



Sunday, October 26, 2008

Quotes from the Festival

The creative arts program provides many avenues for dealing with some of life's challenges. This week, we have had the opportunity to share this awesome experience with some of the best artists and performers in the country. Here is what some of our participants had to say about their week:



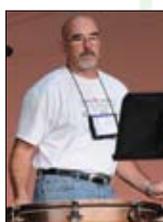
"The camaraderie was unlike anything I thought I'd ever experience. This has given me higher self-esteem. I feel more confident."
 ~ Walter Richard
 Army veteran from South Holland, Ill.

"Going to Hollywood was a highlight for me. I took pictures of the stars in front of the Chinese theater. Santa Monica Beach was so much fun. We waded in the water and looked for seashells. Our tour guide was great. We drove through Venice Beach and he even pointed out the house where JFK met with Marilyn Monroe!"
 ~ Michelle Morine
 Air Force veteran from Chaska, Minn.



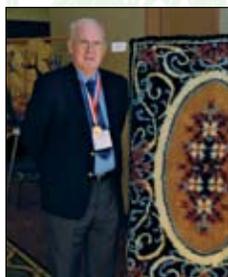
"The thing that impressed me most is the amazing quality of the art I've seen here at the Festival. And the people...the warm and generous spirits of my fellow veterans. I'm going home on a high and I didn't even smoke anything."
 ~ Linda DuMoulin
 Army veteran from Albuquerque, N.M.

"My favorite part of this Festival was meeting veterans who have so much in common with me. Working together to make this show happen for ourselves and for others is wonderful."
 ~ Denise Morgan
 Army veteran from Iowa City, Iowa



"Nine years ago I was diagnosed with Parkinson's. It's nice to know that I can perform again with so many talented people."
 ~ Melvin Stratton
 Marine Corps veteran from Clovis, Calif.

"I appreciate, more than anything, the camaraderie and the diversity here. We're all just one people when we come to the Festival."
 ~ Gina Fraley
 Army veteran from Country Club Hills, Ill.



"This week has been beyond my wildest expectations — probably my best week since coming back from Vietnam. You're not marginalized here, you're accepted. Recreation therapy and the Creative Arts Festivals are the hidden treasures of VA's healthcare system."
 ~ Raymond Jacobsen
 Marine Corps veteran from Inver Grove Heights, Minn.



"I just loved the HHV event. It was fabulous and the kids' performance was great fun. Seeing these veterans get up on stage and be recognized and appreciated is the best thing about the Festival."
 ~ Jerry Smith
 Army veteran from Fresno, Calif.



Bo Derek

National Honorary Chairperson and Mistress of Ceremonies



This year's Mistress of Ceremonies for the National Veterans Creative Arts Festival is Hollywood and TV star Bo Derek. No stranger to the event, Derek has attended the Festival many times in the past, enjoying the artistic talents of both our visual and performing artists. Derek has served as the national honorary chairperson for the Department of Veterans Affairs' National Rehabilitation Special Events (including the Festival) for the past eight years.

In 1979, Bo Derek entered American pop culture and became the standard for the "perfect 10 beauty" as a result of her movie "10." Nearly 30 years later, she proves that real beauty goes even deeper, devoting her time to caring for other people and animals alike.

A portion of all sales from her *Bless the Beasts* line of pet products is donated to *Canine Companions for Independence*, a non-profit organization that enhances the lives of people with disabilities by providing them with highly trained assistance dogs and support.

Derek is no stranger to veterans. Her father, stepfather and late husband were all veterans and because of them she was inspired to meet and encourage America's veterans. In 2002, the Special Forces Association bestowed on her the distinction of honorary Green Beret, joining only four other Americans who have been so honored. She was recognized for her participation in USO tours, entertaining U.S. military personnel serving abroad.

More recently, she was appointed as Special Envoy of the Secretary of State for Wildlife Trafficking, working to create awareness of the dangers of wildlife trafficking.

We are thrilled to welcome Bo Derek as our Mistress of Ceremonies at this year's Festival!

For Our Stars...

Prescription For Stage Aright



From butterflies to panic attacks, stage fright is nothing more than a fear of the unknown. How will the audience react? Will I forget the lyrics or sing out of tune? Will I forget the routine? Will I be able to discuss my art with someone without stammering? Since none of these questions can be answered beforehand, anxiety

builds. Here are a few tips to help you prepare for the stage show and art exhibit:

- Anxiety means you care. Apprehension is good, positive, energy which heightens reflexes and expands our abilities. Your job is not to deny fear, but to manage its symptoms.
- At the first sign of nerves, get your body moving. Swing your arms and legs like a wide-sweeping pendulum. Slow, steady, controlled movements are calming.
- Do you suffer from nervous dry-mouth? Chewing gum, sugar-free lozenges or mints can help keep your mouth moist.
- A rapid heart-rate shallows breathing. To reduce your pulse, inhale on a slow ten count, hold your breath for ten, and then release for another ten counts.

- Incorporate your voice by singing long, low volume, single notes. The longer you sustain, the better the next breath will be. Repeat this until the voice stops shaking. Don't rush the process by adding force. When single notes become steady, vocalize on scales or light phrases from songs, slowly challenging range and volume. (Even non-singers can do this to help get their mind off things and help them calm down.)
- Finally, if you freak-out on stage or in front of people, take command of your thoughts immediately. Barrage the irrational feelings with bits of reality. Recite your name and birthday to yourself. What is today's date?

Most of all, remember that your audience is human. People will pull for you if you let them know how you feel. Missed lyrics, bad pitches and flustered speech are instantly forgiven if your heart is in the right place. Would you think any less of a performer or artist who looked nervous? Of course not. So, give your audience the same credit and open up.

Don't let fear keep you off the stage or away from the art exhibit. Go break a leg!



California

Looking for a California Adventure?

Southern California has so many wonderful things to do and places to visit. If you have a chance during the week, here are a few places to seek out. Or, when you visit again, be sure to keep this list with you. You're in for an adventure no matter which way you look.

Disneyland is a must on this list if you've got young ones or are simply young at heart. The happiest place on earth is just a few minutes away and Mickey, Minnie, Pluto and Goofy are sure to welcome you with open arms.

For the history buffs, The Richard Nixon Library and Birthplace is located in Yorba Linda, Calif. – only about 35 minutes from Riverside. It is a privately supported, non-profit institution dedicated to educating the public about the life and times of the 37th President. The Birthplace has been restored with attention to historical detail, on the exact spot where President Nixon's father built it.

Mission San Juan Capistrano is another one for the history buff. The mission was founded more than two hundred years ago as the seventh of 21 missions statewide, and one with a chapel still standing where Fr. Serra once celebrated Mass.

For the beach-goers, Southern California is a paradise. Take your pick from Huntington, Newport, Laguna, Venice, Santa Monica and many more. Also, Catalina Island is located just off the coast of Orange Country. Take a short boat cruise over to the island to enjoy its scenery and marine life.

Calling all shop-a-holics! Visit the Cabazon Outlets located 35 minutes from Riverside to snag some good deals. Or visit Newport Beach's Fashion Island where you'll find the who's who of Orange County along with Neiman Marcus, Nordstrom and Bloomingdales.

There are many more great places to visit in Southern California, but we've named just a few of our favorites. Hope you'll enjoy your stay.



Final Day Highlights!



Today is the final day of the Festival and it's a full one as well. Today, beginning at 8 a.m., breakfast and lunch are combined into Sunday Brunch. Be sure to eat well as you have a big day ahead of you. For those of you wishing to attend religious services, Catholic Mass will be held at 9 a.m. and Interfaith Services at 9:30 a.m. The Catholic Mass is at St. Thomas the Apostle

Church and buses will depart from in front of the Marriott at 8 a.m. The Interfaith Service is in room Aviator's East in the Convention Center. At 11:30 a.m. you will meet with your team leaders for the last time.

Then, get ready for the culmination of the week's long practices. At noon, the performers will get into costume to prepare for the stage show and the artists will present their artwork to the public at the Art Exhibit from 12:15 -1:45 p.m. The Stage Performance will follow at 2 p.m. sharp.

As a sigh of relief is heard from the wings of the stage, the Festival activities begin to wind down. We will start the evening activities with a reception on the patio from 5 - 6 p.m. A harpist will provide the entertainment during the reception. Everyone will then move into the Raincross Ballroom for pre-dinner music. The Closing Celebration dinner will be at 7 p.m. where we will learn who the recipient of the "Shirley Jeffries Award" is. Then it's "Attempt your Luck" at Casino Night beginning at 9 p.m.

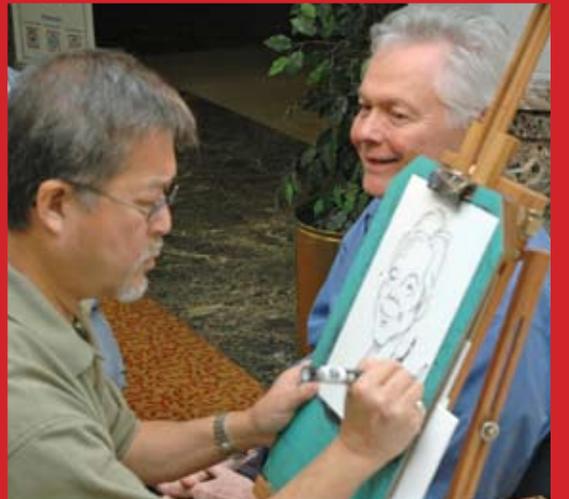
We hope this week has been filled with memory book experiences and the making of lifelong friends. Have a safe trip home and we hope to see you at next year's festival in San Antonio, Texas.



Festival Photos



Our WWII veterans





VA Pays Tribute to One Special Star!



The Honorable James B. Peake, M.D., Secretary of Veterans Affairs, presents Jane Powell with the VA Secretary's Diamond Award for her years of helping VA serve America's veterans.

In fabulous Hollywood style, Jane Powell lit up the stage at nine National Veterans Creative Arts Festival shows between 1991 and 2007. This year, she is missed.

You can look around radio, television, stage and screen and not find a more dedicated star than Jane Powell. Her brilliance, her performance and her commitment to veterans have delighted thousands of participants, staff, volunteers and attendees of past Festivals and have earned her the prestigious VA Secretary's Diamond Award. The Diamond Award is VA's highest honor given to private citizens for helping the Department carry out its mission. This special award acknowledges her outstanding contribution to veterans and was presented on October 15, 2008 by James B. Peake, M.D., Secretary of Veterans Affairs. "Whether on stage or screen or in the veterans canteen, Ms. Powell is renowned for the caring heart she brings to everything she does,"

Peake said. "Beyond the spotlights and the cameras, she has touched the lives of thousands of veterans and military personnel with her special warmth and grace." "I have been associated with our servicemen and women for most of my life. In my opinion, this award represents one of the greatest honors I have ever received," said Powell.

At the young age of 14, Powell came to Hollywood from Portland, Oregon, where she had her own radio shows and served as the Oregon Victory Girl, selling war bonds during World War II. After winning a talent contest, she was given an MGM contract and starred in 20 major musicals including *Seven Brides for Seven Brothers* and *Royal Wedding*. Many of the songs she introduced became industry standards.

Starring in every entertainment medium, Powell has appeared on Broadway and repeatedly set attendance records in dozens of touring productions. She has also demonstrated an extraordinary flair for comedy and has also been featured in TV comedy and dramatic series.



Powell has a published autobiography, *The Girl Next Door and How She Grew*, as well as her own exercise video, *Fight Back with Fitness*, designed for people with arthritis. On the lecture circuit, her subjects include fitness, renewal and growth in the golden years, and her life in Hollywood.

Jane Powell will forever remain in our hearts as the quintessential star – and fan – of the National Veterans Creative Arts Festival.

PBS Once Again Will Broadcast Creative Arts Festival

For the third year in a row, Americans nationwide can have the opportunity to experience Festival participants' talents through a television broadcast of the National Veterans Creative Arts Festival.

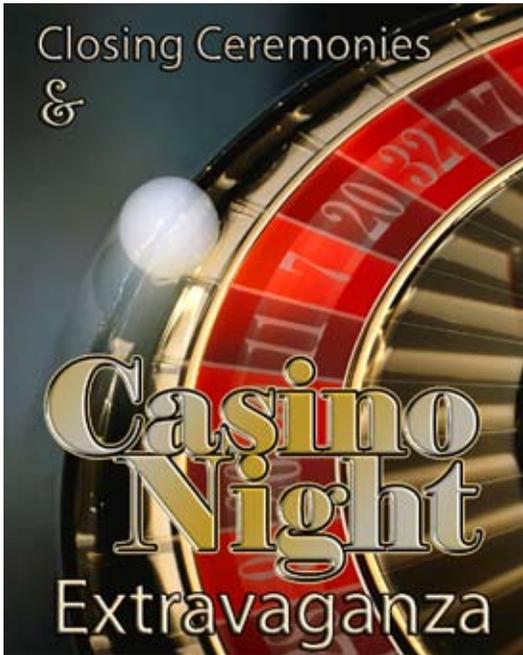


This year, the broadcast will feature the top performance acts from the past three years — Denver in 2005, Rapid City in 2006 and St. Louis in 2007. Though it would be great to see all three stage shows aired in their

entirety, performances from the past three years will be edited into a 60-minute television presentation. As in the past, the show is slated to air during the week of Veterans Day on select Public Broadcasting System (PBS) stations around the country.

Traditionally, the present year's show aired during Veterans Day week. Because of the short time frame between this year's Festival and Veterans Day, the Riverside show will not be broadcast. But don't worry — everyone will receive a DVD of this year's show in the weeks ahead.

The broadcast of the Festival is sponsored by the Department of Veterans Affairs, Help Hospitalized Veterans and the American Legion Auxiliary, and is made possible by the National Educational Telecommunications Association. The broadcast is a wonderful opportunity to showcase the hard work and extraordinary talents of our veterans while at the same time promoting the positive impact of the creative arts in rehabilitation therapy.



The final curtain has closed and the artwork has been packed and shipped. It's been quite a week of rehearsing, performing, learning and exploring, but tonight it's our turn to entertain you! Come to the closing ceremonies this evening in the Raincross Ballroom.

The formal program begins at 7 p.m., with host site coordinator Annie Tuttle serving as our emcee for the evening. We will also hear key leaders from the three organizations who co-present this wonderful event each year — Executive Director of Help Hospitalized Veterans, Mike Lynch; National President of the American Legion Auxiliary, Desirée Stoy; and the Honorable Charles L. Hopkins, Assistant Secretary for Operations, Security and Preparedness.

Several special awards will also be presented during the program, and this year's recipient of the Shirley Jefferies Memorial Award will be presented to one Festival staff member who demonstrates true dedication to the creative arts program. Also tonight, the 2008 host site coordinator will ceremoniously pass the baton to next year's host site staff from San Antonio, Texas. After the formal ceremony concludes, the casino night finale begins at 9 p.m. So, in the rhythmic words of Kenny Rogers, "know when to hold 'em, know when to fold 'em, and know when to walk away -- when the deal is done!"

Monday Transportation Details . . .



ATTENTION... Here is the schedule for transportation departures on Monday morning.

Buses depart from in front of the Marriott.

| Departure | Flight Time |
|-----------|----------------------------|
| 4:15 a.m. | 6 to 7:59 a.m. |
| 6 a.m. | for those riding the Metro |
| 6:15 a.m. | 8 to 9:59 a.m. |
| 7:45 a.m. | 10 to 11:59 a.m. |
| 10 a.m. | 12 to 1:59 p.m. |
| 2 p.m. | Last bus for the airport |

*** If your flight departure time has changed since you completed your registration form, please stop by the headquarters room on the second floor of the convention center and give them your new information.



Interfaith Service and Catholic Mass

If you wish to attend Catholic Mass this morning, please meet in the Marriott Hotel lobby at 8:30 a.m. A van will take you to the 9 a.m. service at St. Thomas the Apostle Church. The church is located at 3774 Jackson St. in Riverside.

For those wishing to attend the Interfaith Service, VA Chaplain Tom Smith will hold services at 9:30 a.m. in Aviator's East Room on the second floor of the RCC.



DAILY MENU

Sunday, October 26, 2008

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

Brunch: 8 - 11 a.m.

Dinner: 7 p.m.

Brunch

Cheese and Vegetable Omelet; Bacon and Sausage; Breakfast Potatoes; Waffles with Warm Syrup, Strawberries and Whipped Cream; Assortment of Breakfast Pastries to include: Bagels, Caramel Rolls, Danish Pastries, Muffins and Breakfast Breads; Orange Juice, Apple Juice & Tomato Juice; Roast Beef; Mashed Potatoes and Gravy; Steamed Green Beans; Garden Salad & Assorted Dressing; Oatmeal & Dry Cereal; Fresh Fruit; Milk (Soy Milk is available upon request); Coffee, Hot Tea & Iced Tea

Dinner - Closing Ceremony

Butternut Salad; Raspberry Vinaigrette and Honey Blue Dressing; Dinner Rolls and Butter; Flat Iron Steak; Artichoke Stuffed Chicken with Cream Sauce; Goat Cheese Mashed Potatoes; Fresh Seasonal Vegetables; Chocolate Reflection Cake; Panna Cotta with Seasonal Berries; Coffee, Hot Tea & Iced Tea

Vegetarian Option: Trio Acorn Squash Rings



Sunday, October 26

Star Artists

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| 8 – 11 a.m. | Brunch – Raincross Ballroom |
| 8:30 a.m. | Depart from Marriott Hotel lobby for Catholic Mass (for those who wish to go) – St. Thomas the Apostle Church (9 a.m. Mass.) |
| 9:30 a.m. | Interfaith Service – Aviator’s East, 2nd floor |
| 10 a.m. – Noon & 10 p.m. - Midnight | Hospitality Room Open at Marriott Hotel – Suite 1228 |
| 11 a.m. | Team leader & support staff meeting – La Sierra, 2nd Floor |
| 11:30 a.m. | Team leaders & support staff meet with artists |
| 12:15 – 1:45 p.m. | Artists at art exhibit to discuss their work with audience members – East Foyer |
| 2 – 5 p.m. | Stage show performance – Ben Lewis Hall |
| 5 – 6 p.m. | Reception – Outside patio |
| 6:30 p.m. | Pre-dinner Music in the Raincross Ballroom |
| 7 p.m. | Closing celebration dinner and remarks - Raincross Ballroom |
| 9 p.m. | Casino Night and entertainment - Raincross Ballroom |

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.

Star Performers

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|---------------------------------|---|
| 8 – 11 a.m. | Brunch – Raincross Ballroom |
| 8:30 a.m. | Depart from Marriott Hotel lobby for Catholic Mass (for those who wish to go) – St. Thomas the Apostle Church (9 a.m. Mass) |
| 9:30 a.m. | Interfaith Service – Aviator’s East, 2nd floor |
| 10 am - Noon & 10 pm - Midnight | Hospitality Room Open at Marriott Hotel – Suite 1228 |
| 11 a.m. | Team leader & support staff meeting – La Sierra, 2nd floor |
| 11:30 a.m. | Team leaders & support staff meet with performers at RCC; bring all costumes, and wear white shirts, black pants, etc. |
| Noon - 1 p.m. | Performers into costume and makeup at RCC |
| 1 p.m. | All performers meet in Green Room for warm up and pep talk |
| 1:50 p.m. | All performers on stage |
| 2 – 5 p.m. | Stage show performance – Ben Lewis Hall |
| 5 – 6 p.m. | Reception – Outside patio |
| 6:30 p.m. | Pre-dinner Music in the Raincross Ballroom |
| 7 p.m. | Closing celebration dinner and remarks - Raincross Ballroom |
| 9 p.m. | Casino Night and entertainment - Raincross Ballroom |

NVCAF WEB SITE
www.creativeartsfestival.va.gov

Check out the Creative Arts Festival Web site when you get home for all the latest and greatest information on this year’s Festival. You’ll find pictures galore along with your hometown news release. Look for copies of the competition and souvenir booklets. Be sure to show the *ARTSGRAM* to your friends and family. It’s a great way to share your experience with others.

Hospitality Suite

Enjoy the hospitality of the American Legion Auxiliary (ALA) for one last time today in the Hospitality Suite (Marriott Suite 1228). Hours today will be from 10 a.m. to Noon and from 10 p.m. until Midnight. Thanks ladies for all your smiles, tasty treats and words of encouragement this week!



OOPS!

We inadvertently misspelled Linda DuMoulin’s last name in the Saturday *ARTSGRAM*. Our sincere apologies, Linda!
 - Editor



Medical Suite



- Marriott Hotel Room 901 & 902
- Open 8 a.m. to 10 p.m. and after hours on-call
- Phone numbers: inside the hotel use Ext. 7901, outside the hotel call (951-784-8000 ask for room 901
- Participants should inform team leader(s) of any medical concerns for assistance. Medical personnel will accompany veterans and support personnel on all trips away from the hotel.

Veterans History Project

Many thanks to all veterans who participated in the VHP project this week – you helped make history come alive! More than 30 interviews were recorded at this year’s Festival. If you weren’t able to do it this time, we hope you have a chance to participate in this wonderful project in the future.



Today’s Weather
 Low - 53°
 High - 93°
 Sunny and bright!