue mylar streamers. Here are some facts about the composer and our flag.

How did the Star Spangled Banner come to be written?

At Fort McHenry in Baltimore, the commander ordered a huge flag to be made, so big that "the British would have no trouble seeing it from a distance." Mary Pickersgill and her 13-year-old daughter made a 30 by 42-foot flag with 15 stars, and eight red and seven white stripes. On September 14, 1814, the British began a massive bombardment but then stopped during the night. In the pre-dawn darkness, Francis Scott Key waited for a sign to see if Baltimore had surrendered. He was overjoyed to see the great flag flying over the fort signifying that the colonists had held their ground. He penned the famous lyrics on the back of a letter he had in his pocket.

Why is the Flag called Old Glory?

Captain Stephen Driver of the brig Charles Doggett, was given a beautiful flag of twenty-four stars and fifteen stripes at the time of his rescue of the mutineers of the Bounty. As the banner was hung and opened to the ocean breeze, he exclaimed, "Old Glory!"

Want some other interesting facts about the Flag?

1. It's the third oldest of the National standards of the world, even older than the British Union Jack and the French Tricolor.
2. The colors represent red for valor and zeal, white for hope and purity, and blue for loyalty and justice. The stars symbolize lofty aspirations and sovereignty.
3. It first rose over 3 million people in thirteen states along the Atlantic seaboard. Today it flies over 50 states and more than 240 million people pledge their allegiance to it.
4. The Flag is unique in its message to the entire world. It's a message of independence, individual liberty, idealism and patriotism. It represents a great nation of citizens with equal opportunity for life, liberty and the pursuit of happiness.

Near the end of our performance of the Star Spangled Banner, the audience will be thrilled as a huge flag rises behind the entire ensemble and fills the back of the stage. This flag will be about the same size as the original Star Spangled Banner that flew over Fort McHenry.

-- Paul Dieke



MINNEAPOLIS INSTITUTE OF ART

Many of you will be visiting the Minneapolis Institute of Art today. In order to wet your whistle, here are some interesting facts about the world famous institute:

- *The Minneapolis Institute of Art was built in 1915, and redesigned in the late 1990s.*
- *The institute boasts a permanent collection of over 100,000 items, and spans 5,000 years of our world's history in art.*
- *The MIOA prides itself on showcasing local artists.*
- *You can view over 2,000 of the museum's collection on-line at www.artsmia.org.*
- *The museum contains a hallway from a dismantled Frank Lloyd Wright house, and actual, ancient Asian dwellings and abodes.*
- *At the 1915 opening, 12,000 visitors walked through the museum, setting a record for any museum outside of New York City at the time.*
- *More people went through the museum last year than actually live in Minneapolis. The population of Minneapolis is 382,618 people, but over 560,000 people went through the museum.*

Enjoy your visit and tour today!

LOCAL VETS PROUD

(Continued from front page)

The Minnesota performers were entered in the national competition by their VA therapists, including **Pam Gusdal** and **Katy Ryan** of the Minneapolis VA Medical Center, and **Amy Kimbler** and **Liz Mackey** of the St. Cloud VA Medical Center.

Employees from both Minneapolis and St. Cloud VA Medical Centers, retirees from both facilities, and volunteers are also part of the "Minnesota contingent" enjoying the Festival preparations, activities and celebrations.

SETTING UP A WORKSPACE

You don't have to have a studio per se, to make art, but you do need a special place where you can get into art mode and have all your tools and materials close at hand. You may have started out painting on the kitchen table, but kept having to put everything away just so your family could eat. An artist needs to find a permanent space, all their own, to create.

You'd be surprised what you can use for a studio. Some artists have remodeled their front porches, some have transformed sections of their garages. Even a spare walk-in closet could serve as a creative space.

Here are some of the basics for creating an art "studio," in no particular order:

- *work surface (easel or drafting table)*
- *taboret or small kitchen cart to hold palette, paints, brushes, water, etc.*
- *comfortable chair, correct height for work surface*
- *flat storage for paper and paintings*
- *shelves for art materials (old bookcases)*
- *good lighting (full spectrum)*
- *floor covering that doesn't matter (cheap scraps of carpeting or linoleum, old sheets or blankets, etc.)*
- *radio or tape player (not a TV!)*

Some wouldn't consider a radio or tape player a necessity for a studio, but many would disagree. Some find that music helps them free themselves from the everyday world, and therefore lets the imagination take root, and the creativity flow. Some also just like to have background noise to help them feel comfortable and relaxed. On the same note, a TV is NOT an option. Televisions are much too distracting to allow for the flow of creativity. It's too easy to stop what you're doing to watch a breaking story on the news, or to see what caused the big laughs on the sit-com.

On your bookcase/storage shelves you can use hardware cabinets or toolboxes with drawers for your paint tubes

and small items. Put plastic-coated stacking on shelves to add vertical storage to shelf space. Use deli food cartons and boxes for pencils, crayons and markers. Keep related materials together—drawing, painting, framing, etc., so you can find what you need in one place. Keep as many things as possible in the open and within reach, so you don't have to stop creating to find what you need.

The following aren't really necessities, but they're nice to have:

- *easy access to cleanup area*
- *light box*
- *slide projector or overhead projector (for blowing up sketches for tracing)*
- *wall space to hang art*
- *bulletin board*

You might want to set up a corner with desk and chair for the business side of your art, but if possible, try to have it in a separate room so it doesn't distract you. Get an answering machine for your phone and train yourself to let it pick up your calls when you're painting. You'll be surprised what you can accomplish!

The two most important goals in setting up a workspace are: ease of access to tools and supplies, and eliminating distractions. Keep these two in mind, and you're well on your way to having your own personal creation station!

SO YOU KNOW...

The Hospitality Room manned by volunteers offers snacks and drinks for all participants and staff. Open daily from 9 am to 10 pm, hospitality is offered in room 476.

The Medical Support Room is in room 765. If you have a medical concern or issue, please contact your team leader. Medical support has a registered nurse on duty 24 hours a day. You can call the nurse at extension 7765, or go directly to Room 765.



Breakfast

Orange Juice or Cranberry Juice
Scrambled Eggs
Sliced Fresh Fruit
Assorted Cold Cereal, Milk, Sugar
Assorted Nut Breads
Bagels & Cream Cheese
Butter, Jellies
Coffee, Herbal Teas & Milk

Lunch

Salad Kavon
Creamy Coleslaw
Beef Stroganoff
Farfelle
Rice Pilaf
Fresh Seasonal Vegetables
Ciabatta Bread & Butter
Carrot Cake, Pecan Pie
Coffee, Herbal Teas & Milk

Dinner

Smoked Red Chili Pasta Salad
Fruit Salad With Cointreau Glaze
Garden Vegetable Salad
Creamy Coleslaw
Portabello Mushroom Lasagna
Seasonal Vegetables
Ciabatta Bread & Butter
Pumpkin Pie & Assorted Mousses
Coffee, Tea & Milk

WEATHER

Mostly Cloudy

41°



TODAY'S SCHEDULE

ARTISTS

PERFORMERS

| ARTISTS | | | PERFORMERS | |
|--|---|-------|---|---|
| Breakfast at Hotel <i>University Ballroom</i> 7-8:30 am | | 7am | Breakfast at Hotel <i>University Ballroom</i> 7-8:30 am | |
| | | 7:30 | | |
| | | 8 | | |
| | | 8:30 | | |
| Team Leaders meet with Artists <i>University Ballroom A</i> 8:30 am | | 9 | | Team Leaders meet with Performers <i>Alumni Room</i> 8:30 am |
| | Workshop: Portrait Drawing <i>Nolte Rooms</i> 9-11:30 am | 9:30 | | |
| | | 10 | | |
| | | 10:30 | | |
| | | 11 | | |
| | | 11:30 | | |
| | Rehearse with Show Director <i>Hubert H. Humphry Room</i> • 11:30 am-12 pm | Noon | | |
| | | 12:30 | | |
| | Lunch <i>University Ballroom</i> 12-1 pm | 1 | | |
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Breakfast at Hotel
University Ballroom
7-8:30 am

Breakfast at Hotel
University Ballroom
7-8:30 am

Team Leaders
meet with Artists
University Ballroom A
8:30 am

Workshop: Portrait Drawing
Nolte Rooms
9-11:30 am

Coaching and Rehearsals
Hubert H. Humphry Room
9 am-12 pm

Team Leaders
meet with Performers
Alumni Room
8:30 am

Rehearse with Show Director
Hubert H. Humphry Room • 11:30 am-12 pm

Lunch
University Ballroom
12-1 pm

Lunch
University Ballroom
12-1 pm

Minneapolis Institute of Art Tour
Minneapolis Institute of Art
1-5 pm

3rd Coaching/Rehearsals
Hubert H. Humphry Room
1-5 pm

Dinner
University Ballroom
5:30-6:30 pm

Dinner
University Ballroom
5:30-6:30 pm

Vietnam Experience
Nolte Room
7-8 pm

Karaoke and
Social Time
Faculty Room
8-11 pm

Caricature
Portraits
Faculty Room
7:30-10:30 pm

Rehearsal with
Orchestra
*Hubert H.
Humphry Room*
7:30-9:30 pm

Caricature
Portraits
Faculty Room
7:30-10:30 pm

Karaoke and
Social Time
Faculty Room
8-11 pm