



21st National Disabled Veterans
Winter Sports Clinic



Snowmass, Colorado ★ April 1 – April 6, 2007

Volume 21, No. 5

Thursday, April 5, 2007

Multi-Platinum Recording Star Set to Shine Tonight

Jo Dee Messina is an award-winning, multi-platinum recording artist who has given her heart and soul to find success. She's had eight number one singles, been honored by the Country Music Association, the Academy of Country Music and the National Academy of Recording Arts & Sciences, Inc. (Grammy Awards) and was the first female country artist to score three multiple-week number one songs from the same album.

Tonight, she will be perform for you at the Snowmass Convention Center at 9 p.m., where she will sing some of her greatest hits as well as songs off her latest Gold album *Delicious Surprise*. Messina is on hand for a few days to share in the Clinic experience and attend the Closing Ceremonies on Friday.

Messina first heard about the Clinic while on a USO tour. "During my USO tour in Italy, a base commander told me about the Winter Sports Clinic and I knew instantly that I wanted to help out any way that I could," she said. "I think it's amazing that these soldiers do not allow their injuries to slow them down but instead continue to display courage and face challenges by participating in this Clinic."

Delicious Surprise is Messina's fourth studio album. It is that rare recording that captures the true essence of an artist's soul. Rather than talk about what has occurred in her life, Messina has chosen to sing about it. She has put together a group of songs that come from her heart, a group of songs that are meant to convey a musical message of optimism, strength and hope. As the songs say, while life's experiences may be hard, it's those

experiences that make us who we are and make life worth living. These are lessons Clinic participants know firsthand.

"Music has always been an enormous part of my life," Messina said. "It's not just something I do, it's part of who I am. Songwriting to me is my refuge, a safe place to me where I can go to spell out my emotions, especially when dealing with tough situations. It helps me to gain perspective. You could say that songwriting gives me emotional freedom."

Born in Holliston, Mass., Messina was first attracted to country music after hearing the recordings of Alabama and Hank Williams, Jr. Her love of country music grew as fast as her respect for its heroes (and heroines) like Dolly Parton and Loretta Lynn, strong women of country who wrote and sang from the heart. Messina also relates well to hard-working, blue-collar girl Reba McEntire.

Messina's songs seem to translate many of the emotions that Clinic participants experience while in Snowmass. "We all spend so much time and energy chasing what we think matters at the time, but the truth is that what really matters are the simple things – our family, friends

and loved ones. Amazing when you realize that just living to see another day is the ultimate gift. To me, the 'delicious surprise' in life is the dreaming, getting there, without limits, without putting up boundaries, just having faith and working hard. Dreams are meant to be followed and if your heart speaks it, then it doesn't matter how far-fetched it seems. You have to believe."

Don't miss Jo Dee Messina light up the stage tonight with her inspiring songs of love, courage and inner strength.



"I'm gonna grab on to today, live every minute in the way I know I should... Life is good."

From "Life is Good", a track on Messina's *Delicious Surprise* album.



21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

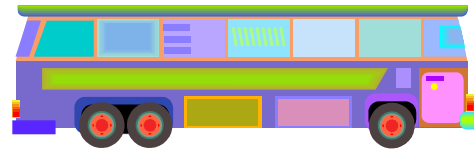
TODAY'S SCHEDULE

6:30 - 8:30 a.m.	Breakfast <i>Conference Center Ballroom</i>
8 - 11:30 a.m.	Snowmobiling <i>T Lazy 7 Ranch</i>
8 - 11:30 a.m.	Downhill Skiing <i>Grey Wolf, Naked Lady, Sunnyside</i>
9 a.m. - 3 p.m.	Cross Country Skiing, Snowshoeing <i>Top of the Village</i> (Lunch at Elks BBQ)
9 - 11 a.m.	Wheelchair Fencing <i>Max Park Room, Wildwood Lodge</i>
9 - 11 a.m.	Scuba Diving <i>Silvertree Hotel Pool</i>
9 - 11 a.m.	Sled Hockey <i>Lewis Ice Arena, Aspen</i>
9:30 a.m. - 4 p.m.	The Hot Springs <i>Glenwood Springs</i>
10 a.m. - 12 p.m.	Rock Climbing <i>Conference Center Circle</i>
10:30 a.m. - 4 p.m.	Gondola Trip to Aspen Lunch at Elks Lodge
11 a.m. - 1:30 p.m.	Lunch <i>Conference Center Ballroom</i>
11:30 a.m. - 4 p.m.	Shooting Sports/Archery <i>Basalt Trap Club</i>
12:30 - 3:30 p.m.	Downhill Skiing <i>Bonzai, Free Fall, Sheer Bliss</i>
1 - 3 p.m.	Rock Climbing <i>Conference Center Circle</i>
1:30 - 3:30 p.m.	Curling <i>Aspen Ice Garden</i>
1:30 - 3 p.m.	CEU Educational Workshop <i>The Importance of Humor and Laughter</i> Presented by <i>Cristal L. McGill, Ph. D.</i> <i>Cabaret Room, Lower Level, Silvertree Hotel</i>
2 - 4 p.m.	Scuba Diving <i>Silvertree Hotel Pool</i>
4:15 - 5 p.m.	Ski Instructor Meeting <i>El Dorado Room, Silver Tree Hotel</i>
4:30 p.m.	Team Leader Meeting <i>Stone Bridge Inn Council Mtg. Rm.</i>
5 p.m.	Coaches' Meeting <i>Max Park Room, Wildwood Hotel</i>
5 - 6:15 p.m.	Dinner <i>Conference Center Ballroom</i>
6 - 7:30 p.m.	CEU Educational Workshop <i>Fencing as a Modern Tool in the Rehabilitation Process</i> Presented by <i>Mario Rodriguez</i>
7:30 - 9 p.m.	Instructional Workshop <i>"Self Defense for the Visually Impaired"</i> Presented by <i>Special Agent Mark Copanzzi, U.S. Secret Service</i> <i>Max Park Room, Wildwood Hotel</i>
9 p.m. - 12 a.m.	Entertainment <i>Conference Center Ballroom</i> <i>Jo Dee Messina</i>

DEADLINE TO VOTE IS TODAY!



Don't forget to cast your votes for the 2007 Winter Sports Clinic Awards. *The deadline is today!* Ballot boxes are located on the table by the Host Room in the conference center lobby area. Be sure to honor your favorite veteran, volunteer or staff person through these prestigious awards.



WINTER SPORTS CLINIC TRANSPORTATION SCHEDULE

Actual loading times and bus departure times. Please show up at least 15 minutes prior to departure, as buses will leave on schedule.

All buses load and depart from the Conference Center circle.

Cross Country Skiing: Cross Country is located at the Top of the Village. Buses will begin loading at 8:15 a.m. and will depart at 8:45 a.m. Another bus will load at 1 p.m. to transport cross country skiers to the Top of the Village. This vehicle will also pick up participants at the Top of the Village after unloading the 1 p.m. group and can transport anyone wishing to return at that time. Buses will pick up everyone remaining at the Top of the Village at 3 p.m. All morning cross country skiers will eat lunch at the venue, courtesy of the Elks Lodge.

Snowmobiling: There will be two trips per day to the snowmobiling venue. *You will be assigned to either the first trip or the second trip, so please check to make sure you are on the correct bus.* The first trip begins boarding at 6:45 a.m. and departs at 7:15 a.m. The second trip boards at 9 a.m., departing at 9:30 a.m.

Sled Hockey: Buses will begin loading at 7:45 a.m. for this trip. The bus departs at 8:15 a.m.

Glenwood Springs Hot Springs Pool Trip: Buses will load at 9:30 a.m. and will depart at 10 a.m.

Trapshooting: Buses will begin loading at 10:00 a.m., departing at 10:30 a.m. Lunch will be provided for everyone at the trapshooting venue.

Gondola Trip: Buses will load at 10 a.m. and depart at 10:30 a.m. Lunch will be provided at the Aspen Elks Lodge for everyone attending.





“If you can DREAM it, you can DO it.”

~ **Walt Disney**

Disney's rise to fame is a classic American success story. From humble farmland beginnings, he rose to great heights through hard work, creativity, ingenuity and resilience. These characteristics are apparent at every stage of life in the veterans participating in the 2007 Winter Sports Clinic. In the words of the immortal Jiminy Cricket, “I'm no fool, no sirree! I'm gonna live to be 103,” but veteran Julius Fleischman plans to do even better than that. Fleischman will turn 85 in April, is shooting for at least 110, and at the rate he is going will surely reach that goal.



The energetic octogenarian, a decorated combat Army veteran of World War II and a self-proclaimed “farm boy” who went on to become a building developer and motel entrepreneur retired in 2001. Nowadays, Fleischman volunteers at the low vision clinic at the VA Medical Center in Washington, D.C. Having macular degeneration has not slowed him down one bit. He does aerobics twice a week, walks one to two miles a day and does push-ups too. “People with a handicap are no different from anyone else,” Fleischman says. “They are able to do whatever they attempt.”

“Attending the National Veterans Golden Age Games was the wisest decision I made in many years,” Fleischman reports. “I experienced camaraderie, enthusiasm and

downright fun.” Now, this ambitious veteran is going for more adventure here in Snowmass Village. In his words, “I have a silver and two bronze stars from the Battle of the Bulge. Why wouldn't I go for the gold again now?”

After being discharged from the Air Force in 1975, Ronnie Leeth, a combat veteran of Vietnam, became the victim of a violent crime and was left visually impaired.



Ronnie Leeth, 51, of Cleveland

Leeth, 51, learned about the Winter Sports Clinic during a support group meeting at the Cleveland VA Medical Center. Attending for the first time last year, he enjoyed the challenge of both downhill and cross country skiing, and relished the feelings

of independence and freedom they provided.

“The feeling of completing something is very rewarding to me, and I enjoy spending time with others who are on the same page as I am,” says Leeth. He was anxious to meet, share and talk with other participants again this year.

continued on page 5...

United Airlines - *Important Information About Your Return Travel*

• United Airlines is offering **Advanced Check-In**, as a service, to all customers involved in the **DAV Winter Sports Clinic** who are scheduled to depart from the Aspen Airport on Saturday, April 7, 2007. We recommend that everyone take advantage of this

convenient opportunity to check baggage and receive your boarding passes a day in advance.

• **In order to ensure your checked baggage arrives at your final destination by your scheduled arrival time, it is important that you check as many baggage pieces as possible in advance.**

• All passengers need to present themselves, along with a government-issued photo ID, for **Advanced Check-In**. Boarding passes will also be available at this time.

• Anything not received in advance, such as boarding passes or checked items, must be processed at the

airport on your day of travel.

• All wheelchairs will require tags to be attached on the day of travel. Upon arrival at the airport, please see a Customer Service Representative at the Ticket Counter.

• It would be greatly appreciated that as many pieces as possible be checked in advance. However, any necessary items, such as medication, should be packed in a carry-on bag. Please plan on a two-day supply in the unfortunate event of travel delays due to weather.

• We hope that this **Advanced Check-in** service will provide a

pleasant travel experience for you and we look forward to serving you.

Advanced Check-In
Friday, April 6
Anytime from 4 p.m. - 8 p.m.
El Dorado Room A & B
Sivertree Hotel
Level 4



Get Your Game On – Upcoming Events for 2007-2008

As you know by now, the **National Disabled Veterans Winter Sports Clinic** promotes rehabilitation by instructing veterans with disabilities in adaptive Alpine and Nordic skiing, and introducing other adaptive activities and sports such as snowmobiling, scuba diving, rock climbing, sled hockey and others. At this annual program, veterans with spinal cord injuries, amputations, visual impairments and neurological conditions all take to the slopes to be taught by certified ski instructors using state-of-the-art ski equipment. The new race training and development program helps participants develop their skiing abilities to an elite level. The event is co-sponsored by VA and the Disabled American Veterans, and the web site is www.wintersportsclinic.org.

Now that you've found your *Miracles on the Mountainside* in Snowmass Village, you may be interested in other special events. Every year, VA co-sponsors three more annual programs for our nation's veterans. Each promote the healing of both body and spirit, while motivating participants to reach their full potential, improve independence, achieve a healthy lifestyle and enjoy a better quality of life.

Now in its 27th year, the **National Veterans Wheelchair Games** promote rehabilitation and wellness through rigorous athletic competition in 17

different sports. Each year, this remarkable program gives newly injured veterans the opportunity to gain and enhance their sports skills while introducing them to experienced wheelchair athletes, some of whom compete at national and even international levels. More than 500 veterans with spinal cord injuries, amputations, and neurological challenges compete in the Wheelchair Games, co-presented with the Paralyzed Veterans of America. The 2007 Games will take place in Milwaukee, Wis., June 19-23; registration closes May 15. Some scholarships are available for first time participants injured in Iraq or Afghanistan. Come to Milwaukee this June and take part in *Great Games on a Great Lake!* Visit www.wheelchairgames.org for more information.

"*Heroes in Houston*" will gather August 27-31 to take part in the **21st National Veterans Golden Age Games**. This seriously competitive event offers 14 different sports and recreational events for veterans age 55 and older. It is the premier senior adaptive rehabilitation program in the U.S., and the only national seniors' program designed to improve the quality of life for all older veterans, including those with a wide range of abilities and disabilities. Several of the competitive events are now qualifiers for the National Senior Games, a member of the U.S. Olympic

Committee. Registration closes June 1. This event is co-sponsored by VA, Veterans Canteen Service and Help Hospitalized Veterans. An estimated 600 veterans are expected to compete in Houston this year. To learn more, visit www.veteransgoldenagegames.org.

For our non-athletes, the **National Veterans Creative Arts Festival** culminates year-long talent competitions in art, music, drama, dance and creative writing for veterans treated in VA medical facilities across the nation. At this annual program, veterans exhibit their artwork or perform in a gala stage show, accompanied by a professional orchestra. All veterans invited to participate are selected winners of national fine arts talent competitions in which thousands of veterans enter. The Festival celebrates the award winning talents of veterans following disease, disability or life crisis. It is co-presented by VA, the American Legion Auxiliary, and Help Hospitalized Veterans. Names of veterans selected for the 2007 Festival will be announced this summer. This year's event takes place in St. Louis, Mo., the *Gateway to Creativity*, October 22-28. For more information, visit: www.creativeartsfestival.org.

If your calendar is already booked for this year, dates for the 2008 events are listed below.

2008 VA NATIONAL EVENTS

National Disabled Veterans Winter Sports Clinic

Snowmass Village, Colorado

Sunday, March 30 – Friday, April 4

National Veterans Golden Age Games

Indianapolis, Indiana

Wednesday, August 20 – Sunday, August 24

National Veterans Wheelchair Games

Omaha, Nebraska

Friday, July 25 – Tuesday, July 29

National Veterans Creative Arts Festival

Loma Linda, California

Monday, October 20 – Sunday, October 26

Training Programs for Veterans



We hope that you are enjoying the skiing and the other winter sports but have you ever thought about writing? How about baking?

Once you get home, will you have a story to tell? Are you looking for a craft or job training? Well, National Theatre Workshop of the Handicapped (NTWH)'s workshops might be for you.

NTWH is currently seeking disabled veterans to attend its upcoming workshops in Belfast, Maine. Full scholarships are provided which includes travel, tuition, and room and board! NTWH's Writers' Workshop for Wounded Warriors and the Belson Bakery Training Program are designed specifically for physically disabled veterans of the wars in Iraq and Afghanistan, but are open to all physically disabled combat veterans. Jason Matthews is here at Winter Sports Clinic recruiting candidates for both workshops. He will be

in the Convention Center Ballroom on Thursday afternoon from 3:30 to 4:30 p.m. to show a DVD about and distribute literature about the workshops. He will also be around all week to answer any questions you may have. Look for him! To reach Jason, you can call leave a message for him at his hotel, (970) 925-1500, Room 1159, or email him at admissions@ntwh.org. You can also call his office, (212) 206-7789 and they will get a message to him. NTWH's Web site is www.ntwh.org.





Self Defense for the Visually Impaired

The United States Secret Service has the enormous responsibility of protecting the President of the United States as well as many other high-ranking dignitaries. Secret Service agents are constantly put into dangerous situations, so learning how to survive a confrontation is key to Secret Service training. Because they know that persons with disabilities are more vulnerable than other people to confrontation, VA approached the Secret Service to ask for help in developing a program about self-defense for veterans with disabilities, now a highlight for those attending the Winter Sports Clinic each year.

Former Special Agent Mark Camillo, who trained agents in self-defense tactics at the Service's training facility in Laurel, Md., founded the self defense training activities at the Clinic. The agency's own training program was adapted for both the physically and visually impaired. "It was our hope that what we do to prepare our own personnel for survival will be helpful to these men and women also," Camillo said.

The program is now headed by Special Agent Mark Copanuzzi, who is trained in controlled tactics. "This will be my fifth year at the Clinic," he said. "It is truly amazing to see the relationships that are fostered year after year between the agents and the participants." The program first teaches veterans to recognize dangerous situations, methods of minimizing risk and avoiding confrontation. "We talk about the importance of using a person's most valuable survival tool, their mind," he explained. "We teach self-awareness and how to use your imagination to remedy a potentially dangerous situation."

Secret Service agents participating in the program continue to advise veterans to use everything they have to survive, including their white cane or the arm of their wheelchair. Veterans in wheelchairs often possess superior upper body strength – an asset that could save their lives should they need to take an attacker to the ground while seated. While one class is certainly not enough, agents hope that what the veterans learn will help them survive in a harmful situation, and give them the incentive to find a self-defense program in their own communities when they return home.

For the agents, it is more about serving the men and women who have served this nation. "I look forward to working with the participants," Camillo has said. "If there is anything that I have said or done throughout the week that has even put the slightest smile on a participant's face, then I have accomplished what I came to the Clinic to do."

Special Agent Copanuzzi will be leading an instructional workshop on self defense for the visually impaired tonight at 7:30 p.m. in the Max Park Room at the Wildwood Hotel.

Dreams

continued from page 3

Before he even arrived, Leeth said he was really looking forward to Taste of Snowmass and the delicious food in Aspen!

Adam McCann, 21, enlisted in the Marine Corps upon graduation from high school. A combat-wounded veteran of Operation Iraqi Freedom, McCann, had lower extremity injuries to both legs.



William McCann, 21, of South Amhurst, Ohio

As one of our younger participants, McCann also looked forward to the new challenges that the Winter Sports Clinic brings. He said, "Last year, I had the best time participating in the events and just being with all the veterans. They have seen and done some of the same things and we can all relate to each other." Watching some of the veterans with missing limbs on the ski slopes left him astonished and totally inspired. McCann encourages the other young participants to talk to the other vets and tell their stories. He particularly recommends taking in the educational seminars taking place during the week, which he found very helpful.

No matter the age, branch of service, abilities or disabilities, veterans who are here this week are continuing to learn – from their instructors and from each other. Like Walt Disney also said, "It's kind of fun to do the impossible."



WINTER SPORTS CLINIC ON THE WEB

Share this newsletter (in full color), photos and other interesting information about the 21st National Disabled Veterans Winter Sports Clinic with your friends and family back home and around the world. We are located on the Web at: www.wintersportsclinic.org.





Veterans Taking Shot at New Event

Seven years ago, Russell Worth, a World War II veteran and paraplegic from Brown Deer, Wis., was told he couldn't alpine ski anymore.

"They say I'm getting to old, my legs are too brittle," Worth said. "They're afraid I might crash and I might break a leg or something."

Still, Worth has been a regular at the Winter Sports Clinic since he found a different way to ski that may even be more fulfilling according to him. While other veterans are gliding or tumbling down the mountain, Worth steadily pulls himself along beautiful landscapes and this year found a surprise waiting for him at the end of the trail; the chance to shoot again.

The 2007 National Disabled Veterans Winter Sports Clinic added a biathlon to the list of alternative activities this year, offering extra incentive for veterans to work their way across a mountain on skis rather than down by offering a chance for every veteran to return to something they all learned at one time, rifle shooting.

"I already enjoyed the cross country skiing each year for the great workout and to build my body up," Worth said. "Now I get something fun to try along the way with the rifle shooting. I just wish I would have done a little better there."

While target practice and endurance skiing may not sound like the most likely combination, the biathlon event has added a new dimension of fun for

the cross country skiing faithful, and a bit of a draw for those willing to try for the first time.

"It's awesome, I like it," said Shane Parsons, an Iraqi Freedom veteran from Fostoria, Ohio, experiencing the Winter Sports Clinic for the first time. "I've got good instructors for the skiing part and the shooting part so I appreciate it a lot. "Other veterans have to try this. They deserve to work their but off just to get to the range. They'll like it."

Phillip Torrie, a certified recreation therapist out of the Monterrey outpatient clinic, has been instructing cross-country skiing for 13 years at the Clinic and he thinks the biathlon will prove to be the draw that gets many other veterans to fall in love with his event.

"I see a lot of enthusiasm this year," Torrie said. "I think it is taking everybody by surprise how successful it is and the word is spreading among the veterans to try this. Our numbers are higher this year than they have ever been because everybody wants to take a shot at the targets."

Katrina Bourget of Austin, Texas, paraplegic from a motor pool accident in the late 70's, is enjoying her first year at the Clinic, but she found the biathlon even more challenging and rewarding than her alpine experience this year.

"I think I enjoy the cross country skiing more because it is more vigorous," Bourget, a regular hand cyclist, said. "I think everybody

should try it even though my shooting was pretty poor. It's fun and that is what it is all about."

Mike Brickert, 60-years-young and an Iraqi Freedom veteran from Wise River, Mont., competed in biathlons when he was able-bodied so he was certainly happy to see the event come to the Winter Sports Clinic.

"I had five trips Tuesday and I plan to get in at least four today. Of course, I'll race on Friday so you can say I like it, yeah."

"I tried the shooting and I finally hit one today," Brickert said. "I think it is great that they introduced the biathlon. It's just another challenge to look forward to, to do; to have another option."

Not a single veteran was willing to brag about their shooting abilities, but fortunately the instructors were more than willing to set the record straight.

"Actually, all of the veterans have shot before so they know how to handle a rifle," said Stacey Wooley, shooting instructor for the biathlon. "For the most part they have been really successful. They are hitting the targets and we are having a good time."



Shane Parsons takes a shot during Wednesday's Biathlon

ATTENTION: PURPLE HEART RECIPIENTS AND LADIES AUXILIARY

Purple Heart Recipients and family members only... Let's get together in the Silvertree Hotel Lobby by the fireplace

Tonight at 7 p.m. **BE THERE!**





ZODI-YAK



Aquarius (Jan. 20 – Feb. 18)
Wacky, witty water-bearers, you could probably help teach “The Importance of Humor and Laughter,” tonight’s workshop. (*Susan Macaulay and William Egner, will you be there?*)



Pisces (Feb. 18 – March 20)
Your sparkling social presence was very much in evidence at last night’s concert with the John Corbett Band, but did you have to steal the microphone? (*Glenn Alley and Michael Larson, you just love being the life of the party, don’t you?*)



Aries (March 21 – April 19)
There is nothing half-hearted about an Aries. (*Especiallly those like Michael Digue or Darrel McCauley.*) You enjoy living on the edge. The slopes await you through tomorrow.



Taurus (April 20 – May 20)
A purposeful achiever with endless patience, your time has finally come. (*We’re talking to you, Brett Miller and John McAvoy.*) Enjoy every new experience at Snowmass until you board the plane home!



Gemini (May 21 – June 21)
(*Stanley Munson and Linwood Eastman, this means you!*) Keenly attuned to the environment, get out and enjoy the beautiful Snomass scenery. Everyone heads home in just two days.



Cancer (June 22 – July 22)
Moon child, your enormous sensitivity has been a great source of strength for others to draw upon this week. (*As good examples, just look at Anthony Bryant and Gilbert Magallanes!*)



Leo (July 23 – Aug. 22)
The magnetic color of the sun is always special to lions, so put on your sunscreen today. (*Take it from Thomas Livingston and Henry Diaz – and let your mane flow free!*)



Virgo (Aug. 23 – Sept. 22)
(*Say hello to Virgos Claire Brou and Deborah Camicia today.*) With your high idealism and friendly personality, you will excel in anything you try today, Virgo. Make it worthwhile.



Libra (Sept. 23 – Oct. 22)
Lover of beauty and nature, you are truly in your element today. (*Paul Nyerick and Jeffery Ellett, it might be time to try snowmobiling!*)



Scorpio (Oct. 23 – Nov. 21)
Motivated and ambitious, you are due for a good luck streak. Keep that in mind if there are casino tables at the Victory Celebration tomorrow night! (*Especiallly you, John Marshall and Rose Ganz!*)



Sagittarius (Nov. 22 – Dec. 21)
You have a compelling desire for knowledge. No wonder you’ve been taking in the workshops this week. (*Note to Karl Dorman and Bryan Gansner: where have you been?*) Tonight, enjoy the country music of Jo Dee Messina!



Capricorn (Dec. 22 – Jan. 19)
Your persistence and dedication to reaching your goals will take you far. (*Especiallly Capricorns David Smith and Darryl Lair, who return to California on Sunday.*)

Happy Birthday!

The Winter Sports Clinic Staff would like to recognize the following participants who celebrate a birthday this week...

- Peter Alcalá ~ April 3
- Floyd Bethnamy ~ April 2
- Timothy Daubert ~ April 7
- Joseph Garrett ~ April 2
- Darrel McCauley ~ April 1
- Joseph Oppold ~ April 4
- Orlando Perez ~ April 8
- Jeffrey Snover ~ April 7



VETERANS HISTORY PROJECT ENDS FRIDAY

We want to hear from you! Interviews for the Veterans History Project are still happening. Stop by the Janss Auditorium on the second floor to schedule an appointment today. Interviews are today from 8 a.m. until 5 p.m. and tomorrow from 8 a.m. until noon. The Veterans History Project honors our nation’s veterans by creating a lasting legacy of their military experience. *Share your story today and make history come alive!*

WOMEN VETERAN SUPPORT GROUP MEETING

Hear, hear!
Irene Trowell-Harris, RN, EdD, Director of the Center for Women Veterans will attend a meeting for women veterans at 2 p.m. on Friday, April 7, in the Max Park Room. All women veterans are invited!



21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

MEDICAL ASSISTANCE *

Bedford A Conference Room

A medical room is available each day during Clinic operation hours (from approximately 8 a.m. - 9 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

WHEELCHAIR & PROSTHETICS REPAIR

Conference Center Host Room

Hours:

6:30 - 8:45 a.m.

11 a.m. - 1 p.m.

4 - 5:30 p.m.

In between these hours, call (970) 470- 9198 for wheelchair repair and (970) 470-9226 for prosthetics repair.

Please do not call after 6 p.m. unless it is an emergency.

LOST & FOUND - STARTING TO FILL UP!

Conference Center Host Room

Describe your item at Host Room to claim. Items found to date include a wallet, a bag, a vest, glasses, baseball cap, ski goggles, a cup, cup holder, stocking caps, walkie-talkie, and sunglasses.

MASSAGE THERAPY

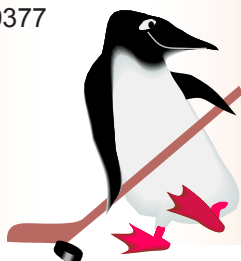
Elbert Room

Complimentary massages are available by calling and scheduling an appointment.

Massage is located in the lower level lobby of the Silvertree Hotel in the Elbert Room.

Call for an appointment. They will be taken until all slots are full.

Phone – (970) 261-9377



TODAY'S WEATHER FORECAST

High 54° F
Rain/Snow Showers



Overnight Low 32° F
Showers Early
Sunset 7:35 p.m.
Tomorrow's Sunrise 6:44 a.m.



Conference Center Ballroom

~MENU~

Breakfast Buffet

6:30 - 8:45 a.m.

Fresh Sliced Fruit

Oatmeal with Granola, Raisins, Sliced Bananas, Almonds

Skim Milk

Scrambled Eggs with Ham

Croissants, Muffins, Biscuits

Bacon

Thick-Sliced Ham

Home Fried Potatoes

Fresh Ground Coffee, Decaffeinated Coffee, Herbal Teas,
and Assorted Chilled Juice

Lunch Buffet

11 a.m. - 1:30 p.m.

Ham & Beef Sandwiches

Chicken Noodle Soup

Vegetables

Crackers including Saltines

Assorted Chips



Dinner Buffet

5 - 6:15 p.m.

Spinach Salad with Artichokes and Mushrooms

with Ranch & Balsamic Vinaigrette Dressing

Trout Amandine with Rice Mushroom Pilaf

Herb Crusted Pork Loin with Braised Red Cabbage

Au Gratin Potatoes

Green Beans and Red Bell Peppers

Rolls and Butter

Fresh Ground Coffee, Decaffeinated Coffee,
and Herbal Teas

Desserts