

Hosted
by the VA
Eastern
Colorado
Health
Care
System

2005 Arts gram

Sunday, October 23, 2005



A DAILY PUBLICATION OF THE 2005 NATIONAL VETERANS CREATIVE ARTS FESTIVAL

Time for an Encore!

Denver's Creative Arts Festival is a first for many veterans, but for more than 20 of this year's participants it's their third, fourth, even sixth event. For some, it may be even more.

"Performing at the Creative Arts Festival makes me feel like a star," said Barbara Chaney an Army veteran from Temple, Texas. A talented, life-long singer who has participated in several past events, Chaney says that it offers her valuable lessons in teamwork and how to pull together to produce a top-rate performance.



Barbara Chaney from
Temple, Texas

This is the sixth Creative Arts Festival for Robert Jackson from Baltimore, Md., but he doesn't do it alone. He's one of three members of the Baltimore Blind Comedy Trio, formerly called the Blind Beat Dancers. "George (Hicks) and Walter (Pasciak) and I are a great team and we have a lot of fun for three blind guys," said Jackson, an Air Force retiree who lost his eyesight from a degenerative disease in 1987.

According to Jackson, "humor is healthy."

Asked why he switched from a dance group to comedy, he said, "We had been dancing so long that we ran out of dances – it's hard to find enough different dances so three blind guys don't run into each other! That's when we decided to do a blind comedy skit."

Over and over again, the Festival proves that disabilities do not prevent people from achieving excellence. Hager Garriott, an Army veteran from Scottsburg, Ind., lost his left hand in a farming accident, but that hasn't stopped him from winning numerous high honors in the national music competition playing the piano.



"Music is good therapy and God has given me the gift of music," said Garriott, a World War II veteran. "Now I must share it with others and encourage them." This wonderful attitude not only comes from a man who has lost one hand, but at 80 years old, he is also visually impaired and has a 70 percent hearing loss.

Involved in the arts since he was a child, Navy Vietnam veteran Paul Boruff is another repeat performer at this year's Creative Arts Festival. Like many veterans, art provides him with a type of healing.

"For me, choosing a song, working up the arrangement, practicing it and sharing it during the performance with



Baltimore Blind Comedy Trio

the audience is a healing process," Boruff said. "To hear the response of the audience makes my heart soar, and then the healing circle is complete."

Jackson, whose wife Rebecca has been by his side throughout his sight loss, summed it up for everyone, "God does not make junk. Every time you lose something, He provides you with something that makes you stronger."

Quotable Quotes . . . From the Heart



“Most of my life, I managed to fade in behind other people, enjoying their talents. Now, at almost 60, I may have been wrong about myself all those years and just didn’t know it!”

Nina Mincarelli, Salt Lake City, Utah
Chorus Member



“Being a winner and selected to perform in Denver at the National Veterans Creative Arts Festival is one of the biggest honors of my life. I think of the veterans no longer with us who gave so much, and it keeps me humble. I also think of those on active duty and wish they could be here with us to see the stage show, so we could dedicate it to them.”

Michael McCann, Redondo Beach, Calif.
Dramatic Performance

“We’re honored to be recognized for our original tunes – we’re still kind of not believing it!”

Matthew “Slide” DeWein, Lake City, Fla.
Folk/Bluegrass Musician
“Hamhock and Slide”



“Our motto is, ‘Keep the greasy side up’.”

Glenn “Hamhock” Moody, Lake City, Fla.
Folk/Bluegrass Musician
“Hamhock and Slide”

“I enjoy the camaraderie of the whole week. There’s a real friendly feeling among staff, artists and performers.”

Renee Ball, Prescott, Ariz.
Artist (Digital Photography)



“I’m amazed with the wonder of what went on at the Artists Interaction Session. I heard others share feelings I’ve experienced but have not always expressed myself.”

Philip Ball, Prescott, Ariz.
Husband of artist Renee Ball (and artist himself)



“The Festival has allowed me to express myself before a wider audience. I often feel relatively isolated and uncomfortable in a crowd, but I felt at home here when I walked in the door.”

Paul Davis, San Antonio, Texas.
Artist (Veterans Day Poster)



Beating the Butterflies



Whether you're performing a violin solo, dancing with a partner, making your theatrical debut or showing your winning piece of art, stage fright can be a very real challenge for many artists and performers. You may be alone on stage or sharing it with dozens of others or, you may be explaining your art to a limited few back home or to hundreds of guests at a formal art exhibit. Regardless, stage fright really can be reduced or even eliminated.



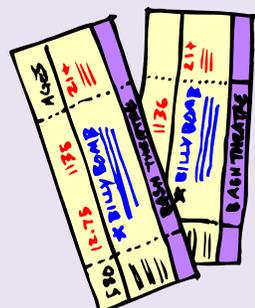
It's natural to get a little nervous about performing or standing in front of others, but if you've got a really bad case of stage fright, you might want to take a look at the following tips to prevent you from being too nervous.

- ◆ Accept that stage fright is a natural reaction to performing or standing in front of an audience.
- ◆ Decide ahead of time what you might do if something goes wrong.
- ◆ Imagine the absolute worst thing that could happen to you if things went terribly wrong. Now, estimate the chances of that really happening. It's really low.
- ◆ Make sure you know your lines well if you are performing; practice how you will explain your artwork.
- ◆ Eat lightly and avoid foods that are known to upset your system.
- ◆ Realize that stage fright is generally about the anticipation that builds up before the performance, and once you get out on stage, the nervousness typically goes away.
- ◆ A simple exercise before getting on stage or going out to meet the audience is to make a visual run-through of yourself in whatever role you're performing. Incorporating this with slow, deep breathing can help you.
- ◆ Relax, have fun, and enjoy the exhibit and the show!



Speaking of Art – There's No Business Like Show Business!

It's been quite a week, but we finally made it to the final art exhibit and stage performance today! Both events are located on the University of Denver campus in Gates Concert Hall, which is part of the Newman Center for the Performing Arts. This elegant facility is a cultural center for not only the university, but for the community as well, featuring performing arts from opera to ballet. The hall has the atmosphere of an elegant European opera house.



The art exhibit will be held in the Joy Burns Plaza, which serves as the main lobby of the Gates Concert Hall. This lovely enclosed plaza features a high

vaulted ceiling, transverse windows, an Italian travertine marble floor, double columns, alabaster chandeliers, a 16th Century Flemish tapestry, and custom made furniture by Daniel Strawn.



Prepare to depart the hotel at 11:30 a.m. The art exhibit begins at 12:30 p.m. and lasts until 1:45 p.m. The stage show will then start at 2 p.m., ending around 4:30. Departure back to the hotel starts at 5 p.m. Then, we can all enjoy tonight's closing ceremonies and celebration, beginning at 6:30 p.m. in Ballrooms A, B, C & D.

See you at the exhibit and the show!

Concert Hall. This lovely enclosed plaza features a high

Photos from the Festival



Odell Brown, Richfield, Minn.



Nick Strom, Oklahoma City



William Bowers, Cottonwood, Ariz.



Creativity is the essence of the Festival, and Michael Galante from Alaska; Betty Stark from Minnesota; Paul Davis from Texas; and Laura Allen from California combine it with humor and performance.



Play ball...

The Show must go on...



Paul Luse, Salem, Ind.



Frederick Carothers, Prescott, Ariz.



Gay Leigh Mundy, Wauwatosa, Wis.



April Goodwin, Clinton, Md.
Ernest T. Knox, Temple, Texas



Philip Bullock, Cambridge, Wis.



Salty Dogs,
Salt Lake City

Photos from the Festival



Dedicated Team Made ArtsGram Possible

The newsletter on your breakfast table each morning did not appear by magic.



Lana Shuman, editor, lays out the final edition of the Festival Artsgram.

Producing it took a team of writers and photographers and an outstanding newsletter editor, Lana Shuman. Day in and day out, you could always find Lana in front of her computer sizing photos, editing stories and adding clip art to produce a professional and fun newsletter for veterans and staff.

Of course, she didn't do it alone. VA staff from all over the country wrote articles and shot photographs that told the wonderful stories of the veterans attending this week's Creative Arts Festival.

Thanks and congratulations to

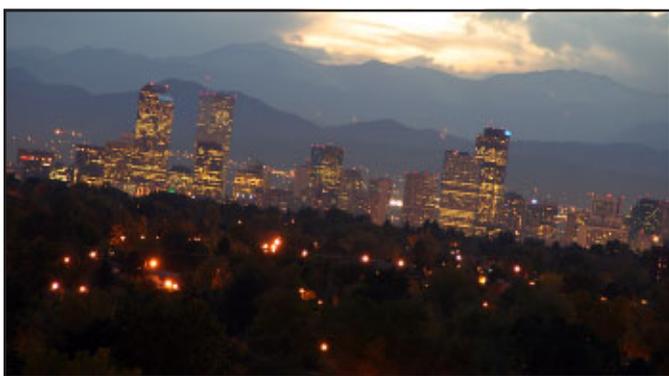
the newsletter writers: Laura Bishop, Kim Byers, Kerri Childress, Deb Eiring, Jeff Honeycutt, Jeff Luginbuel, Jeanne Miserendino, Richard Olague, Sharon Palmer and Jenny Tankersley.

Special appreciation goes to the men and women who have been following you around all week taking photographs for the newsletter, your hometown news releases and Festival Web site: Gene Davies, Eric Eisen, Robert Figueroa, Lupe Hernandez, Steve Judish, Mark Masser, Diane Rood and Scott Seward.

A very special thank you to Jeff Luginbuel, for his early morning runs to Kinko's to get the ArtsGram on the breakfast tables by 5:30 a.m. each day. (Jeff, now you can finally get some sleep!)



Lupe Hernandez, Team Leader Gene Davies, Mark Masser and Eric Eisen are four of the members of the photo team producing photos for the newsletter, home town news releases and Festival Web site.



*Denver Skyline
Photo taken by Kerri Childress from Palo Alto VA Health Care System.*



Monday Departure Info:

For those with flights departing before 7 a.m. please use the hotel shuttle (check with the hotel front desk).

<u>Flight time</u>	<u>Depart from hotel</u>
8 - 9:40 a.m.	6 a.m.
10:05 - 10:45 a.m.	7 a.m.
11:06 - 11:27 a.m.	8 a.m.
11:30 - 11:55 a.m.	9 a.m.
12:15 - 12:50 p.m.	10 a.m.
1:19 - 1:55 p.m.	11 a.m.
2:25 - 3:20 p.m.	Noon

For all other flight times, please check with the front desk.



F - Y - I



There is time this morning to stop by the hospitality room before you leave for the Performing Arts Center. It is

open this morning, from 10 a.m. to noon and is located on the third floor, rooms 301 and 303. Many thanks to our wonderful hospitality room volunteers for their bright smiles and service all week!



The medical support team remains on the third floor in room 318 and is available all day.

We have certainly enjoyed working with and getting to know veterans from all over the country. Your creative spirit will remain with us long after you leave. Thank you for letting us be a part of your celebration!

~ The 2005 NVCAF Medical Support Team



Meet with Your Team Leader

Meet with your team leader one last time this morning at 11 a.m. Check with your team leader for the meeting location.

Interfaith Service Held This Morning

Services will be conducted by Lee Thompson, chief of voluntary and pastoral services at the VA Eastern Colorado Health Care System. If you are interested in attending, please meet in the O'Hare Room on the Ballroom Level at 9:30 a.m.

NVCAF WEB SITE
www.creativeartsfestival.org

Would you like your friends and family back home to be able to see what you are doing this week? Log onto the Festival Web site to check out the daily editions of the *ArtsGram* (on the main home page) as well as individual news releases and photos, located on the "Participant Information" tab.



Sunday, October 23, 2005

Brunch

Seasonal Fruit, Mediterranean Salad
 Salmon and Bagel Bar, Cheese Blintzes
 Eggs Benedict, Crisp Bacon, Carved Beef
 Breakfast Potatoes
 Chocolate Filled Croissants
 Warm Apple Strudel, Cinnamon Rolls
 Butter, Fruit Preserves
 Coffee, Hot Tea, Milk
 Cream, Sugar, Sugar Substitute

Closing Ceremony - Silver Miner Buffet

Spinach and Radicchio Salad
 Breast of Turkey with Stuffing and Gravy
 Crusted Salmon
 Prime Rib with Horseradish Sauce
 Garlic and Rosemary New Potatoes
 Sweet Potato and Chestnut Puree
 Fresh Green Beans
 Bread, Rolls, Butter, Margarine
 Flourless Chocolate Torte
 Cheesecake with Toppings
 Coffee, Hot Tea, Milk, Iced Tea
 Cream, Sugar, Sugar Substitute

Check it out!



KCNC, the local CBS affiliate, has a slide show of many of our artists' works. Check it out at: www.kcnc.com and type in "veterans art" in the search box.



Morning Fog
High 58°
Low 30°



Schedule for Sunday, October 23, 2005

8 – 11 a.m. Brunch at hotel
– Ballrooms C, D

9:30 a.m. Interfaith Service
– O'Hare Room, Ballroom Level

10 a.m. – Noon Hospitality Room Open
Rooms 301 and 303, 3rd Floor

10:30 a.m. Team leader meeting
– O'Hare Room, Ballroom Level

11 a.m. Team leaders meet with artists

11:30 a.m. Depart for the
University of Denver

12:30 – 1:45 p.m. Artists at art exhibit to discuss
their work with audience
members
– Joy Burns Plaza

2 – 4:30 p.m. Stage show performance at
Gates Concert Hall

5 p.m. Depart for hotel

6:30 p.m. Music entertainment begins

7 p.m. Closing celebration dinner
and remarks
– Ballrooms A, B, C, D
Renaissance Hotel

9:30 p.m. Entertainment and dancing
at hotel
– Ballrooms A, B, C, D
Renaissance Hotel

8 – 11 a.m. Brunch at hotel
– Ballrooms C, D

9:30 a.m. Interfaith Service
– O'Hare Room, Ballroom Level

10 a.m. – Noon Hospitality Room Open
Rooms 301 and 303, 3rd Floor

10:30 a.m. Team leader meeting
– O'Hare Room, Ballroom Level

11 a.m. Team leaders meet
with performers

11:30 a.m. Depart for Gates Concert Hall

12:30 p.m. Performers into costume
and makeup

1:30 p.m. All performers meet in
Green Room for warm up
and pep talk

1:50 p.m. All performers on stage

2 – 4:30 p.m. Stage show performance
at Gates Concert Hall

5 p.m. Depart for hotel

6:30 p.m. Music entertainment begins

7 p.m. Closing celebration dinner
and remarks
– Ballrooms A, B, C, D
Renaissance Hotel

9:30 p.m. Entertainment and dancing
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