

Great Games GAZETTE



A Publication of the 27th National Veterans Wheelchair Games

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Friday, June 22, 2007

Great Games Quotes from Our Veterans

For some, participating in national rehabilitative programs provides hope and the ability to deal with some of life's challenges. This week, we have had the opportunity to share this awesome experience with wheelchair athletes from throughout the United States, Puerto Rico and Great Britain. Here's what some of them had to say:



(left to right) Arthur Bean and buddy Patrick Grutkowski from Erie, Pa.

"This is the best run Games I have ever been to. The well organized transportation really makes this 'Great Games.'"

~Arthur Bean, Army veteran Leavenworth, Kan.

"I think it is great that VA and PVA let us participate in sports and show others that having an injury is not the end of the world."

~Morris Bowen, first-time participant and Army veteran Pensacola, Fla.

"The Games have shown me that I can do many things even though I am in a wheelchair. They have given me a real sense of independence."

~Tyrone Brown, Air Force veteran Leavenworth, Kan.

"The emotion and excitement of my first Wheelchair Games changed my life. I used to be disabled."

~Roy Bemis, Navy veteran Loon Lake, Wash.

"I call us the 'wheelchair soldiers.' We fight a different battle now with different weapons, but we'll always be soldiers."

~Larry Binger, longtime competitor and Navy veteran Newark, Del.

"People should come out and see how hard these guys play. Basketball players get knocked out of their chairs, get back in and go on playing."

~Caleb Smith, Navy veteran Castle Point, N.Y.



Caleb Smith

"The Games put everything that you are personally going through into perspective."

~Pamela Foley, Air Force veteran Tucson, Ariz.

"The Games keep me active and help me remain positive. It gives me the inner strength I need to go forward."

~Terry Rock, Navy veteran Huron, Ohio



Steven Robinson

"The Games are always a positive experience. It is incredible how smoothly it goes. You can't know how much we appreciate all the work that goes into them."

~Steven Robinson, Marine Corps veteran Gainesville, Texas

ADA Medical Research at the Games

The Americans with Disabilities Act (ADA) was enacted in 1990 as an all encompassing federal civil rights act for the disabled. ADA Accessibility Guidelines have been modified since then, but original data used for those guidelines were generated in the 1970's and early 1980's. Rory Cooper, Ph.D., wheelchair athlete and researcher, believes that it is past time for the ADA guidelines to be redefined.

A research team led by Dr. Cooper at the Human Engineering Research Laboratories at VA Pittsburgh Healthcare System and University of Pittsburgh Model Center on Spinal Cord Injury, is collaborating with the University of Buffalo (N.Y.) Idea Center to collect necessary data. This involves measuring body and wheelchair structural and performance data over a six meter course that employs different tolerance widths for maneuverability in wheelchairs. In addition, measurements include starting and stopping within target widths and lifting cans of different weights for placement on four different shelf heights. The team began collecting data in May, with a goal of at least 100 participants by October.

Speaking to fellow Wheelchair athletes, veterans and others, Dr. Cooper says, "This is your chance to help define what the new guidelines will be." Anyone interested in participating in this study or any others can contact the

Pittsburgh research team in room 203E at the MAC. Alicia Koontz, Ph.D., co-investigator of the ADA study, reported that 50 people have participated in research studies this week.

Dr. Cooper's team is also studying (1) a special joy stick developed for power wheelchairs; (2) rotator cuff injury and carpal tunnel syndrome in wheelchair users using ultrasound and physical examination; and (3) special performance equipment in power and manual wheelchairs that gathers data on distance, speed and time of day. These devices will be placed in manual chairs for basketball and quad rugby competitions here at the Games.

For more information about the Human Engineering Research Laboratories, visit the Web site at www.herlpitt.org.



Tim Kelly, South Hadley, Mass., works with Padmaja Kankipati, doctoral student, while Rory Cooper, Ph.D., leader of the research team here at the Games this week, looks on.

We're All A-Buzz



After attending the Games for many years, 2007 Co-chair Dr. Ken Lee knew that athletes needed to be able to identify members of the Local Organizing Committee. He wanted that to be very easy in Milwaukee.

Looking for a color that would really stand out, Lee chose banana yellow shirts for local committee members. One of the group, Henry Spates, Milwaukee's Canteen manager, voiced his opinion that he would look like a giant bumblebee in his shirt. That was all the creative spark Lee needed.

Lee, his children, and sister-in-law, Canteen employee Cynthia Chung, spent an entire day in Lee's basement applying the smiling bumblebee decals to 300 shirts. The shirts went over even better than Lee expected. Athletes have been heard telling each other to "go ask the bumblebees." Some have even asked where they could get a shirt of their own.

Speaking of which, several lucky athletes will now be able to have their very own bumblebee shirts. Names of all registered athletes will be entered in a drawing for any shirts remaining, and winning names will be posted at the MAC Hospitality Desk on Saturday at noon. Bee there!



The "Three Amigos of the Games" show off their "bumblebee" shirts. (Left to right) Brian Walker, the local coordinator; and Dr. Kenneth Lee and Dean Martell, local co-chairs of local organizing committee.

Power Chair Relay is Newest Medal Event

The Powerchair Relay is the newest medal event at the National Veterans Wheelchair Games. After two years as an exhibition activity, Games organizers added it as another medal event for our athletes using power wheelchairs. The event has become very popular among the athletes who participate. "We are always pleased to be able to add a medal event for competitors – especially for the powerchair athletes," said Tom Brown, National Director of the Games for VA.

David Fowler of Katy, Texas, strongly agrees. He has participated in the event the last several years and has looked forward to it being a medal event. "It is one more event for power wheelchair users to try," Fowler said. "It's a great team event where we are all working together to try and strategically place our wheelchairs in the best order based on the speed and performance of each person's chair."

The distance for the Powerchair Relay is 800 meters. The first and second legs are 200-meter runs in assigned lanes. The final leg of 400 meters can be run out of lane with each competitor going to Lane One to finish the race. Each team consists of three competitors, who decide among themselves the order in which they run.

There are two divisions: one for mouth, chin or head controlled wheelchairs and the other for wheelchairs using hand controls. (At the event, athletes using either type can be placed on the same team.) Each heat has a 10-minute time limit. Only four-wheeled chairs are acceptable for this event and helmets are mandatory. First, second and third place medals will be awarded when the other track event medals are presented on Saturday. In upcoming years, the Powerchair Relay will be considered one of the Games track events, similar to the Powerchair 220.

Fowler highly recommends this new event for other veterans who use motorized wheelchairs. "And if they're any good, tell them they can be on my team," he said.



Susan Macaulay of Juneau, Alaska, competes in the 2006 Games.

Dear Dr. Dan:



Dear Dr. Dan,

I am not sure if it is the heat and humidity or all the activities I am doing each day, but my amputation stump is really uncomfortable (much more so than what I usually experience at home). Can you share any tips to increase my comfort level?

~ Uncle Uncomfortable

Dear Uncle,

Proper residual care is critical to your comfort. The basic concept here is to do what is needed to maintain conditions that are as clean and dry as possible at your amputation site.

Both the residual limb and the interior of plastic sockets must be washed daily with warm water and a mild soap. To avoid irritations and infection, detergents should be avoided. Some amputees have found a hair dryer to be useful in drying the limb and preparing the socket for donning.

You should use a small amount of talcum powder and dust off any excess. Use a mirror if necessary to see the hard-to-get-at areas, and if you notice any red or blistered areas, skin breaks or chafing, get in touch with the on-site medical staff.

Some amputees wear socks in combination with sheaths or liners to get the best possible fit, while others wear liners without socks. Some above the knee amputees have more tissue on their residual limb to provide padding and do not need a sock for added comfort, or they may be unable to wear one if wearing a standard suction socket. (The residual limb has to directly contact this type of socket to work.)

Prosthetic socks can play an important role in limb care and comfort. Socks must be applied carefully to avoid wrinkles, and should be replaced daily with newly laundered ones – more often in warm, humid weather. They should be washed in warm water with a mild soap. Most manufacturers recommend that socks be rotated on at least a three or four day schedule to allow the fibers to retain their original position.

~ Dr. Dan

Photos from the Games



Army veteran Centra Mazyck of Columbia, S.C., shows off her bowling skills.



Mohan Prasad Vallabhapurapu of Norco, Calif., is a Navy veteran receiving great pass in power soccer.



Aaron Roux of Tucson, Ariz., raises the flag during his slalom competition. Roux is veteran of the Marine Corps.



Navy veteran Randy Pontow of Las Vegas, Nev., maneuvers over obstacles in the slalom.



Kevin Patton of Sacramento, Calif., backhands the ball during his table tennis match. Patton served in the Air Force.

Photos from the Games ...



Photos from the Games



Strike! Gary McDermott of Clinton, Iowa, is an Army veteran scoring a strike on Wednesday.



Daniel Kaminski from Las Vegas, Nev., is a Navy veteran taking aim during the air guns competition.



Darryl Lair of Hesperia, Calif., is a Navy veteran completing a lap during the swimming competition.



Introducing...

Scott Winkler from Augusta, Ga., is an Operation Iraqi Freedom veteran who was injured in Iraq in 2003. He was discovered by Paralympics scouts at the Military Summit in October 2006, and now holds world records for discus and shot. Next week, he will be going to the U.S. Paralympics Track and Field National Championships in Atlanta, Ga., hoping to qualify for the 2007 Parapan American Games in Brazil.

This is his first time at the National Veterans Wheelchair Games. He captured gold medals in shot, discus and javelin yesterday.

He loves to coach other athletes, especially kids.

His favorite saying is, "If you believe, you can achieve."



**“Party, Party, Party, Party” ...
Tonight at the Block Party!**

Don't miss the excitement! Wear purple tonight in honor of Purple Heart Day and get ready to enjoy a great night of fun! Block party festivities start at 4 p.m. and end at 9 p.m. in the O'Donnell Park

Complex, South Garden on Milwaukee's beautiful lake-front. Buses will run to and from the party starting at 3:30 until 10:30 p.m. from the Wells Street (north side) entrance of the MAC.

Tonight's outstanding menu was created by Chef Robert Irvine, President of Irvine Thyme, as seen on the Food Network with the show "Dinner Impossible." Chef Robert will be overseeing the food preparation.

Entertainment is provided by Boo! the Band, a local group with an eclectic sound that mixes rock, alternative, metal, country, disco, hip hop, blues, jazz, punk and gospel music influences. Other highlights of the evening include a fly-over from the U.S. Coast Guard early in the evening and a parachute jump by Dana Bowman, a former member of the U.S. Army's elite parachute team, the Golden Knights (see below).

Don't forget to bring your meal badge, as it is your ticket to the party!

Thanks to the Veterans Canteen Service (VCS) for sponsoring this evening's party.

Guess Who's Dropping In!

Come to the block party this evening, to witness the arrival of veteran parachutist Dana Bowman. A longtime participant in VA's national rehabilitation special events, Bowman lost both legs to a tragic skydiving accident while serving as a member of the U.S Army's Golden Knights parachute team. He made his first parachute jump as an amputee in 1995, only six months after he was injured, and continues to be an active parachutist today.



**Food,
wonderful
food...**



**for
Friday, June 22, 2007**

Meal services continue through lunch on Saturday, June 23, at the MAC Ballroom, or at Concession Stand B.

Hours for Meals in the Ballroom

Breakfast: 6 - 9:30 a.m.

Lunch: 10 a.m. - 3:30 p.m.

Dinner: **Block Party at O'Donnell Park, starting at 3:30 p.m.**

Concession Stand B located on the third floor in the main walkway of the MAC, has a more limited choice, such as hamburgers, fries, pretzels, nachos, salads, pizza, deli sandwiches, candy, chips and soda. *Meal vouchers or cash will be accepted as payment.*

Daily Menu at MAC Ballroom for Breakfast

Scrambled Eggs, Omelets (two types), Hash Browns, Skillet Potatoes, Ham and Sausage Patties, Pancakes with Syrup, English Muffins, Dry Cereal with Milk, Fruit Cup, Hot Oatmeal, Bananas and Oranges, Yogurt, Orange and Apple Juice, Coffee, Decaf, Hot Tea, Assorted Muffins and Danish

Daily Menu at MAC Ballroom for Lunch

Rolls and Butter, Hearty Soups (two types), Main Courses, Salads: Caesar, Cobb, Garden, Pasta, and Cole Slaw
Desserts: Cookies, Pies, Cheesecakes, Carrot Cake, Brownies
Beverages and Snacks, Pizza, Novelty Candy, Sausage Cart with Hot Dogs, Bratwurst and Italian Sausage

Main Courses for Friday, June 22

Lunch: Fried Cod; Spaghetti and Meatballs

Dinner: Block Party at O'Donnell Park (No meals in the Ballroom. Concession stands will be open on the third floor for those unable to attend the Block Party.)



Thumbs up for Dana Bowman, 44, of Willow Park, Texas.



**Deadline for Spirit Nominations is
8 a.m. Today!**

If you're reading this at breakfast, it's not too late to drop off your nomination for the 2007 Spirit of the Games Award. Hustle yourself over to the ballot boxes, located right in the dining room or at the main hospital-ity desk in the Midwest Airlines Center so you can drop off your ballot first thing today. We want your voice to be heard when we select this year's award recipient!



Daily Bulletin Board



Transportation All buses to events load and unload on Wells Street (on the north side of the MAC.) Please be at the bus loading area *at least* one hour before your event.

Event	Venue	Shuttle timeframe
Track	Greendale High School	6 a.m. - 2 p.m.
Softball	Milwaukee County Zoo	6 a.m. - 6 p.m.
Block Party	O'Donnell Park	3:30 - 10:30 p.m.

Hospitality Desk Hours

At the Midwest Airlines Center, the hospitality desk is located in the east concourse of the first floor of the center:

Today	7 a.m. – 9:30 p.m.
Sat., June 23	7 a.m. – 6 p.m.

Hospitality desks are located in the lobby of the Hyatt, Hilton, and Courtyard by Marriott hotels on Friday and Saturday.

Today	7 a.m. – 9:30 p.m.
Sat., June 23	7 a.m. – 6 p.m.; 9 p.m. – Midnight



Awards... For sports events with a clear winner, medals will be awarded at the venue immediately after the event. These include: 9-Ball, Basketball, Power Soccer, Quad Rugby, Slalom, Softball, Table Tennis and Weightlifting. If you are unable to accept your immediate award after the event, they will be available at the next scheduled awards time at the MAC, Exhibit Hall D, or for pick-up prior to the Closing Ceremonies.

If results must be tabulated, medals are delayed and will be presented at the MAC, Exhibit Hall D during the following times.

Today	10 a.m. to Noon 3 to 5 p.m.	Bowling Air guns, Handcycling
Sat., June 23	10 a.m. to 1 p.m. 2 to 5 p.m.	Track [including the Power Chair 220 and Power Chair Relay] Medal Pick-up (located in hallway next to Hospitality) Archery, Motor Rally

There will be one award photo taken per athlete. **The award photos from the venues may be picked up at the meals service check-in in the MAC.** Medals will be available as soon as the results have been confirmed. Confirmed results will be available two ways – scrolling on monitors located throughout the MAC, and posted along the hallway leading to Ballroom D. Athletes are requested to pick up their medals daily so there is not a long line on the last day.



Medical Details

Medical suites are available at the Games hotels: Hilton, room 950; Hyatt, room 1704; and Courtyard by Marriott, room 303. They will be open from 7:30 a.m. to 11 p.m. daily for treatment of injuries and illnesses, closing at 8 a.m. Sunday, June 24. If any athlete has a medical emergency after the medical suites are closed, the hotel operator should be contacted. The operator will take the veteran's name and room number, and communicate with the physician or nurse on call.

The medical suite at the MAC will be open each day at 7:30 a.m. and will remain open until the last event in that location has ended.

Do not call 911 unless there is a life-threatening emergency! If this should occur, please have the hotel operator contact 911.

Only registered athletes or registered volunteers on duty may be treated by Games' medical staff. A list of local emergency clinics and hospitals will be available for family members who need medical assistance.

DME & Wheelchair Repair



Durable Medical Equipment (DME) is located at the Hilton Hotel, Mitchell Room, 4th Floor; Hyatt Hotel, Pere Marquette Room; and Courtyard by Marriott, Boardroom 1.

DME Hours of Operation

Today	On-call (Please call (630) 270-0567)
Sat., June 23	11 a.m. – Midnight (Except Closing Ceremonies)
Sun., June 24	5 a.m. – Noon

Wheelchair repair will be available at the Hilton Hotel in the Walker Room today through Saturday from 8 a.m. - 8 p.m. Staff will also be available at the event venues and at the MAC in the Invacare minor repair tent. Additional wheelchair repair support will be provided at the airport on Sunday.

Games Memorabilia



Souvenir items are being sold in the memorabilia booths at the MAC today from noon until 8 p.m. Booths are located on the first and third floors.

Pick up some great 2007 shirts, hats, visors, bandanas, and lots of other cool souvenirs. All proceeds go to the National Veterans Wheelchair Games, so your purchases help support this great event. Have fun shopping!



Great Games on a Great Lake Daily Schedule for...

Friday, June 22, 2007

6 – 9:30 a.m.	Breakfast	MAC, Ballroom
8 a.m.	Track - IA – IC; II - V	Greendale High School
	Softball - Games 1, 2	Milwaukee County Zoo
9:30 a.m.	Softball - Games 3,4	Milwaukee County Zoo
10 a.m. – 4 p.m.	Family Zone	MAC, Third Floor
10 a.m.	Softball - Games 3, 4	Milwaukee County Zoo
10 a.m. – 2 p.m.	Kids Day Program	Milwaukee County Zoo
10 a.m. – 3:30 p.m.	Lunch	MAC Ballroom
		Milwaukee County Zoo
10:30 a.m.	Powerchair 200	Greendale High School
	Powerchair Relay	Greendale High School
11 a.m.	Softball - Games 5, 6	Milwaukee County Zoo
12:30 p.m.	Softball - Games 7, 8	Milwaukee County Zoo
1 p.m.	Table Tennis - IA, IB, IC	MAC, Exhibit Hall D
2 p.m.	Softball - Games 9, 10	Milwaukee County Zoo
3 p.m.	Nine-Ball - IA, IB, IC	MAC, Exhibit Hall A
3:30 p.m.	Softball - Finals	Milwaukee County Zoo
4 – 9 p.m.	Block Party	O'Donnell Park
6:30 p.m.	Basketball - Games 7, 8	MAC, Exhibit Halls C,D
	Quad Rugby- Game 3	MAC, Exhibit Halls C,D
8 p.m.	Basketball - Games 9, 10	MAC, Exhibit Halls C,D



Softball Fans Please Note: You will need to pay for parking/admission to attend the softball games at the Zoo today. Reduced price tickets are available at the souvenir booths on the first and third floors of the MAC only. Prices are

\$6.00 for adults; \$4.00 for children 3 to 12; children 2 and under are free. NO reduced price tickets will be available at the Zoo.



If you have scheduled an appointment to do a Veterans History Project interview, please make sure you remember your time!

If you find you can't keep your appointment, please let them know so that they can schedule someone else in your slot and reschedule your interview time. Thanks!



Have you checked your results on the Games' Web site yet? Well, come on by one of the two internet cafés here in the Midwest Airlines Center and log on. We're open from 8 a.m. until 8 p.m. In addition to all the Games' information, you can check the news of the day, send e-mail messages and surf the net to find out about next year's Games in Omaha! Cafés are located on the first and third floors.



Share with your friends and family back home about the Great Games on a Great Lake. Daily editions of the Great Games Gazette are located on the main home page, and individual news releases and photos are located on the "Athlete Information" tab. Information will be updated through Saturday morning.



Did you lose something? Lost and Found is located in the Games Command Center,

Room 102 D/E, open today from 7 a.m. - 11 p.m. If you should find anyone else's lost items, please drop them off there. Thank you!



**High 75° – Low 63°
Cloudy all day, with
scattered showers
or thunderstorms**