



21st National Disabled Veterans
Winter Sports Clinic



Snowmass, Colorado ★ April 1 – April 6, 2007

Volume 21, No. 4

Wednesday, April 4, 2007

Scuba at the Clinic

Have you been bitten by a shark or hung out with a “scuba dude?” Chances are you have if you’ve participated in scuba diving, an alternate activity that is held at the Silver-tree Hotel pool. Unlike the cold, snowy slopes you conquered on the mountain, the scuba diving pool is kept at a warm temperature of 93 degrees.

Scuba diving continues through Thursday, and is a favorite of Clinic participants. By the end of the week, scuba diving instructors expect to get in the water with 80-100 Clinic participants.

“We can take any level of injury during the two-hour sessions,” said Susan Carruthers, a scuba instructor who is participating in her seventh Clinic this week.

“It usually only takes about ten minutes to get a veteran in the water with an instructor after an explanation of all the equipment,” said Carruthers.

She says that veterans will begin in the shallow end of the pool to get comfortable with their gear and instruction and

then move on to the deeper end of the pool. “After a while, we have our divers underwater enjoying the games we play in the deep end of the pool,” she said.

Some of the Clinic participants have enjoyed their scuba diving experiences so much that they have gone on to receive scuba certification. One such veteran, who dove into continuing her new passion is Vietnam combat Army veteran Carol Adams. Adams, 59, from Lake Park, Fla. first came to the Clinic in 1996 and says that scuba diving is one of her favorite alternate activities.

Adams holds an open water diving certification from the Handicapped Scuba Association (HSA). The HSA is an independent training and certifying agency that specializes in recreational diving for people with disabilities.

“When you scuba dive, it doesn’t matter if your legs don’t work,” Adams said. “It is a great rush to feel completely free in the water. Everyone should try it at the Clinic.”



Triple amputee U.S. Army Sgt. Hilario Bermanis II, wounded in Iraq on June 10, 2003, swims with a scuba instructor at the Winter Sports Clinic on Tuesday. *Defense Dept. photos by William D. Moss*





21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

TODAY'S SCHEDULE

6:30 - 8:30 a.m. Breakfast
Conference Center Ballroom

8 - 11:30 a.m. Snowmobiling
T Lazy 7 Ranch

8:30 - 11:30 a.m. Downhill Skiing
Rock Island, Granite, Sneaky's

9:30 a.m. - 4 p.m. The Hot Springs
Glenwood Springs

9 a.m. - 3 p.m. Cross Country Skiing,
Snowshoeing,
Biathlon Introduction
*Top of the Village
(Lunch at Elks BBQ)*

9 - 11 a.m. Wheelchair Fencing
*Max Park Room,
Wildwood Lodge*

9 - 11 a.m. Scuba Diving
Silvertree Hotel Pool

9 - 11 a.m. Sled Hockey
Lewis Ice Arena, Aspen

10 a.m. - 12 p.m. Rock Climbing
Conference Center Circle

10:30 a.m. - 4 p.m. Gondola Trip to Aspen
(Lunch at Elks Lodge)

11 a.m. - 1:30 p.m. Lunch
Conference Center Ballroom

11:30 a.m. - 4 p.m. Shooting Sports/Archery
Basalt Trap Club

12:30 - 3:30 p.m. Downhill Skiing
Moonshine, Wildcat, Slider

1 - 3 p.m. Rock Climbing
Conference Center Circle

1:30 - 3:30 p.m. Curling
Aspen Ice Garden

1:30 - 3 p.m. CEU Educational Workshop
*Bringing Wellness into Your Recreational Therapy Setting
Presented by Helaine Weinstein, CTRS
Cabaret Room,
Lower Level, Silvertree Hotel*

2 - 4 p.m. Scuba Diving
Silvertree Hotel Pool

4:15 - 5 p.m. Ski Instructor Meeting
*El Dorado Room,
Silver Tree Hotel*

4:30 p.m. Team Leader Meeting
Stone Bridge Inn Council Mtg. Rm.

5 p.m. Coaches' Meeting
Max Park Room, Wildwood Lodge

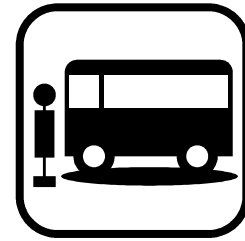
5 - 6:15 p.m. Dinner
Conference Center Ballroom

6 - 7:30 p.m. Educational Workshop
*People Skills and Communicating
Presented by Dick Bell, Ed.D.
Cabaret Room
Lower Level, Silvertree Hotel*

7:30 - 9 p.m. CEU Educational Workshop
*The Power of "Rock 'n' Roll" Music to Create
Positive Engagement!*
*Presented by Cristal L. McGill, Ph.D.
Cabaret Room*

7:30 - 9 p.m. Instructional Workshop
"Self Defense for Everyone"
*Presented by: Special Agent Mark Copanzzi,
U.S. Secret Service*

9 p.m. - 12 a.m. *Max Park Room, Wildwood Hotel*
Entertainment
*Conference Center Ballroom
John Corbett Band*



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.





The Stars are Out This Week in Snowmass Village

Veterans and service members can sharpen their recon skills this week by looking out for celebrities Bo Derek and John Corbett.

"You never know where you're going to see them or when you're going to see them," says event founder and director, Sandy Trombetta. "Bo will arrive at the shooting venue. She'll shoot, and she'll hang out with everybody and eat with them. Then she'll show up at the skiing venue. She's really one of the gang."

Derek has been showing up for veterans for years. She uses her celebrity status to draw attention to VA's national rehabilitation special events, telling all who will listen that the events "promote the healing of body and spirit, which helps veterans improve their independence and enjoy a higher quality of life."

"Bo is just absolutely fantastic," says Trombetta. "She is very sincere and genuine, and she's there for the veterans."

Derek is most famous for her 1979 hit film "10," but this fall, she had people glued to their sets playing the cutthroat mogul Maria Gianni in the evening soap opera "Fashion House."

This is Corbett's third year at the Clinic. Fans of "Northern Exposure" remember him fondly as radio DJ Chris Stevens. He also played Carrie's furniture-designer boyfriend Aidan Shaw on "Sex in the City." He was also the groom in the hit film, "My Big Fat Greek Wedding."

Corbett also has a passion for music. He released a self-titled country album a year ago and spent the summer and fall on tour with his band. They're doing a show tonight at 9 p.m. in the Conference Center Ballroom. "They're going to jam," Trombetta says. "That's going to be a great concert."

Trombetta, Derek and Corbett recently stopped by Walter Reed Army Medical Center. They were on a tight schedule and were only supposed to visit from 3 to 4:30 p.m. "They would not leave until every soldier who wanted to visit with them was seen and smiling. We didn't leave until 7 o'clock," Trombetta says. "They're great, great people."

So heads up for the rest of the week. You might be standing next to two of the nicest people around. Make sure you stop by to say "Hi."



Actress Bo Derek and former Deputy Defense Secretary Paul Wolfowitz chat with a participant at the 19th National Disabled Veterans Winter Sports Clinic, joined by Diane Hartmann, Director of VA National Programs and Special Events. Photo by Tech. Sgt. Cherie Thurlby, USAF



Actor/Musician John Corbett and band will be playing in the Conference Center Ballroom tonight at 9 p.m.





Goal Ball Re-Cap

It's like playing dodge ball on your hands and knees, blindfolded. Four players square off on opposite ends of a court. If the ball gets past everyone on your team, the other guys score a point.

It's a level playing field for the sighted and the visually impaired once the blindfolds are on, and everyone in the room must remain silent so the players can hear a bell that's inside the ball. "It gets louder as it comes toward you. I listen and try to get in front of it," said Tyler Cavit of Manassas, Va. He's nine, and he asked his grandma if he could take her place on Team Five because it looked like so much fun.

Alas, even Tyler's youthful enthusiasm couldn't save Team Five from elimination in Monday night's goal ball tournament in the Conference Center. Team Three bested the field of eight teams, giving players Enrique Lopez, Rose Ganz, Richard Batiste and Charlie Hoel bragging rights at this year's Winter Sports Clinic.

"I like the game, man. It's cool," Hoel said. This is his eighth year playing

goal ball at the Clinic. "I play with different people each time and we all work as a team," he said.

Team members tap the ground or reach out with their hands to tell each other where they are so they can pass the ball. Sometimes, communication falls apart and a player will send the ball full force into the back of a teammate, thinking the way ahead was clear to try to score a point. Other times, a pass fails and the ball comes to a stop between team members. Without the bell to guide them, it can take a lot of reaching around until the ball is found again.

When it came to defense, AP Apineru of American Samoa made several saves for Team One by keeping a sharp ear on the ball. "Listening is the key," he said. Still, his team was knocked out in the second round of the tournament.

As for offense, many players lost their bearings and sent the ball into the feet of spectators lining both sides of the court. However, Ernest Switzer from Cleveland consistently sent the ball

straight at the other team. His secret was obsessively reaching out to feel the lines of tape that created the box in which he and his team members played. A reach to his left told him where out-of-bounds was, and a reach forward with both hands gave him a straight line perpendicular to the direction of play. "It's pretty hard," he said. Still, Switzer and the other members of Team Six did make it to the second round.

In the end, Team Two squared off against Team Three in the final round, which Team Three won 1-0. Enrique Lopez of Miami scored the winning point with one of many swift throws. He was by far the most passionate player in the tournament, showing frustration at setbacks and excitement when things were going well. "I hate to lose," Lopez said.

If you think you'd like to compete in goal ball next year, Lopez shared the secret of his success. "You just have to remember where you are on the court and trust your instincts," he said.



Teammates Jason Poole (left) and Jay Wilkerson communicate by touch during Monday night's goal ball tournament.



AP Apineru (left) launches the ball at the other team while Marc Castereno stands by on defense.

WINTER SPORTS CLINIC ON THE WEB

Share this newsletter (in full color) and other photos and 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.





Why Do the Marines Get a Reunion?

That's the question disabled Vietnam veteran John Devine has been hearing since he held the first Marine Corps Reunion at the Winter Sports Clinic four years ago.

He said veterans from other branches sometimes comment that it doesn't seem fair to single out the Devil Dogs for a special party. But the Clinic organizers aren't behind the reunion. It's something the Marines do on their own.

Devine, who is from Massapequa, N.Y., remembers when he first returned from Vietnam. He spent more than a year in the hospital, and the companionship of other amputees helped him endure several surgeries. But once out in the world again, he did not see another amputee for four or five years. He didn't mention the military to anyone and didn't associate with other veterans.

Alone with his war memories, Devine blamed himself for his injury, as if he could have dodged the mortar that killed his buddy and took his own right leg from the hip down. He was ashamed of not finishing his tour in Vietnam, of getting hit after only a month in country. These thoughts and feelings went around in his head for years until he got involved in athletic events and met other veterans he could trust. "That is when I started getting better mentally," he said.

He described the Winter Sports Clinic as a life-changing event, and he wants to be part of that change for newly injured veterans. He looks in their faces and sees so many unspoken questions about what they will be able to manage. A young man might lie awake nights wondering how he will drive a car now that his right leg is gone. "Left foot gas pedal," Devine said. "It's such a little thing when you know it, but when you don't know it, it's a big thing."

By passing on what his generation learned the hard way, Devine hopes to make life easier for young veterans. "That's one of the reasons I do the Marine Corps party," he said. "I think it opens the door. If one of them wanted to share something personal with me or one of the other older guys, the crack in the door is there."

"They ask us what life will be like down the road," said Clinic volunteer Tony Santilli, another Marine Corps veteran who served in Vietnam. "And we say, 'Look at us.'"

"I tell them what I've done, what I am doing and what they can do," Devine said, citing skiing as a perfect example. "When I came here I was petrified. I was afraid of skiing on a mono-ski. I didn't want to hurt myself because I know what

pain is. But I'm skiing now at a level I never dreamed of."

At this year's Clinic, the Cirque Cafe at the end of the Snowmass Mall hosted the Marine Corps reunion on Monday night. The club's General Manager, Glen Wood, donated the food. More than 90 people packed the space, three times the number at the first reunion four years ago.

Young Marine Corps veteran Jason Poole, of San Jose, Calif., was in the crowd having fun, listening to music and making friends. "All these Marines have been trying to help me. It's just amazing," he said.

Poole was injured by an improvised explosive device in Iraq two and a half years ago. He spent two months in a coma and woke up deaf in his left ear and blind in his left eye. The left side of his brain is also damaged, making reading, writing, spelling and speaking a challenge.

"Two and a half years ago I didn't speak and I was in a wheelchair," he said. "Today, I can speak. I can walk. I have some difficulties, but Marines are always there for me, even at the Palo Alto (Calif.) VA Medical Center. It's welcoming. It feels good."

"It's part of the bond," Devine said. "I don't know what it is. It's probably something indoctrinated into us at boot camp. We stick together."



There is no generation gap among Devil Dogs. Iraqi war vet Jason Poole (left) and Vietnam war vet John Devine speak from the heart at Monday night's Marine Corps reunion.

THE SECRET SERVICE IS HERE TO TEACH SOME VALUABLE LESSONS

Don't miss your chance to learn some real moves from the pros! Tonight, the U.S. Secret Service will offer an instructional workshop entitled, "Self Defense for Everyone." From 7:30 – 9:00 p.m., they will teach self defense moves for people with disabilities that could prove very valuable in a threatening situation. The workshop will be in the Max Park Room of the Wildwood Hotel. Tomorrow, a second session will be held for visually impaired participants. Come on over to learn some valuable skills and get some more exercise!



21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

2007 Winter Sports Clinic by the Numbers

Veterans Present: 366
Women Veterans: 47
Active Duty: 33

This year, 226 veterans served in combat in the wars or conflicts listed below. Of these, 84 veterans were wounded in combat.

World War II: 6
Korean War: 11
Vietnam: 86
Gulf War: 31
Operation Iraqi Freedom: 60
Operation Enduring Freedom: 19
Multiple Wars or Conflicts: 12
Other Conflicts: Grenada (3), Panama (1), Grenada and Panama (1), Bosnia (2), Somalia (1), Central America (1), Lebanon (1), and the Cold War (3)

Medical Conditions
Spinal Cord Injured: 144
Amputee: 69
Visually Impaired: 58
Brain injury: 50
Multiple Sclerosis: 36
Neurological Damage: 5
Stroke: 12
Other or multiple diagnoses: 45

Branch of Service
Army: 190
Navy: 64
Marine Corps: 60
Air Force: 55
Coast Guard: 5
National Guard: 2
Multiple Branches: 10



MEDIA OPPORTUNITIES

APTA Members wanted:
We're looking for one or two of our great physical therapists who are members of the American Physical Therapy Association and would be willing to be interviewed for an article in an upcoming edition of PT Magazine.

Jewish War Veterans:
We've also been in contact with The Jewish Veteran publication about publicizing the Winter Sports Clinic and our Jewish participants. If you would like to be interviewed for a story in this publication, we want to hear from you!

Please see Jenny or Elaine in the Media Center, Erikson Room in the Conference Center as soon as possible if you are interested in being interviewed. *Thank you!*

VA Secretary Jim Nicholson (#10) participates in Sled Hockey.



Henry Diaz participates in the shooting activities.



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

Thursday at 7 p.m. BE THERE!

WOMEN VETERANS SUPPORT GROUP MEETING

Hear, hear!
A meeting for women veterans will be held at 2 p.m. on Friday, April 7, in the Max Park Room. All women veterans are invited!





ZODI-YAK



Aquarius (Jan. 20 – Feb. 18)
Yours is the sign of hopes and dreams. Set your goals high in true Aquarian fashion. *(Just like Barbara Newstrom and Brian Donarski do!)*



Pisces (Feb. 18 – March 20)
Mystical Pisces with hidden depths, no wonder you love skiing – and scuba! *(Glenn Alley and Hardy Alexander – should we expect to see some salutations in the pool this afternoon?)*



Aries (March 21 – April 19)
You meet change and new experiences head-on. Take on as many new activities as you can today. *(Fellow Ram James Hancock Sr., is celebrating his birthday and inspiring his son and other veterans to try new experiences.)*



Taurus (April 20 – May 20)
Your bullish stubbornness will help you hit the bull's eye in archery today. *(Cory Anderson and James Nappier, have you signed up for the shooting sports yet?)*



Gemini (May 21 – June 21)
Quick in thought and action, you never sit back and watch the scenery whiz by. *Steven Dennis and Frederick Garaway – go grab your cameras and take in the mountain beauty.*



Cancer (June 22 – July 22)
Feeling a little tired today? The John Corbett Band is sure to cure that. See you at the concert tonight. *(James Delisle and Donald Gurule – we want to see you boogie!)*



Leo (July 23 – Aug. 22)
You love power and creativity Leo, so why not check out the "Power of Rock 'n' Roll" at tonight's workshop at the Silvertree? *(Hey, Richard Cassidy and John Larese, we know you love that old time rock n' roll, so we'll see you there!)*



Virgo (Aug. 23 – Sept. 22)
Wednesday is your lucky day. Most Virgos will excel in everything they do today. *(Keep your eyes peeled for fellow Virgos Gary Ciochetto and Craig Michals – they're bound to impress many as the day goes by!)*



Libra (Sept. 23 – Oct. 22)
Born a charmer, you instinctively know how to draw others out of their shells. *(Especially you two, William Norris and Michael Fulgium.)* No wonder you've already made so many new friends this week.



Scorpio (Oct. 23 – Nov. 21)
Sign of extremes, there are plenty of extreme sports and activities for you to enjoy all week. *(Bill Fannin and Gary Cole, we are sure you know what we mean!)*



Sagittarius (Nov. 22 – Dec. 21)
(Erin Cavit and William Dougherty can tell you all about this.) Seekers of challenge, restless in spirit. Stay focused as many new adventures still await you, Sagittarius.



Capricorn (Dec. 22 – Jan. 19)
Your persistence and strength will shine through today in sled hockey. If you haven't tried it yet, get out there. *(Fellow Capricorns Johnnie Williams and David Nau can show you how.)*



DON'T FORGET TO VOTE!

If you haven't done so already, please stop by the Conference Center Lobby to vote for the 2007 Winter Sports Clinic Awards. Among others, the following six awards will be presented at the Closing Ceremonies on Friday:

- The Linnie Howard Spirit Award (for a participant)
- The Judy Shawo Commitment to Excellence Award (for a volunteer)
- The Sid Ford Award for Service Above and Beyond the Call of Duty (for a VA employee)
- Best Downhill Ski Instructor Award
- Best Cross Country Ski Instructor Award
- Best Team Leader Award

Ballot boxes are located on the table by the Host Room. *Cast your votes today!*

VETERANS HISTORY PROJECT ENDS FRIDAY

You still have time to participate in the Veterans History Project (VHP). This historic project honors our nation's veterans by creating a lasting legacy of their military experience. Regardless of branch or period of service, age, military career, or experience, all veterans are invited to share the story with the VHP program staff this week during the Clinic. Interviews take place in the Janss Auditorium, on the second floor of the Conference Center, through tomorrow from 8 a.m. until 5 p.m.; and from 8 a.m. until noon on Friday. Stop by to schedule an appointment. If you should need to reschedule your appointment, please let the VHP team know right away.



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.

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

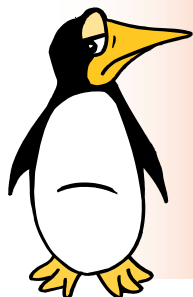
Describe your item at Host Room to claim. Items found to date include a wallet, a bag, a vest, glasses, baseball cap, ski goggles, a cup, cup holder, stocking caps, walkie-talkie, and sunglasses.

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 57° F
Partly Cloudy



Overnight Low 35° F
Rain/Snow Showers Late

Sunset 7:34 p.m.

Tomorrow's Sunrise 6:46 a.m.



Conference Center Ballroom

~MENU~

Breakfast Buffet

6:30 - 8:45 a.m.

Fresh Sliced Fruit

Oatmeal with Granola, Raisins, Almonds, Bananas
Skim Milk

Breakfast Breads, Muffins and Biscuits

Breakfast Sausage

Thick-Sliced Ham

Potatoes

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

Omelet Bar with Cooked-to-Order Omelets to include Ham,
Cheese, Mushrooms, Peppers, Fresh Tomatoes, Green
Onions, and Salsa

Lunch Buffet

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

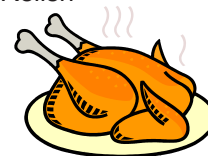
Tomato Cucumber Salad

BBQ Chicken with BBQ Sauce on the side

Italian Sausage with Grilled Onions and Peppers, Buns,
Mustard, Ketchup, and Relish

Assorted Chips

Granola Bars



Dinner Buffet

5 - 6:15 p.m.

Oven Roasted Turkey and Roast Beef Dinner

Mashed Potatoes with gravy on the side
Vegetables

Tossed Salad with Assorted Dressings

Chef's Choice of Roll/Breads with Butter

Fresh Ground Coffee, Decaffeinated Coffee and
Herbal Teas