



‘You’re Never Too Old to Become Younger’ – Mae West

by Jeanne Miserendino

These words could never be truer for 82-year-old Army veteran, Joseph Hineman. As this year’s oldest participant at the National Disabled Veterans Winter Sports Clinic, Hineman is most definitely an example of a youthful and courageous spirit.

Hineman, a World War II veteran from Marshalltown, Iowa, was drafted to the 99th Infantry Division at the young age of 20. In October 1944, Hineman arrived at the German/Belgium border in time to experience one of the coldest, snowiest winters in area history. During the Battle of the Bulge, Hineman remembers, “We were fighting the Germans as much as we were fighting the weather.” Hineman recalls feeling “lucky” to have survived such a horrific battle. Just a few months later, the Germans attacked the house Hineman and another soldier had taken for cover. When a mortar shell went off in nearby trees, shrapnel hit him in his left thigh and right calf. The shrapnel caused such a severe infection that Hineman’s left leg was amputated in order to save his life.

Upon his discharge in April 1946, Hineman returned home to attend Iowa State University and earn his bachelor’s degree in agriculture. Since then, he has gone on to earn a masters degree in dairy science from the University of Missouri, a masters in rehabilitation psychology from the University of Northern Colorado, and a doctorate in psychology from the University of Utah.

At age 75, Hineman retired from his position at the Department of Veterans Affairs (VA) psychiatric hospital in Knoxville, Iowa. Retirement surely hasn’t slowed him down. Hineman currently spends his time conducting anger management classes at a nearby prison, helping fourth graders with their reading skills, and volunteering as a companion for the dying.



Operation Iraqi Freedom veteran Oscar Olguin and WWII Veteran Joseph Hineman exchange war stories.

Youth Conquers All

“I anticipated having a good time at the Winter Sports Clinic,” said Oscar Olguin, 19, of La Puente, Calif. The youngest participant at this year’s Clinic, Olguin is a combat-wounded veteran of Operation Iraqi Freedom. He first tried skiing only recently in New York, and had a great time there. Olguin was looking forward to coming to this Clinic because he knew that some of the same instructors would be here.

Olguin left La Puente at age 17 to join the Army. While on active duty in Iraq, a suicide car bomber drove into a high mobility multi-purpose wheeled vehicle outside of Ramadi, causing him to lose his right leg below the knee. Still on active duty at Walter Reed Army Hospital in Washington, D.C., Olguin now looks



Oldest Veteran, continued from page 1



Joseph Hineman prepares for a run down the slope.

Now a father of three, grandfather of ten, and great grandfather of six, Hineman gets out on the slopes with the best of them. He first learned to ski at the Winter Sports Clinic in 1993 when his daughter, who volunteers for the Clinic, first told him about the event. “I wanted to do something different and adventuresome,” Hineman said. “The Clinic has provided me with more self-confidence and self-esteem than I could have ever had without it.”

This year marks Hineman’s fifth consecutive year attending the event. He was mostly looking forward to getting more proficient at three-track skiing as well as meeting many new people. Hineman is skiing, snowmobiling, scuba diving, and playing sled hockey this week – activities usually not associated with 82-year-old men. When told he is the oldest veteran attending the Clinic, Hineman beams with pride. He truly shows us all that neither age nor injury should deter someone from accomplishing greatness.

Youth, continued from page 1



Oscar Olguin

forward to going to college. He plans to pursue a degree in business, hoping to start a construction company in the future – work he had done prior to joining the Army.

Olguin says, “The atmosphere here is great.” In addition to downhill skiing and snowboarding as a member of the Clinic’s Sunnyside team, Olguin enjoyed the trip to Basalt for trap shooting and archery on Tuesday, and looks forward to snowmobiling. About his

first experience at the Winter Sports Clinic, he puts it quite simply. “This is one of the best things ever – especially for amputees,” he said.

Women Veterans Excel at the Winter Sports Clinic

As more and more women enter the military, more women veterans are coming to the Winter Sports Clinic. This year, 37 women are participating.

One is Monica Pearl, who is here for the fourth year. A Navy veteran, Pearl was diagnosed with multiple sclerosis after one year of active duty and received an honorable medical discharge. She goes to the Rochester, N.Y. VA facility for her medical care. Pearl is very active, loves the water and swimming, as well as trap shooting, yoga, and bi-skiing. According to Pearl, the Winter Sports Clinic is “something to look forward to” every year. “It’s a chance to talk with people and participate in many activities.”

Beverly Miller from Los Angeles, Calif., feels the same. “You meet a lot of different people, some with disabilities similar to yours and some in worse shape. You think about that, and you say, ‘if they can do that, I can too.’” As a logistician in the Marine Corps, Miller worked in aviation supply from 1956-60. After having a stroke a few years ago, she attended the Clinic for the first time. She especially likes to downhill ski, so she has returned for her fourth year in a

row. Miller receives care at VA’s Greater Los Angeles Healthcare System. Even though she was sick last week and says she “started not to come,” she thought about it and knew she would get “positive reinforcement and motivation” by being here. Miller wants to thank the volunteers and instructors at the Clinic, who she says are “awesome.” She said, “I don’t think we’d be here but for them – if they weren’t here, there would be no Clinic.”



Monica Pearl

Here’s what a few of our other female participants had to say about the event.

See “Women Veterans,” page 4



Vince Gill and Amy Grant 'Look into our Hearts' at the Winter Sports Clinic

Vince Gill and wife Amy Grant, both Grammy award-winning country music superstars, will be performing tonight at the Silvertree Conference Center at 9:00 p.m.,



with concert doors opening at 8:00 p.m. Courtesy of Challenge Aspen's great network of superstars, Gill and Grant's concert is their personal heartfelt donation to the veterans participating in the 2005 Clinic. Challenge Aspen is located here

in Snowmass Village, with a mission to provide recreational and cultural experiences for individuals who have mental or physical disabilities. In recent years, Challenge Aspen has become an important part of the Winter Sports Clinic's great success.

Gill and Grant are no strangers to advocacy for veterans and disabled persons. Both are honorary board members of Challenge Aspen and have been closely



involved with the organization's fundraising efforts for the last two years. They are sponsors for the Amy Grant and Vince Gill Snowmass Club Charity Classic and the annual John Denver Memorial Concert.

Since 1990, Gill has won 14 Grammy awards, a tie with the late Chet Atkins for the most Grammys won by a country artist.



Grant is multi-platinum award winning artist becoming an icon in the Christian music genre but also one of the most celebrated artists in pop music today.

Don't Forget to Vote!



The Public Affairs Team has shared many wonderful stories through the *SkiGram* this week about participants, instructors and volunteers who have touched lives of veterans in extraordinary ways. Now you have the opportunity to highlight someone who has made a difference to you during this week's Clinic by casting your vote for those who

have gone above and beyond.

During Closing Ceremonies the following awards will be presented:

◆ The Linnie Howard Spirit Award recognizes the participant who best exemplifies the spirit of the Clinic;

◆ The Judy Shawo Commitment to Excellence Award is awarded to the volunteer who demonstrates the highest commitment to the Clinic;

◆ The Sid Ford Award for Service Above and Beyond the Call of Duty, recognizes the VA employee who demonstrates the highest level of dedication to the Clinic;

◆ Best Downhill Ski Instructor Award;

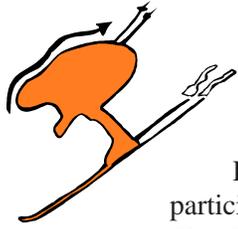
◆ Best Cross Country Ski Instructor Award;

◆ Best Team Leader Award.

If you haven't voted yet, please stop by the Conference Center lobby. Ballot boxes are located on the table by the Host Room. The deadline for voting is today!



The Race is On!



It's a race against the clock as we get ready for *Race Day 2005*. This year's theme is *Great Teams in History*, setting the stage for another fun and thrilling event.

Race Day has long been a favorite of participants, staff and guests. Although there is no official competition between participants, each skier competes within him or herself to achieve their own personal best. According to Rick Ackerman, an Air Force veteran from North Bloomfield, Ohio, gates are set up based

on the level of the competitor. As is the case with all activities this week, the instructors, coaches and volunteers have an important role in Race Day activities.

Races begin promptly at 8:00 a.m. Friday morning. Rick Townsend, Clinic volunteer coordinator, and Henry Bullock, Clinic transportation coordinator, will be assisting several special guests with medal presentations. The presentations begin at 10:00 a.m. in the Village Mall.

"The goal for each veteran is to better themselves throughout the week," Townsend said. "Their successes are acknowledged when they receive their medals."

Don't Miss Friday's Closing Ceremonies

Be sure to attend Closing Ceremonies and the Victory Celebration tomorrow evening beginning at 7:00 p.m. in the Conference Center Ballroom.

Dr. Lawrence Biro, Director of VA's Rocky Mountain Network will serve as Master of Ceremonies. Special guests include Bo Derek, National Honorary Chairperson for VA Rehabilitation Special Events; Ed Hartman, DAV National Director of Voluntary Services; Sandy Trombetta, Director of the Winter Sports Clinic; Dr. Michael Murphy, Director of Grand Junction VA Medical Center; and James Sursely, National Commander

of the DAV. The Honorable Gordon Mansfield, Deputy Secretary of Veterans Affairs, will deliver keynote remarks.



A highlight of the evening will be the presentation of special awards, and the closing video presentation highlighting activities of the week. Following the ceremony, come to the Victory Celebration for dessert and a last chance to mingle with all the new friends you've met at the Clinic this week. Entertainment will be provided by Gary Quist and the All Star Band.

Women Veterans continued from page 2



Ruth Kult, from Fairview Heights, Ill., and instructor Karen Petit

"I thought my life was over when I first attended the Winter Sports Clinic," said Carol Adams, an Army veteran from Lake Park, Fla.

"Thanks to the Clinic, I am now a certified scuba diver and I participate in other athletic events. I have my own ski equipment and have even joined a ski club. I have found that anything is possible, even if I have to do it a little differently."

"Participating in the Winter Sports Clinic is an awesome experience," said Lisa Bard, an accomplished wheelchair athlete and martial artist.

"Last year I was really scared to get out there and ski. I still tell people that it was the best week of my life!" Bard is an Air Force veteran from Germantown, Md.

"I just started skiing a few months before coming to the Winter Sports Clinic," said Laura Chmielewski, a Navy veteran from San Diego. "This is my first time at the Clinic and I've looked forward to this whole new experience on the mountain." Chmielewski is a veteran of Operation Iraqi Freedom/Enduring Freedom.

"The Clinic helps people with disabilities find their abilities," said Rose Ganz, another Air Force veteran from Arnold, Mo. "I have done things that I never imagined I could do, even before I was disabled. I can scuba dive now and conquered the climbing wall."

Perhaps new veteran Danielle Green, another Iraqi Freedom veteran from Chicago, Ill., sums it up best. "The Winter Sports Clinic is a wonderful opportunity for individuals who are physically challenged to conquer their fears on the slopes," said Green. "Sports has allowed me to challenge myself physically and mentally, and reach new heights. I want to show the world and myself that I am still the same person."



Photos from the slopes. . .



Katlyn Parks takes her turn at scaling the "Mountain."



Enjoying the Instructors Appreciation Party



"Jamming" at the Clinic



Great food and friends!

Omission:

In yesterday's SkiGram, page 5, we were unable to identify the rock climbing participant as Peter "Sunny" Coffelt, from Kansas City, Kan.



Photos from the slopes. . .



Brian Turner, Delevan, Wis., with instructor James Worthington



Julius Franklin, Hampton, Va., with instructors Jeff Reiss and Elise Bowne



James Collins, Roanoke, Va., with instructors Stella Levin and Hannah Nishimoto



Darrell Wilson, San Antonio, Texas

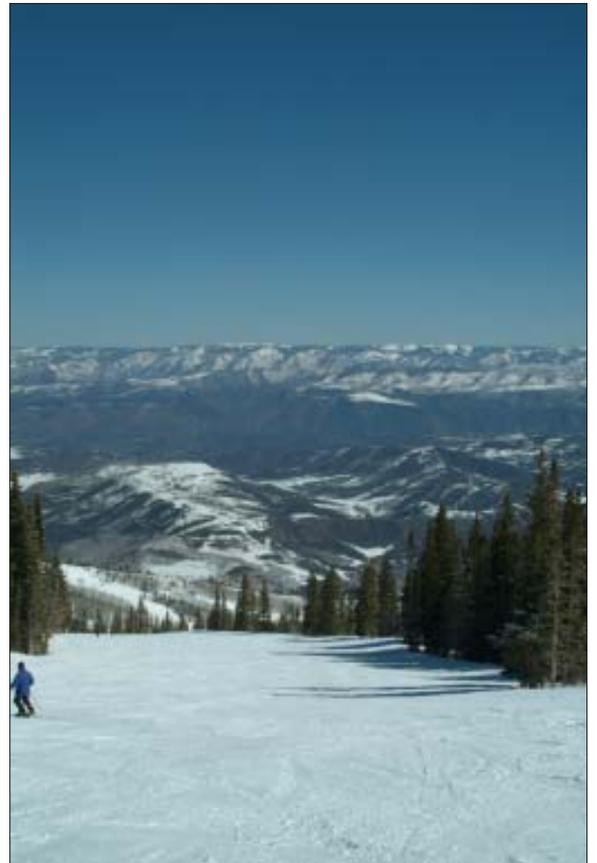


Photos from the slopes. . .





Photos from the slopes. . .



Scenes around the Clinic



Slicing the Ice Nets Big Wins in Sled Hockey

Take a hockey puck, an adaptive sled and some enthusiastic players and you'll soon be hearing "they shoot, they score!" at the Aspen Ice Rink.

Sled hockey is an exciting ice sport that allows individuals with limited mobility to enjoy the great sport of hockey. Originating in Sweden in 1940, it has been part of the Winter Sports Clinic for the past four years.

"We play by the National Hockey League rules," said Tim Howard, sled hockey instructor. "That means there can be full body checking, just like stand-up hockey. The only thing

we don't allow is T-boning or fighting. Either of those means full expulsion from the game."



After the game!

Sled hockey is very similar to stand-up hockey in terms of concept and rules. The main difference is

that instead of standing to skate, participants sit on their skates using an adaptive device known as a sled, which is affixed with two skate blades and a runner in the front to form a tripod.

The other main difference is that in sled hockey, participants use two shortened hockey sticks with a blade on one end and a pick (similar to the end of a figure skate) on the other end, enabling them to propel themselves across the ice much like cross country skiing.

"This is a great team sport for amputees," Howard said. "Beyond allowing opportunities to advance teamwork, they have a real advantage over standing players. The hockey sleds allow greater control which means better turning and stick handling.

This year's sled hockey games have been extremely close in score, many ending in ties or only one goal difference.

"That's pretty significant since none of these teams have played together before," Howard said.

"It is fantastic to see the freedom these players feel after they hit a great glide after their sled carves the ice for a turn or they hit the puck solid for the first time. There is a real feeling of accomplishment," he said.

Several players from Seattle came to the Clinic together this year and formed a sled hockey team for the first time. Howard is encouraging them to practice together after this



"They shoot! They score!"

week, continue to play and become part of the United States Sled Hockey Association.

If you haven't had a chance to watch this fast-paced sport, today's sled hockey play times are from 9:00 to 11:00 a.m. Stop by and catch the play-by-play action!



When checking your luggage at the Aspen Airport, make sure you do not have CO² cartridges and

matches or lighters of any kind. The only flammable items allowed in your checked luggage are toiletries.

At the gate checkpoint, please make sure you remove all laptops from your bags. Some other items that are not allowed at the checkpoint include: knives of any kind, torch type lighters, sharp scissors (pointed), and anything that might look like part of a firearm, such as bullet key chains. You are allowed to have any tools that you might need for equipment for wheelchairs and prosthetic devices.

If you have questions, contact Nathan Rudolph, supervisor at Aspen airport, at (970) 379-1389.

On behalf of the screening staff at Aspen, "We thank you for everything you have done for our country. We hope you enjoyed your stay in Snowmass Village!"



For your reading pleasure...

Zodi Yak

Preparer of horror-scopes and predictor of your future



AQUARIUS (Jan. 20 – Feb 19)

You sure are unconventional – when you ski and also, after hours, you party animal, you.

PISCES (Feb 20 – March 20)

Choose your friends wisely. Some of these people are really quite crazy.

ARIES (March 21-April 19)

You will come on strong and fast today. Be careful and don't be impatient. You will succeed!

TAURUS (April 20-May 20)

Don't be bullheaded! You need to come in when the lifts shut down. There's always more skiing tomorrow.

GEMINI (May 21-June 20)

Do you have a twin? We think we saw you at the Mountain Dragon last night along with a few shady characters. Behave yourself!

CANCER (June 21-July 22)

No matter what others say, you're one tough cookie. Time for you to take care of others today.

LEO (July 23-Aug. 22)

Let Vince Gill and Amy Grant take the stage tonight, Leo. Enjoy the entertainment, and have fun with all your new friends.

VIRGO (Aug. 23-Sept. 22)

You've met your own high standards on the slopes, the cross country course and the climbing wall. Now time to try scuba!

LIBRA (Sept. 23 – Oct. 23)

You have done a great job balancing hard work and sheer fun. You also have great taste, by the way. Are you busy later?

SCORPIO (Oct. 24 – Nov. 22)

You are a dynamic and very attractive skier. We want to see you later, Scorpio!

SAGITTARIUS (Nov. 23 – Dec. 21)

You love fun and laughter, and you've had lots of both this week so far. Continue to enjoy the great outdoors – even though indoors can also be fun.

CAPRICORN (Dec. 22 – Jan. 19)

Keep on believing in yourself – you're doing great! Don't be reserved around all your new friends. They need to know the real you!



The Veterans History Project interview schedule has been filled for the week. As a reminder for those who have appointments, taping is in the Janss Auditorium on the second floor of the Snowmass Conference Center.

Please be sure to keep your scheduled appointment! Your story will become part of our nation's official historical records. In appreciation, you will receive a VHP tote and a DVD copy of your interview before you leave the Clinic.



Educational Workshops

6:00 p.m. to 7:30 p.m.
— Educational Workshop: Recreation Therapy Innovative

Changes to the Variety of Needs of the Veteran Population

Kearns Room, Conference Center

7:30 p.m. to 9:00 p.m. — Educational Workshop: Cost Effective Exercises for Core Stability

Kearns Room Conference Center

6:00 p.m. to 7:30 p.m. — Instructional Workshop: Self Defense for the Visually Impaired

Max Park Room, Wildwood Hotel



Please Be Courteous
No smoking within 50 feet of entrances to all buildings.

Chester's Massage



Complimentary massages are available by calling and scheduling an appointment. Massage is located in the lower level lobby of the Silvertree Hotel in the Cabaret Room. Appointments can be made by calling Laurie at 710-9586.



The Chef's Corner



Today's Meal Schedule

Conference Center Ballroom

- 6:30 a.m. – 8:45 a.m. Breakfast
- 11:00 a.m. – 1:00 p.m. Lunch
- *4:00 p.m. – 5:30 p.m. Dinner
- *Dinner change due to tonight's concert.

Breakfast Buffet

- Fresh Sliced Fruit, Oatmeal with Granola, Raisins, Almonds
- Sliced Bananas and Skim Milk
- Scrambled Eggs with Ham, Croissants, Muffins, Biscuits
- Bacon, Thick-sliced Ham, Breakfast Potatoes
- Freshly Brewed Coffee, Decaf Coffee, Herbal Hot Teas and Assorted Chilled Juice

Lunch Buffet

- Tuna Salad and Chicken Salad on a Croissant
- Lettuce, Tomato and Onion, Minestrone Soup, Italian Vegetables with Red and White Beans and Pasta, Fudge Brownies
- Freshly Brewed Coffee, Decaf Coffee, Herbal Hot Teas, Iced Tea

Dinner Buffet

- Spinach Salad with Artichokes and Mushrooms with Ranch Dressing
- Trout Amandine with Rice Mushroom Pilaf
- Herb Crusted Pork Loin with Braised Red Cabbage
- Au Gratin Potatoes, Vegetables
- Rolls and Butter
- Fresh Brewed Coffee, Decaf Coffee, and Herbal Hot Teas
- Iced Tea



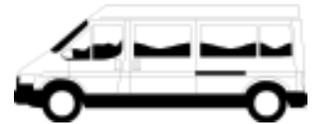
Medical Assistance

Bedford A Conference Room

A medical room is available each day during Clinic operation hours (from approximately 8:00 a.m. – 9:00 p.m.) for non-emergent care. The Bedford A Conference Room is located one level below the mall, across the street from the Mountain Chalet Hotel. There is stairway access from the mall next to Christy Sports. For wheelchair access, please use the elevator above the main bus terminal (at the far end of the mall) to get to the medical room level.

Transportation to Bedford A Conference Room

Van transportation is available from the Silvertree Hotel to the Medical Room. Catch the medical van in front of the hotel, or call the Medical Room for transportation.



After Hours Medical Help



Call the Medical Room for recorded instructions on how to contact the on-call medical provider, or dial the hotel operator.

Medical Room Phone (970) 923-8330

(extension 8330 on conference center phones) For life threatening emergencies, dial 911



Today's Weather Forecast

Partly Cloudy
High 54° F
Low 28° F



VISN 19 Staff and Participant photo shoot!

Thursday, 5:00 p.m.
Silvertree steps





7:00 to 8:30 a.m.	Yoga Warm Up Max Park
8:00 to 11:30 a.m.	Snowmobiling T Lazy 7 Ranch
8:30 a.m. to 11:30 a.m.	Downhill Skiing Moonshine, Wildcat, Slider
8:30 a.m.	Cross Country Skiing, Snowshoeing Lunch Elks BBQ, Top of Village
8:30 a.m. to 4:00 p.m.	The Hot Springs Glenwood Springs
9:00 a.m. to 11:00 a.m.	Scuba Diving Silvertree Hotel Pool
9:00 a.m. to 11:00 a.m.	Sled Hockey Aspen Ice Rink
10:00 a.m. to noon	Rock Climbing Conference Center Circle
11:00 a.m. to 4:00 p.m.	Gondola Trip to Aspen Lunch at Elks Lodge
11:30 a.m. to 4:00 p.m.	Shooting Sports/Archery Basalt Trap Club
12:30 p.m. to 3:30 p.m.	Skiing Downhill Rock Island, Granite, Sneaky's
1:00 p.m. to 3:00 p.m.	Rock Climbing Conference Center Circle
2:00 p.m. to 4:00 p.m.	Scuba Diving Silvertree Hotel Pool
3:00 p.m. to 4:30 p.m.	Yoga Cool Down Max Park Room, Wildwood Hotel
9:00 p.m. to midnight	Vince Gill and Amy Grant Entertainment Conference Center Ballroom

Important Meetings Today

- 4:30 p.m. Ski Instructor Meeting**
El Dorado Room, Silvertree Hotel
- 4:30 p.m. Team Leader Meeting**
Stone Bridge Inn, Council Meeting Room
- 5:00 p.m. Coaches Meeting**
Max Park Room, Wildwood Hotel

Cross country skiers:

Load times have changed. We will load at 8:30 a.m. and leave at 9:00 a.m. for the rest of the week.

Prosthetic and Wheelchair Repair

Conference Center, Sinclair Room

6:30 a.m. to 8:45 a.m.

11:00 a.m. to 1:00 p.m.

4:00 p.m. to 5:30 p.m.

For assistance between those hours, call:

Wheelchair Repair (Don at 710-9740)

Prosthetic Repair (Joe at 710-9060)



If you have misplaced an item, check Lost and Found located in the Sinclair Room.



SkiGram is on the Web

Look for the full-color edition of this newsletter on the Web at: www.wintersportsclinic.org