



National Disabled Veterans *Winter Sports Clinic*

Skier Profile

Barbara Newstrom – Positively Inspiring

Barbara Newstrom, 31, has become a veteran of a different sort over the past few years—not only as a former Army Reservist but also as a three-year participant of the National Disabled Veterans Winter Sports Clinic. A resident of Corona, Calif., Newstrom travels from her sunny state to snowy Colorado each year to take part in an annual rehabilitation program known for creating “*Miracles on a Mountainside.*” The event is co-sponsored each year by the Department of Veterans Affairs and the Disabled American Veterans.



“My favorite thing about the Clinic is that everyone is the same, no matter how physically or mentally challenged you are,” Newstrom said. “People see you for who you really are and not your disability.”

Newstrom is a combat veteran of Operations Iraqi Freedom and Enduring Freedom whose injuries resulted from being catapulted 60 feet in the air when a chain broke during take-off. She sustained head, neck, back, wrist and ankle trauma, and now lives with chronic back and neck pain. While her accident changed the serenity of her former life, Newstrom now chooses to reflect positive energy. Her enthusiasm and positive attitude are evident, reaching out to and inspiring others.

“You might not be the same as before your injury, but there is light at the end of the tunnel,” Newstrom said. She receives care at the VA medical facility in Loma Linda and is very active in the Wounded Warrior Project (WWP), a nonprofit organization for recently injured servicemen and women. The project seeks to raise awareness of the need for services and programs for severely injured service members.

When she’s not volunteering for WWP, Newstrom enjoys fishing, hunting, playing golf and riding all terrain vehicles. “I’m willing to try practically any outdoor activity,” she said. She’ll get plenty of outdoor fun and challenge this March when she takes to the slopes of the Rockies once again for some Alpine skiing at the 2009 National Disabled Veterans Winter Sports Clinic.

“It’s a great feeling of comfort to be with other veterans who have disabilities,” said Newstrom. “I love skiing because it really shows you all that you can do, despite your disabilities.”

[Above information provided by veteran.]