



Saturday, October 25, 2008

## Doctor's Orders:

# Take a Dose Of Music and Call Me in the Morning

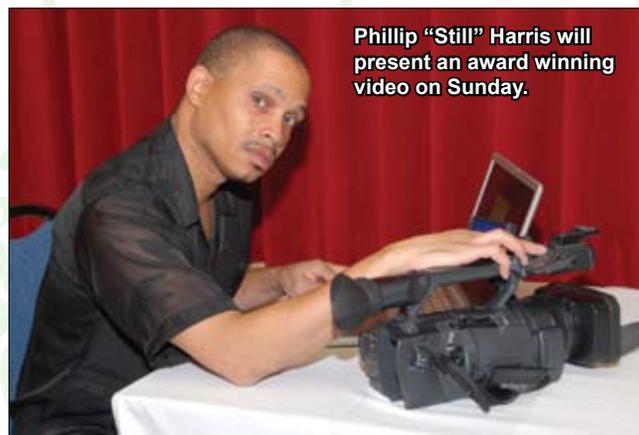
Science has proven that music stimulates healing within the body and mind, and our award-winning performers at the National Veterans Creative Arts Festival are testimonies to that fact. With several musical groups taking the stage and sharing their musical talents, there's bound to be a whole lot of healing and good feelings going on this week. Prepare your ears to receive some music therapy from members of *The Salty Dogs*, *Highly Favored*, *NNG*, *The Bachelors*, *Band of Brothers*, and *The Heavenly Harmonizers*.

Although they will not be performing their group act in the stage show, three members of *The Salty Dogs* will be doing individual acts. Paul Boruff will sing "Somewhere Over the Rainbow," Art Lee will perform "For the Beauty of the Earth," and John Prather will present "Una Furtiva Lagrima" in Sunday's show. The nine attending group members are: Paul Boruff, George Simmons, Art Lee, John Prather, Stu Carlson, Bart Allan, Blaine Lund, Raymond Ross and Gaylen Young. All are from Utah's Salt Lake City area.

*Highly Favored*, a mother and son vocal duo from California featuring Anthony Conley and Emma "Adeline" Jones, will perform their act, "I Know Where I've Been" in the show. The song was sung by Queen Latifah in the 2007 movie musical, "Hairspray."

The *NNG* group, hailing from the tropics of Hawaii, will perform their individual act, "Banana

Boat/Macao Medley." *NNG* consists of Larry Angel, Leslie Santiago-Martinez, Randy Kekipi and Francisco Mendiola.



Phillip "Still" Harris will present an award winning video on Sunday.

*The Bachelors*, a vocalist group who have been in the Festival before, will perform "Mr. Sandman" during this year's Salute to Hollywood. The group includes Maurice Young, Monroe Wright and Sonny Knight, all from Minnesota.

**Band of Brothers**, a group of instrumentalists from California, won the special recognition category in the music division this year. The band includes Joseph "Leo" Bailey, George Rowan (known as "Jack London

George") and Virgil Icban. They will perform "Kansas City" in the show.

*The Heavenly Harmonizers*, from Illinois, will not perform as a group on Sunday but will grace the stage as members of the

chorus. They are: Sidney Brown, Matthew Gill, Gina Fraley, Thaddies Holloway, Walter Richard and Michael Slatton.

A group from New Jersey entered a multimedia video into the competition this year. The video will be shown during the show and Phillip "Still" Harris will represent that group.

With so much talent to watch, the stage show at the 2008 National Veterans Creative Arts Festival is sure to be full of memorable entertainment that's



"Highly Favored" is a mother and son duo (Emma "Adeline" Jones and Anthony Conley) from California.

rich in therapeutic value. Enjoy!

# Women Proudly Represented at the 2008 Creative Arts Festival

Twenty-one women are participating in this year's National Creative Arts Festival – stretching their creative muscle in categories as diverse as basket weaving, string art, fabric and beads. Many women attending are award-winners in the performing arts.



Linda DuMulin from Albuquerque, N.M.

It was a male veteran at the Festival, Connie Joe Lockwood, who said it best in his beautifully constructed ode saluting women veterans. "Their courage and their valor are often overlooked. They've earned their rights as soldiers. Their hearts so brave and true. They've earned their right to freedom, just like me and you. Heroes aren't always big and tall, sometimes they're short, petite and small. When you take a stand for the red, white and

blue, there's no greater hero than you."

Visual arts winner, Linda DuMulin wove an intricately patterned basket which is on display in the convention center gallery along

with winner, Gretchen Rieck's beaded Tiger. There's Jacqueline Bowen's string art and Chiquita Williams fabulous black and white fabric art which were also national winners. These visual arts are food for the eyes.

Food for the soul comes from our performing arts winners. April Goodwin will infect you with her joyful spirit. This year she won for her entries in drama, dance and creative writing. Deziere Lauture credits her music therapist with helping her heal from a heavy loss and inspiring her to participate in the festival. Emma Nichols sings gospel in church but enjoys show tunes. She'll be performing a number from the Broadway play "Hairspray" with her son, Anthony Conley.



April Goodwin from Clinton, Md.

All the talented women participating this year deserve recognition for their service to our nation and for their artistic gifts that inspire and encourage so many of us.



"I've been attending the Creative Arts Festival for the past thirteen years, I enjoy being with the veterans and watching the show progress in one week from a diamond in the rough to a polished gem."

Jean Calhoun  
Music Therapist from Tomah VAMC



"This is my first year at the Festival. I've been here for three days and I've heard some of the most heartwarming stories from our veterans. I'm so proud and honored to get to know them."

Shelby Hitch  
American Legion Auxiliary Volunteer from Camarillo, Calif.



"I love meeting the other veterans at the Creative Arts Festival. The workshops are great, and everyone is so nice to everyone else. Where else can you be spoiled for a whole week and be appreciated so much just for being a veteran?"

Leilani Corley  
Air Force veteran from Prescott, Arizona

## Stars of the Stage

### Relax During a Hectic Festival Schedule

Have you been feeling those muscles tense up in your shoulders following a long, long, long rehearsal schedule? Try these ideas to help you relax and enjoy the beautiful city of Riverside.

1. Sit on a chair.
2. Place both feet flat on the floor.
3. Put your hands around the arm rests, gripping them gently.
4. Place your back flat against the chair.
5. Keep your eyes open and focus on a spot in front of you, at eye level.

6. Do not look at the ceiling or floor.
7. Breathe in - pause - breathe out - pause. (Do this slowly and evenly.)
8. Now, say out loud (if possible; if not then say it in your mind): "I see five things ..." (i.e. the wall, window etc.)
9. "I hear five things ..." (i.e. radio, footsteps, etc.)
10. "I feel five things..." (i.e. my fingers clenching, the chair, my toes, etc.)
11. Continue this exercise by saying "I see...I hear...I feel...four things then three, two, one."

By now, you should be fully aware of your surroundings, calmer, more relaxed and ready to rehearse some more.



# California Missions

## Spanish California

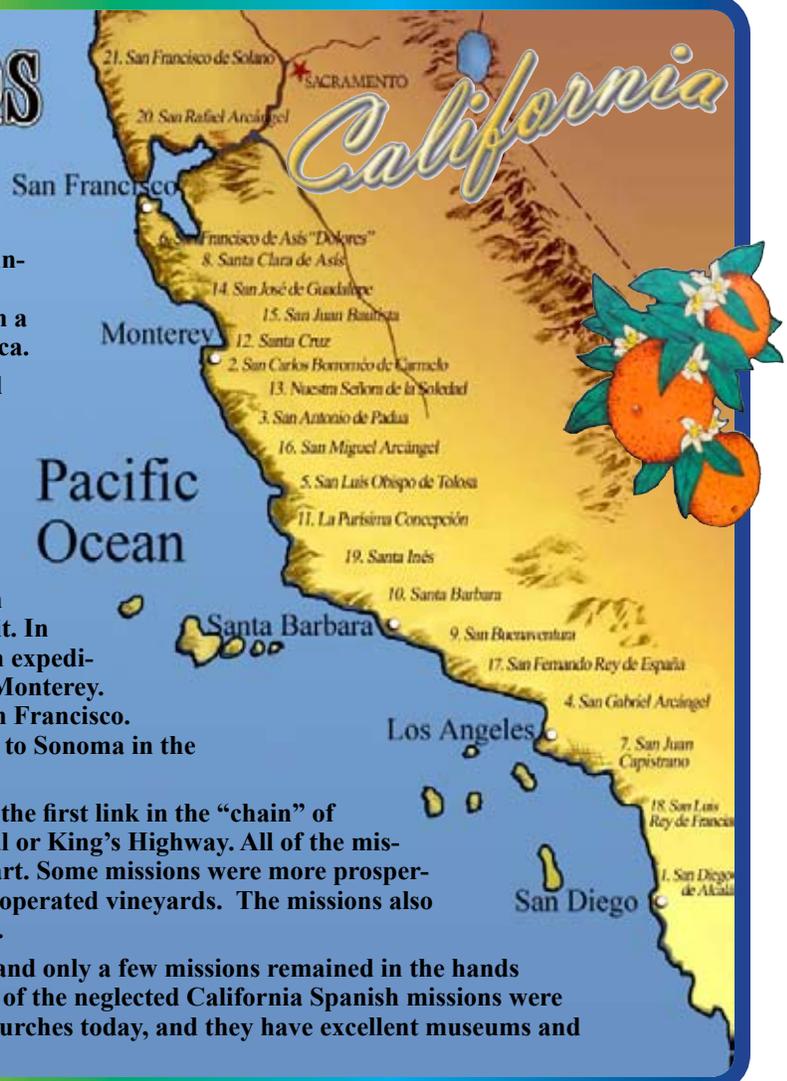
In the fifteenth century, King Ferdinand and Queen Isabella of Spain ruled an expansionist empire eager to spread Christianity to distant lands and increase their country's wealth and power. Immediately after Christopher Columbus' discovery of the Americas in 1492, Spain began a series of expeditions into North, Central and South America.

Spain's northwestern most colony was California, claimed first by Juan Rodriguez Cabrillo in 1542. Several early Spanish conquistadores looked for treasure in California but none was found and Spain's attention quickly shifted elsewhere.

By the second half of the 18th century, the world balance of power was shifting and Spain's lands in the new world were being threatened. King Carlos III decided that Spain would have to physically occupy California or risk losing it. In 1769, Gaspar de Portola and Father Junipero Serra led an expedition to establish missions and presidios in San Diego and Monterey. This expedition resulted in the discovery of the port of San Francisco. A system of missions running from San Diego in the south to Sonoma in the north were then established.

Mission San Diego is the oldest mission in California, and the first link in the "chain" of missions that stretches 650 miles along the El Camino Real or King's Highway. All of the missions were established near the coast just a day's walk apart. Some missions were more prosperous than others, but all of them grew wheat and corn and operated vineyards. The missions also raised cattle and sheep in addition to selling leather goods.

In 1834, Spain secularized the missions and sold the land and only a few missions remained in the hands of the Spanish Catholic priests. In the 20th century, many of the neglected California Spanish missions were restored, or rebuilt. Most of them are still active parish churches today, and they have excellent museums and interesting ruins.



## Stars of the Studio Craft Care Workshop is Today!

The arts and crafts movement began in America in the late 1800's and continued through the 1920s. During this period, thousands of people discovered interesting crafts that eventually turned into hobbies. The crafts resulted in something productive or ornamental, or both. Some people even made their own houses. Kit houses were produced in the United States beginning in the first decade of the 20th century, and their popularity lasted into the 1950s.

While kit houses may have lost their popularity, crafts in general never have. In fact, another "kit" idea has proven successful. While visiting wounded Marines in a Navy hospital, the founder of Help Hospitalized Veterans (HHV) learned that many asked for something to help pass the time and the idea of craft kits was born. According to the HHV Web site, "Craft kits are not to kill time, but to make time." Today, HHV has

delivered over 20 million craft kits to veterans and active duty military personnel. Craft care specialists employed by HHV are located in a number of VA medical centers, to help include arts and crafts activities in the overall treatment plans for veterans.

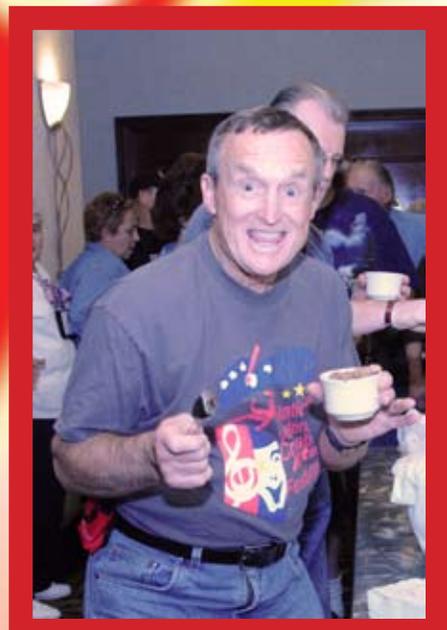
So what, you may ask, do arts and crafts do for you? According to some, arts and crafts activities improve feelings of self worth and self esteem. They improve physical functioning of both fine and gross motor skills. Working on crafts promotes independence, teaches new skills and improves social interaction. It also provides an opportunity to creatively express yourself. Many current and former participants in the National Veterans Creative Arts Festival got their start through a craft care kit.

Want to explore your crafty side? If so, come to the HHV craft workshop this morning from 9:00 p.m. – 11:30 a.m. in the Riverside Convention Center, La Sierra Room on the 2nd Floor.



# Festival Photos





# Hooraay for Hollywood

Celebration Dinner and Entertainment Take on a Star-Studded Ambiance!



**L**ights, cameras, action! Make sure you're at the Saturday Night Celebration this evening in the Raincross Ballroom because you just may run into some talented stars from the past. It's kind of a meshing of the stars of the past with the stars of today – YOU!

The VA Loma Linda Healthcare System's host site committee has done an exceptional job in making sure that all of you have been receiving star treatment throughout the week. This evening's activities are sure to surprise and amaze you. "We've pulled out all the stops for this evening's gala," said Annie Tuttle, local host site coordinator. "I'm so proud of all those who have worked hard to make this event, one for the memory books."

The evening will begin with pre-dinner music provided by Rhythm Entertainment. Following the meal, guest speaker and film star Mike Vogel will be on hand to share his thoughts on the importance of the creative arts and highlights from his acting career. (See story about Vogel below.)



Then, turn on the grins and laughs as the Festival Funtastic Awards are presented. Could there be one for you? You're sure to enjoy the evening, celebrating each other and listening to the sounds provided by Rhythm Entertainment.

As Elvis Presley once said, "I've learned how important it is to entertain people and give them a reason to come and watch you play." So come out this evening and enjoy the celebration!

## Mike Vogel Visits the Festival

Popular film and television actor Mike Vogel will attend tonight's Saturday Night celebration which begins at 6:30 p.m. Vogel was chairman of VA's 2008 National Salute to Hospitalized Veterans.



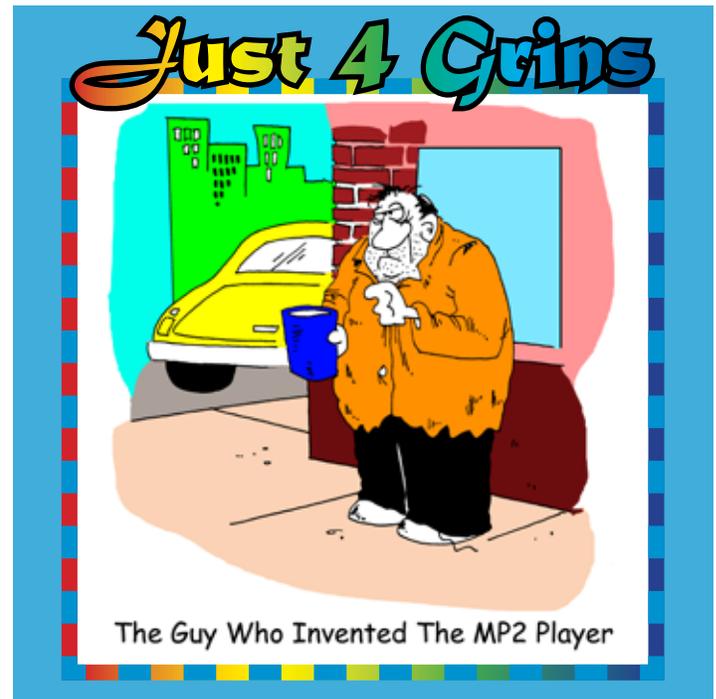
As such, he led VA's annual patient recognition program that invites the public to visit and honor veterans at VA hospitals and clinics during National Salute Week in February. He is also the national spokesman for more than 100,000 volunteers of all ages who serve veterans in VA facilities across the nation.

Throughout National Salute Week, VA medical facilities invite the public to visit hospitalized veterans, honor their service and consider the many volunteer opportunities VA offers. Vogel became personally involved in supporting veterans after his cousin's husband was killed during military duty in Iraq in 2007.

The youngest celebrity to lead the National Salute in many years, Vogel brings new, youthful energy to the program at a time when the number of young combat veterans under VA care is growing.

Now 29, Vogel was born in Abington, Pa., and began modeling for Levi-Strauss & Company shortly after high school. He began his acting career in 2001 on the Fox Network television series "Grounded for Life." He has appeared in a variety of movies since, including "The Sisterhood of the Traveling Pants," "Rumor has It," and "Poseidon," the 2006 remake of the "Poseidon Adventure." More recently, Vogel had a starring role in the film, "Cloverfield," released this past January.

We are honored that this gifted actor has chosen to join us here at the Festival. Be sure to thank him for his service to veterans and for serving as National Salute Chairman this year.



## Did you know?

Visual artist and Air Force veteran Karnig Thomasian from Rivers Edge, N.J., has written a book entitled, "Then There Were Six," the true story of the Rangoon Disaster. The event took place in 1944 when only one of 11 B-29s got back from their mission and 29 men were imprisoned by the Japanese. It is forever distinguished as a disaster because it was self-inflicted, caused by a faulty decision by the group commander. Published by Author House, more information is available from the author. You can contact Karnig for more information at (201) 262-2984; or [karnigpw@optonline.net](mailto:karnigpw@optonline.net).



### Tour and Workshop

Visual artists attending the Festival this year will have the unique opportunity to experience the Huntington Library, Art Collections and Botanical Gardens.

Established in 1919 by Henry E. Huntington in San Marino, Calif., The Huntington is a private nonprofit educational and research institution. It houses a collection of rare books, manuscripts, art objects and botanical specimens. The Botanical Gardens are divided into more than a dozen thematic areas on 120 acres and include more than 15,000 different species of plants.

There will also be an opportunity for participants to engage in a drawing exercise, led by artist Sharon VanderMeide. This exercise is an out-of-doors art experience designed to help veterans appreciate and then illustrate the Greek and Roman mythological statues. Instruction will also include the techniques of hatching and cross-hatching to establish values in creating three-dimensional forms. This is a learning experience, and each artist is encouraged to portray their own personal style.

Buses will load near the front entrance of the hotel lobby beginning at 12:30 p.m., departing promptly at 12:45 p.m. Buses will begin loading at 4:15 p.m. for the return trip to the hotel. For more information on The Huntington, visit their Web site at [www.huntington.org](http://www.huntington.org).



## DAILY MENU

**Saturday, October 25, 2008**

Meals will be served in Raincross Ballroom in the RCC unless otherwise designated.

**Breakfast: 7 - 8:30 a.m.**

**Lunch: Noon - 1 p.m.**

**Dinner: 5:30 - 7 p.m.**

### Breakfast

Fluffy Scrambled Eggs; Bacon and Sausage; Biscuits and Gravy; Breakfast Potatoes; Oatmeal and Dry Cereals; Sliced Fresh Fruit; Orange Juice, Apple Juice and Tomato Juice; Milk (Soy Milk is available upon request); Coffee, Hot Tea

### Lunch - Fiesta Buffet

Tossed Garden Green Salad with Ranch or Italian Dressing; Fresh Fruit Salad; Three Bean Salad; Tortilla Chips and Salsa; Cheese Enchiladas; Crispy Corn Tortilla Shells with Seasoned Ground Beef, Lettuce, Onions, Jalapenos, Sour Cream, Grated Cheese, and Hot & Mild Pico De Gallo; Homemade Refried Beans; Mexicali Corn and Spanish Rice; Churros; Coffee, Hot Tea & Iced Tea



### Dinner - Saturday Night Celebration

Orange Blossom Salad with Strawberries & Green Apples, Orange Vinaigrette and Ranch Dressing; Dinner Rolls and Butter; Chicken Wellington with Mushroom Marsala Demi Sauce; Sweet Potato Puree (Piped Design); Fresh Seasonal Vegetables; Caramel Apple Cheesecake & Pecan Pie; Coffee, Hot Tea & Iced Tea  
Vegetarian Option: Portobello Mushroom Lasagna with Porcini Mushroom Cream Sauce



### Oops! Ahoy, Matie!

Eugene Oldaker is a Navy veteran not Army as identified in Friday's *ARTISGRAM*. Don't throw us overboard - we regret the error. - Editor



## THANK YOU! to VA Loma Linda Healthcare System

The VA Loma Linda Healthcare System gets a round of applause for hosting the 2008 National Creative Arts Festival. Their efforts and hard work this past week and over the past year have resulted in an experience that we will not soon forget. Special thanks go to Annie Tuttle, local host site coordinator and her assistant Gustavo Bohena, along with all of the dedicated local planning chairpersons, members, and volunteers who put in many tireless hours to make the 2008 Festival an outstanding success.



A special thank-you to Loma Linda's top management team; Dean Stordahl, Director (Retired); Shane Elliott, Associate Director; Anne Gillespie, Associate Director for Patient Care and Administration; and Dwight Evans, Chief of Staff, for their continuing support and leadership during the past year.

Congratulations, everyone, for doing a great job – and a heartfelt thank-you for your commitment to the National Veterans Creative Arts Festival.

# Saturday, October 25

## Star Artists

## Star Performers

7 – 9:30 a.m.	Breakfast – RCC Raincross Ballroom
8:30 a.m.	Team leaders and support staff meet with National Art Chairperson – RCC Aviators East, 2nd floor
8:45 a.m.	Team leaders & support staff meet with artists
9 a.m. – 6:30 p.m.	Hospitality Room Open at Marriott Hotel – Suite 1228
9 – 11:30 a.m.	Art Workshop #3 – HHV Craft Workshop – RCC La Sierra, 2nd Floor
11:30 a.m. – 12:30 p.m.	Lunch – RCC Raincross Ballroom
12:30 p.m.	Load for Huntington Library & Gardens
12:45 p.m.	Buses depart
1:45 – 4:15 p.m.	Huntington Library & Gardens
4:15 p.m.	Board buses and return to hotel
6:30 – 10:30 p.m.	Saturday Night Celebration Dinner and Evening Entertainment (casual dress) – RCC Raincross Ballroom

7 a.m. – 9:30 a.m.	Breakfast – Raincross Ballroom
8:30 a.m.	Team leaders & support staff meet with Amy Kimbler – De Anza North
9 a.m. – 6:30 p.m.	Hospitality Room Open at Marriott Hotel – Suite 1228
9 – 10 a.m.	Art Workshop #3 – HHV Craft Workshop – La Sierra, 2nd floor
10 a.m.	Team leaders & support staff meet with performers
10:30 – 11:30 a.m.	Blocking rehearsal – run through entrances and exits – ALL participants needed – Ben Lewis Hall
11:30 – 12:30 p.m.	Lunch – Raincross Ballroom – Return to hotel after lunch and change into black pants/white shirt.
12:30 – 1:15 p.m.	Performers return to Ben Lewis Hall in costume
1:30 – 5 p.m.	Final dress rehearsal with orchestra at Ben Lewis Hall
6:30 – 10:30 p.m.	Saturday Night Celebration Dinner and Evening Entertainment (casual dress) – Raincross Ballroom



**VETERANS HISTORY**

Final interviews conclude this morning, from 10 a.m. till noon. To sign up, go directly to the VHP interview room in the University Room on the first floor of the Marriott Hotel. Thanks to all the veterans who have already participated in the VHP project this week – you have helped make history come alive!

Please check with your team leader and/or the posted schedule outside of Ben Lewis Hall for any changes or updates to your daily schedule.

The **Hospitality Suite** is located in the **Marriott Hotel, Suite 1228** and is open today for your convenience. The wonderful volunteers in the hospitality suite have snacks and drinks available if you need something – along with a lot of welcoming smiles!



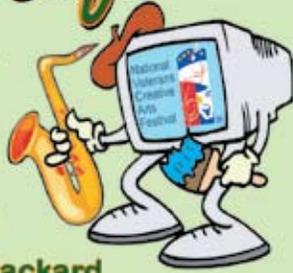
Hours of operation for the week of the Festival are as follows:	
Saturday, October 25	9 a.m. to 6:30 p.m.; and 8:30 - 11 p.m.
Sunday, October 26	10 a.m. to Noon; and 10 p.m. - Midnight

## Internet Cafe

Where: Northeast Foyer  
Riverside Convention Center

When: Through  
Saturday, October 25

Hours: 7 - 8:30 a.m.  
11:30 a.m. - 2 p.m.  
7 - 9 p.m.  
(Not open Saturday evening)



Provided by Hewlett Packard



The **Medical Suite** is located in the **Marriot Hotel, Room 901 & 902**.  
**Hours of Operation:** 8 a.m. to 10 p.m.  
The Medical Suite phone number, if you are calling **inside** the Hotel, is **extension 7901**.  
**Outside** of the Hotel, call **(951) 784-8000** and ask for **Room 901**.  
Participants should inform their team leader(s) of any medical concerns, and the team leaders will then assist with contacting the Medical Suite. Medical personnel will accompany veterans and support personnel on all trips away from the hotel.



**WEATHER**

Weather for October:  
Average low - 53°  
Average high - 83°  
Average of .26 inches of rain for the month

Today's Weather  
Low - 52°  
High - 92°  
Sunny and bright!

## NVCAF WEB SITE

[www.creativeartsfestival.va.gov](http://www.creativeartsfestival.va.gov)

Be sure to check the Festival Web site for continuing updates. All hometown news releases have been posted (check "Participant Information"), and photos are continuing to be added. A full photo gallery of the week's activities will be added in the weeks ahead.