

Ski Gram

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Physical Therapists Backbone of the Clinic

There are those who save lives and there are those who rebuild lives. Among the later are the physical, occupational and recreation therapists at the National Disabled Veterans Winter Sports Clinic.

When the adrenaline and fear of the emergency room are over, they pick up the critical mission of helping veterans face what comes after. For some, it's a few weeks of simple exercises. For others it's years of intense, sometimes frustrating therapy, where success can be measured on the smallest of scales. Here at the Winter Sports Clinic, those therapists are here to help many participants experience more than they ever thought possible.

"They are not only a veteran's friend, coach and caregiver, but they are all here at the Clinic," said Sandy Trombetta, Clinic Director. "These trained and skilled professionals are the backbone of this great event."

One of those is Randi Woodrow, a self described "community service kid." Woodrow



Randi Woodrow, a physical therapist from California, checks out equipment to instructors every morning.

got her start is in the medical world more than 25 years ago while working in her hometown hospital. "In those four years, PT was the only place where I saw patients getting better, so it was a no brainer what I wanted to be when I grew up," she said. The Winter Sports Clinic

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Welcome to Snowmass Village!



When is the best time to visit Snowmass Village? Anytime...seriously. But now is an especially great time to be here for the 22nd National Disabled Veterans Winter Sports Clinic!

Within this 25-square-mile town resides the second largest ski mountain in Colorado, offering nearly 150 miles of trails. Surrounded by a spectacularly scenic wilderness area, Snowmass Village also connects to the largest network of free groomed Nordic trails in the U.S. It is no coinci-

dence that part of its name is synonymous with magnitude and substance.

Whether this is your first time at the Clinic or you've been here several times, there's always something new happening in Snowmass Village. New restaurants and hot spots are cropping up all around the Village. Between the scheduled activities and your free time, you can be sure to have every moment filled with education opportunities, motivation, thrilling excitement and fun! ♦

WEATHER



TODAY

High: 43°

Low: 25°

Clouds with Rain & Snow Mix



TOMORROW

High: 47°

Low: 30°

Clouds with Rain & Snow Mix

Biathlon Returns to the Clinic

Today and tomorrow are your opportunities to participate in a biathlon introduction clinic, which takes place at the Top of the Mountain. This event is open to all participants.

While the main attraction of the National Disabled Veterans Winter Sports Clinic is skiing on the majestic slopes of the Rocky Mountains, biathlon is another event you should really try. It not only tests your endurance, but also your skill to focus with an accelerated heart rate (when you shoot).

"We're thrilled to have biathlon offered again this year," said Sandy Trombetta, Director of the Winter Sports Clinic. "It's important to bring exposure to other Paralympic sports so all of our participants can have a variety of winter sports to learn and master"

Biathlon is a sport that combines cross country skiing with rifle marksmanship. In the Paralympics, skiers are asked to race around a two to five kilometer course and then stop to try to hit five targets. The targets are the size of a silver dollar and are at ten meters' distance.

Scott Peterson, who is coach for the U.S. Nordic Disabled Ski Team, will once again provide the targets and instruction for the biathlon. At the event, participants will learn how to load and shoot the air rifles, and create a steady hold and smooth



The Biathlon event tests your endurance and your skill to focus with an elevated heart rate. It combines cross country skiing with rifle marksmanship. Don't miss this chance to test your body and your mind.

trigger pull. Adaptive equipment will be provided to give extra support for those who need it when holding the rifle.

Don't miss your chance to try this exciting Paralympic sport!
Check your schedule for the days and times that biathlon is offered for your team. ♦

Order of the Purple Heart



The Military Order of the Purple Heart will be conducting a meeting tomorrow, Wednesday April 2 for Purple Heart recipients and family. The meeting will be held in the lobby of the Silvertree Hotel, in front of the fireplace. The meeting will begin at 7 p.m. If you are a recipient of the medal, or an immediate family member of a recipient, you are encouraged to attend. The goal of the meeting is to reunite old friends, make new friends, exchange stories and provide support to one another. ♦

Traumatic Brain Injury Support Group Meeting

If you, or someone you care for, have experienced a traumatic brain injury (TBI) and would like to share your experiences to benefit others in the same situation, the Traumatic Brain Injury Peer Support Group may help. The group meets tonight in the Max Park Room from 6 to 8 p.m.

Now in its third year meeting informally at the Winter Sports Clinic, this group offers the chance for veterans and caregivers of

any age, any branch of service or conflict, the opportunity to share their stories and learn from each other how they've dealt with specific situations since their injuries.

A traumatic brain injury can be a devastating and agonizing situation for all involved, including family members. Being able to share with and learn from those who are in or have gone through similar situations can be an invaluable experience.

Strike a Pose!

There are a number of photographers out and about the Clinic documenting all the goings on. These photos will be used for a variety a reasons, such as the Ski•Gram, hometown news, the Clinic website and promotional materials. These photographers are easily identifiable by the bright yellow bibs they wear. So when see the bib below, smile and be on your best behavior! You're on camera! ♦



Fly Fishing Lottery

The names selected for the fly fishing alternative activities are listed below.

Tuesday

David Farris	Barbara Newstrom
William Linder	Jesus Pintos
Bobby Lisek	Brian Turner
Austin Miller	James Wilson

Wednesday

Mannie Allen, Jr.	Richard Olson
William Caywood	Peter Sargent
Terry Hanyzewski	Mark Stephen
David Nichols	Portray Woods

Thursday

Jarod Behee	Adam McCann
Michael Doyle	Stephen Moffitt
Buddy Hayes	John Sevcik
William Latka, Jr.	Joseph Shepard

We're sure you will all have a good time! Enjoy the trip!

Don't Forget the VHP!

Continuing through Friday morning, VA and the Library of Congress invite you to be part the Veterans History Project, which honors our nation's veterans by creating a legacy of their military service. Regardless of branch or period of service, age, military career or experience, the VHP needs your story.

During your interview, you will be filmed answering questions about your military service and telling of your stories of service. The recorded interview is then sent to the Library of Congress. Following your interview, you will receive a souvenir VHP coin and a DVD copy of your interview.

Interviews are taking place in the Janss Auditorium on the second floor of the Snowmass Conference Center. Appointments for interviews are available today from 8 a.m. until 5 p.m. and on Friday morning until noon. Stop by the auditorium to sign up. Should an interview be in progress, please leave your name, hotel name and room number for the interviewers. If a spot is available, they will contact you to schedule an interview. If you need to cancel your appointment, let the VHP team know right away so someone else can take part.

We encourage you to take advantage of this extraordinary opportunity to record your thoughts and memories on your time in the armed forces. These recordings will be available to future generations to learn and grow from. ♦

2008 Winter Sports Clinic Awards

While it may not be the most prominent thing on your minds this week as you experience the thrill of the Rocky Mountains, this announcement about the 2008 Clinic Awards is something to make you listen up!

The awards, presented at Friday's closing ceremonies, have a long history at the Winter Sports Clinic dating back to the first event in 1987. The following is a description of these awards, some of which the participants, instructors, team leaders and Clinic officials will all help select.

The DAV Freedom Award for Outstanding Courage and Achievement is given to the veteran who makes the most progress during the week, showing outstanding courage and accomplishment in taking a giant step forward in the rehabilitation process. This award is given to the veteran who proves to the world that a physical disability does not bar the doors to freedom.

The Linnie Howard Spirit Award honors a veteran who is a model for everyone and represents the spirit of the Clinic. The award is named for Linnie Howard, who attended the first Winter Sports Clinics in 1987 and 1988. At age 69, he was the oldest participant those years, but that didn't stop him from enjoying the activities and giving it all he had. This award recipient is selected by vote by the participants. Ballots are available beginning today in the Lobby of the Snowmass Village Convention Center.

The Judy Shawo Commitment to Excellence Award was named for Judy Shawo, an ICU nurse at the Grand Junction VA Medical Center. Shawo volunteered as a tether, working long and hard in her commitment to make the Clinic the best. Each year, this award is presented to a volunteer like Shawo, who shows outstanding qualities and commitment to the program. Participants vote for and select this recipient. Ballots are available in the lobby.

The Sid Ford Award for Services Above and Beyond the Call of Duty is named for VA's Regional Director for this area when the Winter Sports Clinic was born. A supporter from the beginning, Ford helped make the Clinic a reality. This award is given to a staff person who demonstrates that same kind of dedication, showing that nothing is impossible when you really believe in it. Ballots for this award are also available in the lobby today.

Thank you all for voting and helping make these special awards an exciting part of the 22nd National Disabled Veterans Winter Sports Clinic. ♦



Educational Opportunities:

Horticulture Therapy and Finding Your Voice

Do you know the Secret Life of Horticultural Therapy?

1:30 – 3 p.m. Cabaret Room, on the lower level of the Silvertree Hotel.

Learn how the "nature connection" can challenge physical limitations and promote healing on many levels with Jodine Belden and Mary Gauden Beardslee. Their collaboration of horticulture and recreation therapy has been a great addition to the adult day services at the Senior Resource Center in Evergreen, Colo. The class includes active discussion as well as an opportunity to view their award-winning short movie on horticultural therapy and the healing garden in Evergreen.

Find Your Voice in the Midst of Challenge with Elements of Choice: Part 1

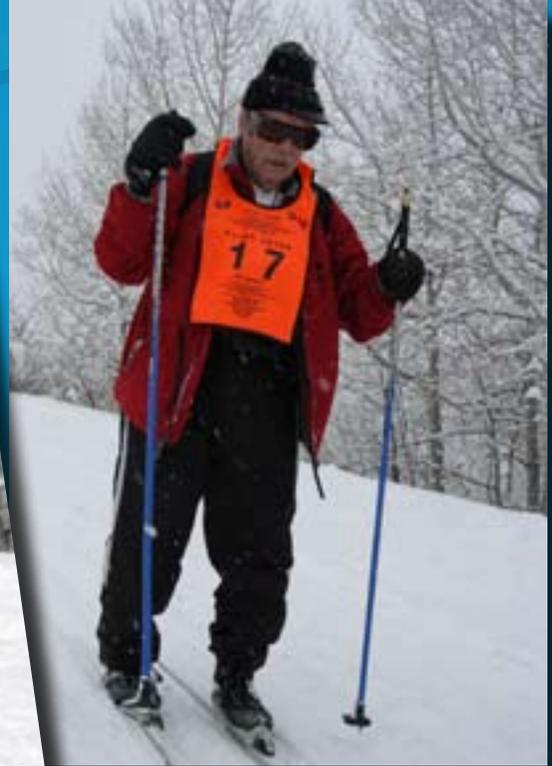
6 – 7:30 p.m., in the Cabaret Room, on the lower level of the Silvertree Hotel.

Discover the concept of "participation by choice," and explore the depths of challenging yourself beyond just climbing the wall, reaching the top or getting to the end. This class will help you find your voice as you face challenges in life with amazing possibilities.

Tom Leahy, president of Leahy & Associates, Inc., has more than 30 years of experience using the outdoors as a classroom. He is on the Board of Directors of the Association for Challenge Course Technology, and has been awarded the Michael J. Stratto Practitioner of the Year Award by the Association for Experiential Education. ♦

Snow Snaps!





Make the Most of It!

Need a break from skiing? While winter sports and alternate activities are the key events taking place at the Winter Sports Clinic, the benefits of socializing cannot be underestimated. Each year, the word "camaraderie" comes up again and again at this event, and there are many opportunities to socialize with your fellow veterans here in Snowmass Village. Tonight, the instructor appreciation party gives you a great chance to meet and greet not only other vets but also the instructors who are helping make the week so meaningful – on the slopes, in the pool, on the cross country trails, at the shooting range in Basalt and at all the other Clinic venues. Entertainment by Take the Wheel is sure to get you movin' and groovin' on the dance floor. Tomorrow, don't miss the John Corbett band, returning to the Clinic for the third time. (While John Corbett is perhaps best known as a talented actor, his musical abilities are no act – he's great!) Another very talented musical group is the Kickin' Cajuns, who are on the entertainment agenda Thursday afternoon at an après ski festivity at the Cirque, and again on Friday evening after the closing ceremonies at the annual victory celebration.

Most of the formal social activities are taking place in the Snowmass Convention Center ballroom. If you want to enjoy a more casual opportunity to socialize, visit some of the wonder-



The John Corbett Band will return to the Clinic for third time to rock and entertain you Wednesday night. Don't miss them!

ful restaurants and pubs in Snowmass Village. The Mountain Dragon, Stew Pot, Sno Beach Café, Brothers Grille, the Village Steakhouse, Il Poggio, Sage and Goodfellows Pizza are just a few of the great places to visit while you're here. There's something for everyone so stop by and enjoy! ♦

YOU Are the News!

We want to tell your story! One thing that makes any event like this so exciting is telling the stories of inspiration, motivation and achievement that are so prevalent here. Yours are the stories of true American heroes – those who graced the uniform of the Armed Forces to protect and defend what Americans hold dear to their hearts.

The public affairs team is at the National Disabled Veterans Winter Sports Clinic to help share your stories with the American people. Throughout the week, our activities will include preparing news releases, writing articles for the daily SkiGram and working with the print and electronic news media around the country to let people know more about this wonderful event. To do that, we will arrange for interviews, prepare written materials and take photographs of those of you who have given us permission, post lots of information on the Clinic's Web site at www.wintersportsclinic.va.gov, and of course, leave messages in your rooms to come and see us in the Media Center. The Media Center is located in the Erickson Room of the Snowmass Convention Center.

If you have an interesting story or inspirational Clinic moments to share, let us know. Your story is truly America's story. We need your help to let America know! ♦



Save the Date!



Center for Women Veterans announces the National Summit on Women Veterans' Issues

Westin Washington, DC City Center

For more information,
please visit www.va.gov/womenvet or call (202) 461-6193



A legacy of pride, patriotism and service.

Physical Therapists ...continued from front page

brings not only personal satisfaction, but professional growth as well. "I've been involved with adaptive skiing, and more recently adaptive snowboarding, for 22 years, so participating in this Clinic is a great way to combine my love for winter sports with my passion for providing excellent physical therapy to vets."

The Clinic also provides an excellent opportunity to meet with other therapists and get 'out of the box' thought-wise, according to Woodrow. "Over the years, we've developed an extended family of veterans and staff from all over the country that I look forward to seeing. This is where we brainstorm and develop prototypes of adaptive equipment that can be used for all people with disabilities, not just veterans. The best of the best in the adaptive sports and recreational worlds come to this event, and it's great to have so many smart and talented people in the same place so that we can exchange ideas and information."

One of those participants is Daniel Gilyeat, of Kansas City, Kan., who received a medical retirement from the U.S. Marine Corps two years ago after he lost his right leg to an anti-tank mine in Rymadi, Iraq. Gilyeat credits his physical therapy team with helping him walk on his prosthetic leg just 27 days after he arrived at the military hospital in San Antonio, Texas. Now, he is pushing for the production of better, stronger prosthetics for those who aren't satisfied with being "average." "I credit a lot of my recovery to minerals, vitamins in my system and working out all the time," Gilyeat said.

But it was the physical therapists who made sure his recovery was on the right path and that he understood the importance of learning the right way to walk, he added. "They worked on my balance and explained in great detail not only how the prosthetic leg worked, but how to achieve a normal gait when walking. Without that knowledge a person can do a lot of damage to their hips and spine over the long term, added Gilyeat.

Today, Gilyeat is moving motor blocks, lifting weights, back into martial arts and overstressing his prosthetic on a regular basis. "The new prosthetics are wonders of technology and for the average person will last a long time. But if you're athletic, they can wear out pretty quick," said Gilyeat.

"People like Gilyeat really challenge us," Woodrow added. "For them we have to get the whole rehab team involved. That's not just the staff, it's the veteran and the families, too. We don't always get it right the first time, or the second time, but we do get it right. The Winter Sports Clinic is one of those places where all that work comes together and it's great to see," says Woodrow.

"In addition to the physical benefits the Clinic offers veterans – exercising their strength, endurance, balance, weight shift and so many other areas of rehab medicine – the clinic is also a major boost for their mental fitness," added Woodrow. "Even if they don't take to the obvious skills being taught, they all come away with increased confidence and knowledge about what is possible for them."

"For some, the Clinic provides the confidence they need to take the next step in their lives, we've had several disabled vets who have gone back to school as a direct result of attending the clinic," concluded Woodrow. ♦

What Are You Saying?



"I'm looking forward to all the events. I know the knowledge I receive this week will help me adjust to injuries I received a year ago."

Anthony Bonilla
*United States Army
Livermore, California*



"Attending the Clinic this year is a family event. My husband helps in scuba diving and my son, daughter-in-law, sister-in-law, nephews and grandson are not only supporting me, but some are also volunteering. This is my ninth year at the Clinic."

Erin Cavet
*United States Air Force
Lake City, Colorado*



"Last year, I had so much fun at the Winter Sports Clinic. I'm so happy to be here. I really enjoy talking with the other vets and going to the different events."

Catherine Callahan
*United States Air Force
San Antonio, Texas*



"I've looked forward to the snow skiing. This is my first time at the Clinic and I'm excited to experience as many events and activities as possible."

Ellen Kaatz
*United States Navy
Sullivan, New Hampshire*



"I'm hoping that by skiing, I'll get back that feeling of running. To feel the freedom on the mountain is going to be wonderful. I feel very privileged to be part of such a huge event."

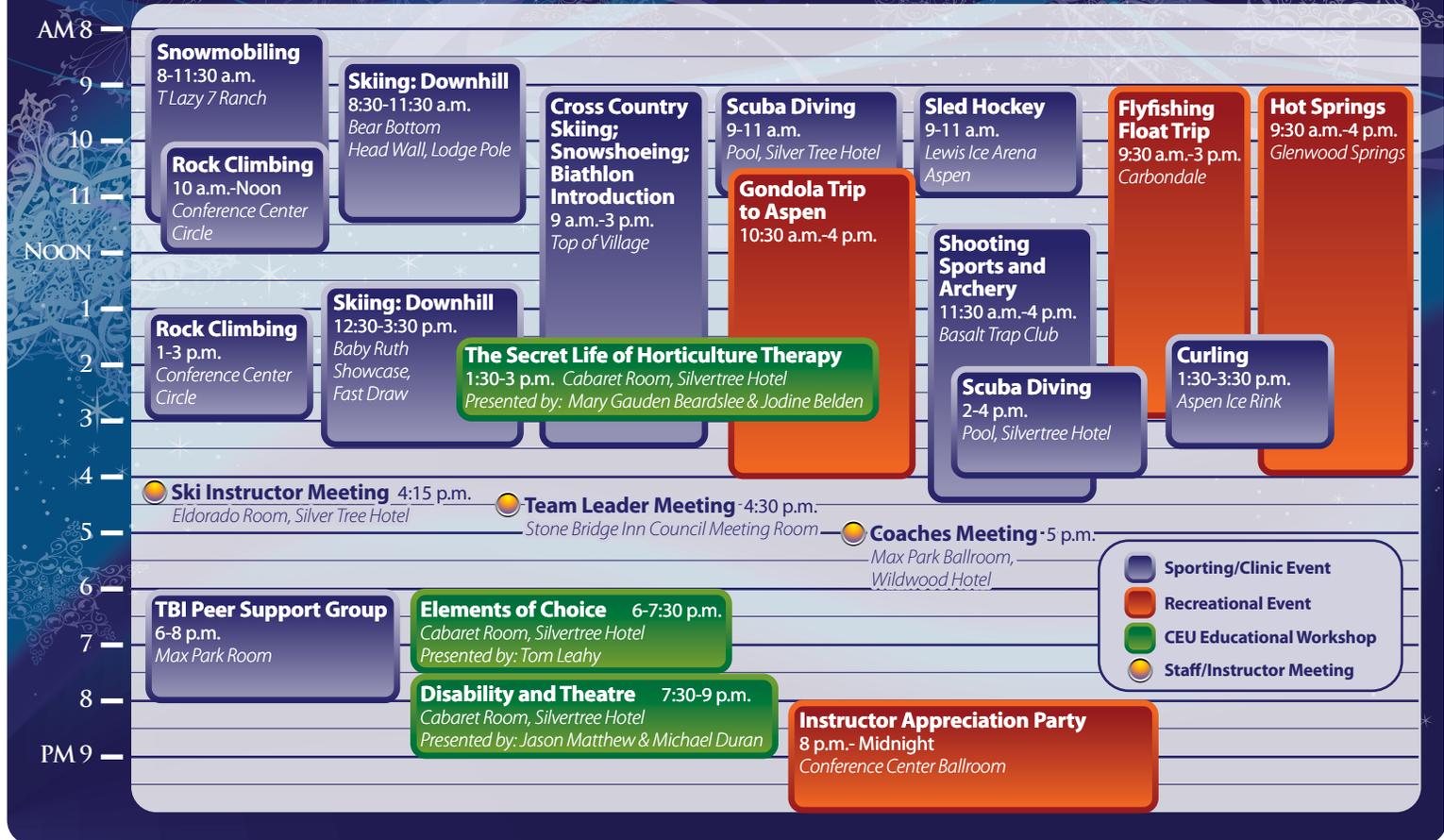
Judi Ruiz
*United States Marine Corps
Chicago, Illinois*



"This is my first time at the Clinic and I've looked forward to skiing. I believe you should keep the grass under your feet green, not missing any opportunity given to you."

Elroy Hughes
*United States Navy
Moreno Valley, California*

TODAY'S SCHEDULE Tuesday, April 1



GENERAL INFORMATION

Medical Clinic information

For life threatening emergencies, dial 911.

Medical room phone: (970) 923-8330

Located in the Bedford A Conference Room, one level below the mall across the street from the Mountain Chalet Hotel. Stairway access from the mall is next to Christy Sports. **Wheelchair users must use the elevator at the far end of the mall, above the main bus terminal.**

A transport van is available from the Silvertree Hotel to the medical clinic at the front of the hotel, or call the medical clinic.

After hours: Call the medical room for recorded instructions on how to contact the "on call" medical provider. If unsuccessful, please call the hotel operator.

Wheelchair and Prosthetics Repair

Located in the conference center Host Room.

Hours (daily): 6:30 - 8:45 a.m., 11:00 a.m. - 1:00 p.m., 4:00 - 5:30 p.m.

- For wheelchair assistance between hours, call Don at (970) 710-1336.
- For Prosthetics Repair (Joe), call (970) 710-1426.
- After 6 p.m., emergencies only please.

Women Veterans Reception

A reception for women veterans will be held tonight at 6:30-7:30 p.m. at the Woody Creek Community Center. While meeting other women veterans, enjoy fresh pastries prepared by Aspen chefs. Attendees will also meet Betty Pfister, World War II Women's Air Force Service pilot. Transportation to the event will be

Transportation Schedule

Buses load at the conference center circle.

Snowmobiling

First Trip: Load, 6:45 a.m.

Second Trip: Load, 9 a.m.

Sled Hockey:

Load at 7:45 a.m.

Cross Country Skiing

Load at 8:15 a.m. and throughout the day

Hot Springs Pool Trip:

Load at 9:30 a.m.

Trapshooting:

Load at 10 a.m.

Gondola Trip:

Load at 10 a.m.

Curling:

Load at 12:40 p.m.

Fishing:

Load at 8:40 a.m.

TODAY'S MENU

Breakfast Buffet

Fresh Sliced Fruit
Oatmeal with Granola, Raisins, Almonds, Sliced Bananas
French Toast and Maple Syrup
Bacon & Breakfast Sausage
Potatoes
Scrambled Eggs with Salsa
Coffee, Herbal Teas, and Assorted Chilled Juices

Lunch Buffet

Cream of Tomato Soup with Oyster Crackers
Hot Dogs and Hamburgers
Vegetable Sticks with Ranch Dip
French Fries
Brownies & Blondies

Dinner Buffet

Caesar Salad
Spinach Salad with Red Pepper & Feta Cheese with Vinaigrette Dressing
Spaghetti with Bolognese Sauce
Meat Lasagna
Four Cheese Lasagna
Zucchini with Red & Yellow Peppers
Italian Bread and Butter