

# Ski Gram

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## Newcomers Anticipate Mountain Miracles

While many of you are veteran participants of past Winter Sports Clinics, 62 percent of the 400+ participants who signed up for this year's program are Clinic newcomers. All are enthusiastic and look forward to a fantastic week.

On the Rocky Mountain High team this week is 29-year-old Army veteran Bobby Lisek of Billings, Missouri. A veteran of Iraqi Freedom, Lisek has been looking forward to attending the Winter Sports Clinic for the last three years. Although, he says he had



Army veteran Bobby Lisek of Billings, Missouri, with wife Mary and daughter Gracie Leigh eagerly registered Sunday for the 2008 Winter Sports Clinic. Like many other newcomers, Lisek has looked forward to an exciting and fulfilling first Clinic experience.

heard about the Clinic, it wasn't until his wife, Mary, searched for the information on the internet that they decided to make the call. "I want to try to do the impossible this week on the slopes," Lisek said. "I can't wait to go snowboarding with soldiers like myself. I'm also hoping my name is drawn to go fly fishing." Travelling with Lisek is Mary and their eight-month-old daughter, Gracie Leigh. "We've nicked named her "lizard" because she is always sticking out her tongue," laughed Lisek. "We are so excited to be here. The one thing I've missed since my injury is the military brotherhood."

Celeste Phelps, a 46-year-old Army veteran from Winchester, Indiana, has also been looking forward to attending the clinic. Having won four gold medals at the 2007 National Veterans Wheelchair Games, Phelps was impressed with how helpful and kind everyone was. Later, a poster for the Winter Sports Clinic at the VA medical facility caught her eye and she decided to apply. "I've always been a surfer girl with my own boogie board," said Phelps, who said she

was really more excited than nervous about a new skiing adventure – this time on snow rather than water. In addition to skiing and snowboarding, and in keeping with her love for water sports, Phelps also plans to try scuba diving this week. "Participating in the Winter Sports Clinic has really helped me with getting my life back," she said. Phelps is a member of the Bull Run team this week.

On the Bear Bottom team is 66-year-old Navy veteran Neil Beck of Hemet, California. A Vietnam veteran, Beck has looked forward to getting out in the open spaces and enjoying the peaceful surroundings. "I love the beauty of the snow-covered mountains," he said. "I've skied a few times at Mammoth Mountain in California, but not since I began using a wheelchair about two years ago." Beck learned about the Winter Sports Clinic through the VA Long Beach Health Care System, and says that the staff there helped him prepare for the Clinic with exercises to strengthen his lower and upper body. Beck

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### WEATHER

**TODAY**

High: **33°**

Low: **14°**

Clouds with Snow

**TOMORROW**

High: **43°**

Low: **22°**

Clouds with Snow

## The Heat is On!



The Hot Springs Pool in Glenwood Springs offers a slower pace and a relaxing swim for those Clinic participants suffering from the rigors of this weeks events and physical activities.

After days of skiing, rock climbing, snowboarding and maneuvering through the snow, going to the Hot Springs Pool in Glenwood Springs offers a change of pace for veterans who wouldn't mind taking some time to relax, stay warm and simply enjoy a more soothing side of nature.

Not everything at the Winter Sports Clinic has to be a major challenge, after all. It is always nice to take a little time off and simply enjoy a place so full of natural wonder. That is why the Clinic offers daily trips to Glenwood Springs every year.

Long considered a sacred healing site by the Ute Native Americans, the hot springs form the world's largest outdoor mineral pool with 3.5 million gallons of hot mineral water bubbling to the surface each day. Experience this natural wonder courtesy of the Hot Springs Lodge & Pool in Glenwood Springs. "The Hot Springs Pool has always been a place of healing – we welcome all of the veterans and hope that we can provide them a comfortable and relaxing experience," said Kjell Mitchell, chief operating officer and general manager for the Glenwood Springs pool.

Buses begin loading at 9:30 a.m. from the Snowmass Conference Center Circle, departing at 10 a.m.. Lunch will be served at the lodge where you'll receive an insulated Winter Sports Clinic logo lunch bag. The bus will board for the return trip to Snowmass Village at 3 p.m. Enjoy this opportunity for fun and relaxation – and don't forget your swimsuit! ♦

## Make the Most of It!

Hopefully, registration went smoothly yesterday and you enjoyed last evening's opening ceremonies. Today, some of you will be skiing for the first time, while others will do that tomorrow. Whether you're tackling the slopes of Snowmass Village or trying out the cross country and snowshoeing venue at the top of the village (or maybe doing both), the wide variety of winter sports taking place at this event is sure to get you energized! When you're not skiing, there are lots of other activities to keep you busy this week. One long-time favorite is snowmobiling. Feel the wind on your face as you fly over the snow on a powerful snowmobile (as either the driver or passenger) at the T Lazy 7 Ranch. The 2008 Clinic is offering shooting sports (both marksmanship and archery) again as well at the Basalt Trap Club. If you want a break from the snow, try scuba diving in the pool at the Silvertree Hotel. The scuba instructors are always prepared with colorful Hawaiian shirts and Jimmy Buffet music to get you in just the right mood. The climbing wall is available all week in the conference center circle, and no appointment is needed to try that out. If you want to venture away from Snowmass Village, sign up for a gondola ride in Aspen and have lunch at the Elks Lodge, or make a relaxing visit to the hot springs in Glenwood Springs. (It feels great on any aching muscles from your skiing adventures!) For the second year, curling is being offered at the Aspen Ice Rink, along with sled hockey at the Lewis Ice Arena. Check the Clinic schedule on the Web site or posted by the Alternate Activities booth to see what else is being offered while you are here. There is something for everyone every day of the week, so don't miss the opportunity to take part. ♦

## Veterans History Project Continues

Taking place through Friday morning, VA and the Library of Congress invite you to be part of an important national effort – the Veterans History Project (VHP). This project 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.

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

We look forward to having you make history this week! ♦



## Marine Corps Reunion Tonight!

Lock the doors and batten down the windows! The Marines are on the loose tonight!

All former and active duty Marines, and their guests, are invited to attend the fifth Marine Corps Winter Sports Clinic Reunion being held at the Cirque Bar and Grill at 8 p.m. tonight.

Attendees can look forward to free T-shirts, prizes, drinks and finger foods. Live entertainment will be provided by Cowboy Tom Munn and Cowgirl Peggy Malone. Come out and enjoy the good times and camaraderie. Sorry folks, Marines only! ♦

# Send News Home From the Winter Sports Clinic

For many years at the Winter Sports Clinic, the public affairs team members have operated a hometown news program, designed to let our participants' hometown newspapers know about their participation in this exciting event. Located on the Clinic's Web site, this effort generates an individual news release for all veterans who have asked us to prepare one. All week long, we will be sending e-mails and calling local newspapers to generate interest in this wonderful story. You will receive a copy of your own news release at the end of the week.

Hometown news releases are not written unless we have your permission to prepare one and you have provided all of the information needed. Releases are downloaded to the Clinic Web site ([www.wintersportsclinic.va.gov](http://www.wintersportsclinic.va.gov)) and are available to anyone accessing the site (look under "Participant Information"). We expect to have this year's news releases posted to the site by Wednesday, and the photos by the time you leave.

In order to do that, it is very important that any veteran with missing information stop by to see us by 3:00 p.m. on Monday, March 31. Your team leaders will be told if you are on the list of people who have missing information. We cannot upload the news releases to the Web site until they are all completed, so please see us in the Erickson Room right away. We usually need things like home phone numbers, birth dates, local VA medical facility, branch of service, or perhaps a quote to personalize your news release.

If you gave us the names of your local hometown newspapers on your release form, we'll make a phone call and send an e-mail to the paper this week, notifying them that you are here and referring them to the Web site for your release and photo, if we have one. We will select the best digital photo we have of you as you ski, to be attached to your news release on the Web site. We will also give you a single copy of that photo at the end of the week, but you can certainly download and print more yourself.

Unfortunately, we usually have no way of knowing if your newspaper decides to print an article about your participa-

tion in the Clinic, or when it will appear. Therefore, an envelope will be enclosed in your packet at the end of the week and we hope you will send us a copy of the article for our files. This helps us know when our efforts are successful.

Despite our best efforts, we can never guarantee that any newspaper will print an article. It often depends on the size and type of media market where you live. Please feel free to send another copy of your news release to your local newspaper when you get home. Sometimes it just takes getting it into the right person's hand to generate interest and get the article printed. ♦

## Newcomers ...continued from front page

retired from the Navy in 1981 with 20 years of service. "I have been so excited about participating in the Clinic," he said. "Coming here has shown me that I can live a full life despite my injury."

Another member of this week's Bear Bottom team is Terri Fuda, a 37-year-old Air Force veteran from Gillespie, Illinois. Fuda first learned about the Winter Sports Clinic from her recreation therapist at the St. Louis VA Medical Center, where she receives care. According to Fuda, pool therapy helped her physically prepare for Clinic activities. "I've been very excited about learning more about the special ski equipment I'll be using, as well as the chance to experience other Clinic events and activities."

Anthony Field of Colorado Springs, Colorado, who is 81 years young and

an Army combat veteran of World War II, says that he registered for the Clinic to try something new. "I started to register twice before, but I decided to actually go through with it this year when others tried to convince me I couldn't do it," he said. Raised in upstate New York, Field remembers when ski bindings were only narrow strips of leather around your shoes. He has been looking forward to being outfitted with the state-of-the-art adaptive ski equipment that is used at the Clinic. "I had no idea what kind of equipment to expect, but in spite of my hip injury, I've been assured that the Clinic staff will take good care of me," Field said. "I'm just here to take it all in and have fun."

Whether you're here for the first time or a Clinic veteran, have fun this week! ♦

## Educational Opportunities: Learn to Trust Yourself, and Trick Others!

### Learn Basic Sleight of Hand Magic

7:30 – 9 p.m. Cabaret Room, lower level of Silvertree Hotel

Explore the fascinating world of sleight of hand magic with playing cards and coins with W.H. "Doc" Eason, the "magic bartender" from the Tower Restaurant. Eason has been a fixture at the Winter Sports Clinic for more than 30 years. He was awarded the W.C. Fields Magic Bartender of the Year Award from the Magic Castle in Hollywood, Calif., where he performs regularly. He has taken his show on the road and earned a worldwide reputation.

### Break Through Your Challenges – The Three Second Solution

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

Learn the five-step "Breakthrough Process" and enhance your self-reliance when you recognize and remove perceived obstacles that impact your life. You'll achieve a new level of inner trust and leave the class inspired and a whole new level of confidence.

Led by Terri Norvell, inner trust expert and founder of The Inner Prize, a training and consulting company. Norvell draws upon her experience as Vice President of large property management and development firm, general manager of a multi-million temporary housing company, products management with Frito-Lay, and president of the Chamber of Commerce in Silicon Valley, Calif. She also co-authored the book *Masters of Success* with Jack Canfield and Ken Blanchard. ♦



# Snow Snaps!





# Alternative Activities



Sled Hockey

At the National Disabled Veterans Winter Sports Clinic, the term “alternate activities” may be a bit of a misnomer since they play such an important role in the event. These opportunities allow participants to learn many other sports and recreational activities in addition to skiing, helping further not only their rehabilitation goals and chances to exercise, but their fun at the Clinic as well! This year, the following activities will be available during the week.

Check with the Alternate Activities desk on Monday and throughout the week to see if there are slots become available. Please look at your event schedule for all activity times. Please refer to the transportation schedule on page 8 for information on getting to these alternative activities.

**Snowmobiling** – Snowmobiling is scheduled every day, Monday – Thursday at the T Lazy 7 Ranch, from 8 – 11:30 a.m. There will be two trips per day to this activity. The first begins loading at 6:45 a.m., with buses departing at 7:15 a.m. The second trip starts loading at 9 a.m., departing at 9:30.

**Sled Hockey** – Also taking place Monday through Thursday, sled hockey (sometimes called “sledge hockey”) is an exciting winter sport that allows players with physical disabilities to play ice hockey. It will take place from 9 – 11 a.m. at Lewis Ice Arena at the Aspen recreation facility.

**Hot Springs Pool in Glenwood Springs** – This is a great opportunity to relax in the natural wonder of the world’s largest outdoor mineral pool with 3.5 million gallons of hot water running through it daily. Taking place Monday through Thursday, this trip is sched-

uled for 9:30 a.m. through 4 p.m. Lunch will be served at the lodge and the bus will board for the return trip to at 3 p.m. Please remember to bring your own swim wear. Towels will be provided.

**Scuba Diving** – Is scuba diving really a winter sport? Well, even if it’s not, it is always a favorite activity at the Clinic. Enjoy the Jimmy Buffett music at scuba every day through Thursday from 9 – 11 a.m. and 2 – 4 p.m., right at the Silvertree Hotel’s outdoor pool. Please wear swim gear to the pool. Towels will be provided.

**Shooting Sports/Archery** – Another popular activity, trapshooting and archery will take place at the Basalt Trap Club in Lake Christine. It will be held Monday through Thursday from 11 a.m. through 4 p.m. Lunch will be provided at the trapshooting venue for everyone attending.

**Cross Country Skiing** – Located on Snowmass Mountain at the Top of the Village, Nordic skiing is a key winter sport offered at the Clinic. Those who plan to only ski cross country (and will not be skiing downhill) will already be assigned ski days. For others who want to try both downhill and cross country, you will need to sign up for cross country with your team’s alternate activities coordinator. All morning cross country skiers will eat lunch at the cross country venue, compliments of the Elks Lodge.

**Gondola/Snow Cat Ride/Lunch at the Elks Lodge** – Enjoy this great escape. This event travels to downtown Aspen Monday through Thursday, from 10:30 a.m. through 4 p.m. You must be able to transfer independently to attend this trip. Enjoy the spectacular views of the mountain from one of Aspen’s popular gondola rides.

**Curling** – Now in its second year at the Clinic, curling is open to all participants –in-

cluding those who use wheelchairs. This team activity (now also a Paralympic ice sport ) will be located at the Aspen Ice Garden through Thursday, from 1:30 – 3:30 p.m. Be sure to wear warm clothing to curling!

**Fly Fishing** – A new event this year, hop on board a boat and float the river as you enjoy a true Colorado fly fishing experience! Wear warm clothes and bring sunscreen to fly fishing, which takes place Monday through Thursday from 9:30 a.m. – 3 p.m. at Crystal River. A barbeque lunch will be provided at this activity. Please note that you must be able to transfer independently, and space is very limited.

**Biathlon** – This event will take place at the cross country venue at the Top of the Park on Tuesday and Wednesday only. Now in its second year, the biathlon is a sport that combines cross country skiing with rifle marksmanship. Check the information about cross country for transportation details. The biathlon is open to all participants.

Two other activities that do not require registration include the climbing wall, located in the conference center circle Monday – Thursday, and Goalball , taking place Monday evening in the conference center ballroom from 7 – 8:30 p.m. This is a fun teambuilding event for all participants (as well as staff and volunteers). Also, don’t forget to check the schedule for some interesting workshops and social activities you may wish to get to.

If you are unable to attend an activity for which you registered, please contact the Alternate Activities Desk located in the conference center so they can offer your space to someone else. ♦

## Come Curling at the Clinic!

No, this event has nothing to do with styling your hair. For the second year at the Winter Sports Clinic, curling will be offered for participants in wheelchairs or have other disabilities. It takes place today through Thursday from 1:30 – 3:30 p.m. at the Aspen Ice Rink.

Wheelchair curling is an adaptation of this popular winter sport for athletes who use wheelchairs, and is governed by the World Curling Federation. It is now offered at the Winter Paralympic Games.

One web site describes the event like this, “Wheelchair curling is a simple game. You slide granite donuts down a sheet of ice towards a circular target, and hope they end up closer to the center than those thrown by your opponent. Mind you, these donuts weigh over 40 pounds and the target is 40 yards away, but hey, the target is 12-foot wide. It looks like a pretty big area when you’re sitting in it but when you’re down the other end about to throw, well, maybe not so much.”

Wheelchair curling began in Europe in the late 1990s and in North America in 2002. It debuted as a Paralympic sport at the 2006 Winter Paralympics in Torino, Italy. It is played with the same rocks and on the same ice as regular curling, though the rocks are thrown from a stationary wheelchair and there is no sweeping. Rocks may be thrown by hand while leaning over the side of the wheelchair, or pushed by a delivery stick (a pole with a bracket that fits over the rock handle

and allows the rock to be pushed with the correct rotation). The rock must be touching the center line at delivery, and released before reaching the hog line.

World Curling Federation rules mandate that teams be of mixed gender and that games be six ends (innings) in duration. Eligibility is limited to people with disabilities that usually require a wheelchair for daily mobility, such as paraplegics and quadriplegics, people with MS or post polio, amputees and other conditions. All that is needed is the coordination to exert a measured pushing force and a tolerance for cold.

Curling was introduced at last year’s Clinic. In addition to those who use wheelchairs, several other Clinic participants also came to the rink and practiced their skills on the ice. “Curling was very popular last year,” said Sandy Trombetta, WSC Director. “All of the participants enjoyed this new activity, plus it was also something they could pursue at home. There is also potential for the wheelchair players to compete for positions on the U.S. Paralympic Curling team.” He added, “Mostly though, this event fits right in with our philosophy of offering new and different activities that can add to our veterans’ quality of life and community participation.”

For more information, visit the alternate activities booth. Or, click on [www.wheelchaircurling.com](http://www.wheelchaircurling.com). Curling is a game of great skill and strategy to be sure – but it’s also just a whole lot of fun! ♦

*Curling was introduced as a Winter Sports Clinic event last year and received an enthusiastic welcome by participants. Some describe it as sliding a 40 lb. granite donut down a sheet of ice.*



## It's All for You!



Welcome to the 2008 National Disabled Veterans Winter Sports Clinic and the beautifully majestic Rocky Mountains. Nowhere else will you experience the exhilaration and healing power that these mountains provide. While you’re there, you won’t have to look hard – the Miracles on a Mountain-side will find you as you make your way down the slopes, bask in the wonderful hot springs, and try your luck at so many alternate activities (including the newest – fly fishing).

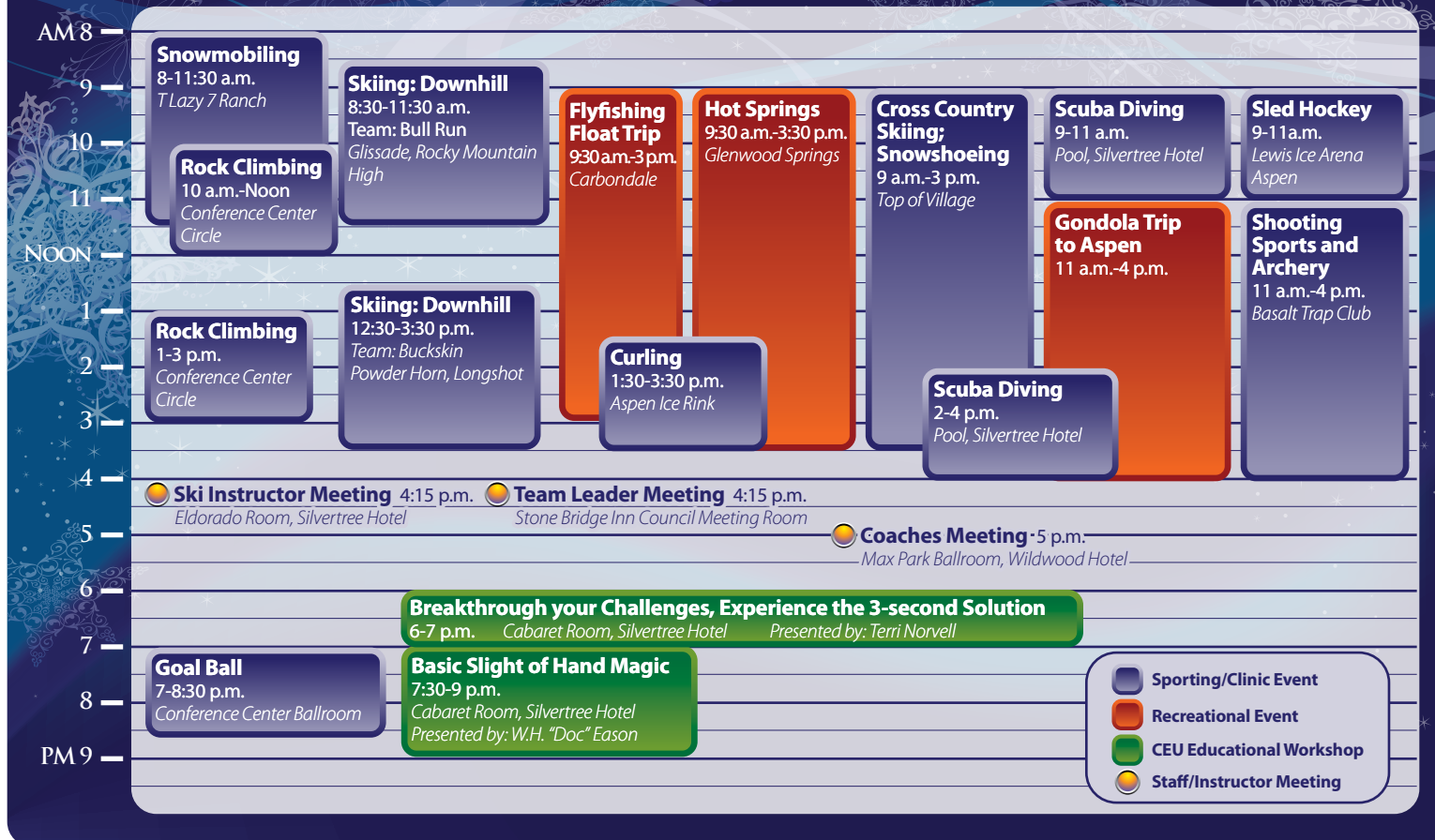
Your hosts, the Grand Junction, Colorado VA Medical Center and VA’s Rocky Mountain Network, are ready to welcome you to another exciting event. They’ve pulled out all stops and have worked tirelessly to make sure you have the very best winter sports experience. Whether it’s your first time participating or you’ve been there many times before, you are in for one of the most memorable weeks of your life.

The staff, volunteers and community have all been planning a week of exciting and fun events with you in mind. The Clinic’s co-sponsors, the Department of Veterans Affairs and Disabled American Veterans, are joined by many corporate, civic and service organizations who have generously donated their financial support, time and talents just for you. Everyone is getting ready to make your experience in Snowmass Village the very best.

It’s all for you – so let’s have an absolutely fantastic week here at the best show on the snow! ♦



# TODAY'S SCHEDULE Monday, March 31



## 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.

### Massage

Complimentary massages are available by appointment in the Elbert Room at the Silvertree Hotel. You can call for an appointment, (970) 710-1080, beginning at 9 a.m. Monday until all slots are full.

### 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  
Breakfast Breads, Muffins & Biscuits  
Breakfast Sausage  
Thick-Sliced Ham  
Potatoes  
Coffee, Herbal Teas, and Assorted Chilled Juices  
Omelet Bar with Cooked-to-Order Omelets to include Ham, Cheese, Mushrooms, Peppers, Fresh Tomatoes, Green Onions, and Salsa

### Lunch Buffet

Potato Salad (no eggs)  
Tossed Salad  
Hot Turkey & French Dip Sandwiches  
Potato Chips  
Brownies & Blondies

### Dinner Buffet

Green Bean Salad  
Meat Loaf with Mashed Potatoes and Gravy  
Pork Chops & Applesauce  
Vegetables  
Rye Bread with Butter