

Great Games GAZETTE



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Then and now – National Veterans Wheelchair Games, looking back 25 years



(Back, left) Pat Wiseman and (back, right) Bea Root are volunteering at the 2007 Games. Seated in front is Phil Rosenberg, Wisconsin PVA president. He competed in the 1982 Games and is competing again this week.

In 1982, the second NVWG were held in Milwaukee and 2007 marks the return of the Games to the great city of Milwaukee. This is a special opportunity to look back 25 years and find out how much the Games have changed – and how much has stayed the same. Some of the volunteers, athletes and attendees this year were also here in 1982.

Among those ‘living historians’ are Bea Root and Patricia Wiseman, event volunteers, as well as Tom Brown, Director of VA’s NVWG and Pat Kilmartin, a combat wounded Vietnam veteran.

Root was employed as an RN at the Milwaukee VAMC Spinal Cord Unit in 1982 and worked as a volunteer at the NVWG. Root noted that two things have remained constant over the last 25 years. She says the goal of the Games to provide a venue for rehabilitation through competition. As well, the indomitable spirit of the athletes is as strong today as it ever was. “Watching these athletes has always taken my breath away,” Root says. “It is emotionally uplifting to see the competitive spirit of the athletes and the way they encourage each other.”

Root’s long time friend is Patricia Wiseman. Wiseman worked on the same unit with Root and became deeply involved with the Wheelchair Games. She noted that

things have “just grown.” “The support, encouragement and commitment to the games from the VA staff, the city, local businesses and media has not wavered, but has only expanded.” Wiseman applauds this transition as it has created an atmosphere of embracing the abilities of what the wheelchair athletes can do.”

Tom Brown, National Director of VA’s Wheelchair Games, was also here in 1982. Brown notes the events have gotten bigger and better over time. He links these to advancements in wheelchair technology. “The chairs are lighter and more agile. Times get faster and athletes score higher,” says Brown. He also said that the NVWG began with seven events and this year there are 17 events in which athletes can medal. Interestingly, Brown adds, “Basketball, now a core event, was added as a new event in 1982.”

Pat Kilmartin’s first year to participate was 1982. Like Brown, Kilmartin notes that the number of events has grown over this time period.

“The increase in the number of events has been one of the best changes I can think of,” Kilmartin says. “This has allowed me to try new activities and expand the number of opportunities that I can be involved with.” Participating in the NVWG also enables Kilmartin to keep memories alive of airmen he had served with in Vietnam. “The Games reinforce something that was taught to us in basic training – that we are family and that we are stronger together than alone.”

The best is yet to come for the NVWG. Hang onto your hats for another strong 25 years!



Pat Kilmartin, Salem, Ore. participates in table tennis.

Women Veterans – Exuding Confidence that Excels

Women have bravely served in this nation’s wars and conflicts throughout our history. Like Margaret Cochran Corbin who fought alongside her husband in the American Revolutionary War and was the first women to receive a pension from the United States government as a disabled soldier. Or perhaps during the Civil War when women often disguised themselves as men and assumed combat roles alongside them. Their sacrifices paved the way for today’s military servicewomen who serve proudly



Celeste Phelps, Winchester, Ind.

in all branches of the military. During this week in Milwaukee, more than 50 women veterans signed up to compete. Here is what just a few of them had to say.

“This is my 11th Wheelchair Games and I’m still excited to participate and try new things,” said Tamara Lawter from Kearney, Neb. “I enjoy seeing the new equipment at the Expo and what type of wheelchairs other

participants are using. I love watching all of the events, but softball is my favorite.”

“I have looked forward to the camaraderie and playing softball this year at the Games,” said Jeanne Sanitate from Medford, N.J. “Last year was my first time competing in the Games and I had a blast. I was always active in sports before my injury and I am happy to be able to participate again.”

“There is no comparisn I can make to the camaraderie with our fellow athletes,” said Debra Freed from Framingham, Mass. “This is my third time competing in the Games.”

“It’s nice to win medals, but they are not as important as good attitudes and good conduct,” said Emma Burns from Wilsden W. Yorkshire, in Great Britain. “Without the latter two, you are really cheating yourself of the full experience.”

“This is my first time attending the National Veterans Wheelchair Games,” said Celeste Phelps from Winchester,

Ind. “I’m glad that I am able to compete because it is a challenge to make the sports fit me. I want to provide a positive example for all, especially for my children.”

“I broke my arm last summer at the Games in Alaska,” said Rose Ganz from Arnold, Mo. “I then broke my other arm in April at the 2007 National Disabled Veterans Winter Sports Clinic in Colorado. I’m out of arms – but I am good to go this week and I won’t let these setbacks stop me from enjoying the Games.”

“Participating in the Games has given me a lot of confidence to do other activities,” said Carol Adams from Lake Park, Fla. “Besides the Games, I am now competing against all able bodied people in power lifting.”

“There would have to be something drastically wrong for me to miss these Games,” said Penny Gillett from Walton, Neb., who is also a past Spirit of the Games winner. “This is my 21st time competing in the Games. The competition is invigorating.”

“To be able to participate in sports gives me a great sense of accomplishment,” said Judith Ruiz from Chicago, Ill. “When I am trying new sports, I feel as if I am standing six feet tall. Activity at any level reassures me that I am always able.”

Like their male counterparts, our women veterans continue to exude that strong sense of spirit they displayed in the military. Watch out for them all at their events though – they are all clearly here to win!



Debra Freed, Framingham, Mass.



Kaney O’Neill, Des Plaines, Ill., her dog Pele’, and William White enjoy the summer weather.



Because only you can tell your story – your own way (and it’s a story worth preserving and sharing with future generations), you’re invited to be part of an important national effort – the Veterans History Project (VHP)! The VHP interviews will be conducted today and tomorrow between the hours 8 a.m. to 5 p.m. On Saturday morning, final interviews will be recorded between 8 and 11 a.m., in Room 203D in the Midwest Airlines Center (on the second floor). You’ll receive a copy of your interview on DVD, a VHP tote bag and your own VHP Challenge coin. A copy of your interview will also be sent to the Library of Congress to become part of our Nation’s official historical records.

Kids Day is Tomorrow!

The seventh annual “Kids Day at the Games” – a special event for children with disabilities – takes place tomorrow from 10 a.m. – 2 p.m. at the Milwaukee County Zoo, beside the softball venue.

Kids Day is a wonderful opportunity for several of our competing wheelchair athletes to act as mentors and introduce the exciting world of adaptive sports and recreational opportunities to children with disabilities from the local area.

These mentors will offer first-hand instruction to local children with disabilities in events such as T-ball, relay races and a kids-style slalom course. The day’s event will conclude with a special awards ceremony for all participating children.

Our mentors know that being involved in sports and recreation is good for the mind, body and soul, and builds

not only coordination and strength but confidence and character as well. Several first-time athlete mentors will participate this year, and they have all been looking forward to sharing their experiences with the children in Milwaukee.

For Iraqi Freedom Army veteran and Milwaukee resident Alan Lewis, 25, participating in Kids Day last year was a real highlight of the Games. “I love kids,” Lewis said. “To have the opportunity to make a difference in these kids’ lives is wonderful. You can see it in their faces.”

If you are competing in softball tomorrow – or even if you’re not, please come by the Kids Day area to cheer on this year’s participating children.



Dear Dr. Dan,

I really thought I trained hard and prepared before getting to the Games. However, it seems to be hotter and more humid in Milwaukee than I’d expected. I especially have a hard time getting started in the mornings and then I get really tired by late afternoon. What tips do you have to make the Games more enjoyable?

~Dragging from Delaware

Dear Dragging,

Proper hydration and being aware of sun exposure are the keys to happiness here. Not being properly hydrated can be life threatening, and ignoring the early signs of dehydration is the quickest route to the hospital. While many people enjoy basking in the sun, those sun rays are effectively radiation – very damaging if precautions are not taken.

Staying hydrated not only helps your athletic performance but reduces the risk of exertion-related illnesses such as cramps, heat exhaustion and heat stroke. Don’t wait until you are thirsty

before taking a drink! Thirst is an indicator that you are already becoming dehydrated. Also, try to avoid alcohol and drinks with caffeine because they tend to dehydrate you. (Many drinks contain caffeine, like soft drinks, sports drinks and fruit-flavored water.)

How much you should drink depends on the activity you are engaged in, but try to drink eight to ten ounces of water eight times a day. During athletic activity, we suggest an additional seven to 10 ounces of liquid every 10 to 20 minutes.

To prevent the worst consequences of dehydration, it is important to recognize the symptoms. The first signs are usually thirst, irritability and general discomfort. If this isn’t treated, it can lead to headache, cramps, chills, nausea, vomiting, a sensation of heat in the head or neck, decreased performance, dizziness and even fainting.

Heat exhaustion is the most common exertion-related heat illness. It causes profuse sweating, pale, cold and clammy skin, cramps, fast pulse and feeling faint. If you experience any of these symptoms, get out of the sun into a cool, dry place and drink lots of fluids. Then go to the medical area as soon as you can.

If possible, avoid outdoor activities during midday, when the sun’s rays are strongest, usually between 10 a.m. and 4 p.m. You can also wear protective clothing, such as a wide-brimmed hat, long sleeved shirt and long pants.

For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection. Always wear a broad-spectrum sunscreen and lip-scrum with an SPF of at least 15. Remember to reapply frequently. Check the sunscreen’s expiration date. If it doesn’t have one, the shelf life is no more than three years.

Also, check your skin regularly for changes in the size, shape, color or feel of birthmarks, moles and spots. Such changes are a sign of skin cancer. If you have questions when you get home, ask your primary VA provider to take a look and possibly refer you to a VA dermatologist.

~ Dr. Dan

Photos from the Games



Local Fox reporter Gus Gnorski interviews Paul Jackson, former member of the Queen's Guard with the 1st Battalion Grenadier Guard, during Tuesday's registration.



Athletes line up to go through the registration booths.



Anthony Felder, Germantown, Md., competes in the standing discus event.



Bennie Wansley, Jackson, Miss., throws the shot put in Wednesday's competition.



Holly Koester, Walton Hills, Ohio, throws the first pitch at the Brewer's ball game while VA's Secretary Nicholson looks on.

Photos from the Games

Photos from the Games



The Pennsylvania contingent enters the ballroom during the Opening Ceremonies on Tuesday evening led by Dick Rohan and Andy Bollen of Cushing's Battery.



Aaron Powless (II), representing the Wisconsin team, and motorcycle driver Dan Kane bring in the torch.



All branches of America's military were represented in the color guard for the Opening Ceremonies.



David Siegert and Carl Bogar, British WWII commando unit reenactors lead in the Great Britain delegation.



(left) John Snedecker and Gil Wesline (front, right), Korean War veterans, along with Susan Anderson, Korean era nurse reenactor, escort the Colorado delegation.



2007 SPIRIT OF THE GAMES AWARD

Speaking of Spirit...

Don't forget to drop off your nominations for the 2007 Spirit of the Games award. They are due no later than 8 a.m. tomorrow morning, Friday, June 23. Help us recognize the outstanding athletes at this event by dropping off your nomination in one of the Spirit of the Games ballot boxes today! Boxes are located at the main hospitality desk in the MAC and in the ballroom where meals are served. Do it today.

Free Doggie Bags!

The Western Waukesha County Dog Training Club donated water bowls, toys, towel, treats and clean-up supplies for our four-legged friends who are here at the Games. Pick one up for man's (and woman's) best friends at the Hospitality Desk in the MAC.



Free Tickets!



Check out the Special Events/Convention Hospitality Desk in the MAC for free tickets to this weekend's Brewers vs. Royals games and Milwaukee's annual Polish Fest.



Tristan Wyatt, San Diego, Calif., competes in the Standing Track and Field Clinic.

Food, wonderful food...



for
Thursday, June 21, 2007

Meal services continue through lunch on Saturday, June 23, at the MAC Ballroom, or at Concession Stand B.

Meals in the Ballroom are served cafeteria style. Athletes and others receiving complimentary meals use their meal voucher provided during registration. *Family members and guests pay cash for each meal, and will not be required to purchase a meal pass.*

Hours for Meals in the Ballroom

Breakfast: 6 - 9:30 a.m.

Lunch: 10 a.m. - 3:30 p.m.

Dinner: 4 - 7 p.m.

Concession Stand B is located on the third floor in the main walkway of the MAC. It has a more limited choice, such as hamburgers, fries, pretzels, nachos, salads, pizza, deli sandwiches, candy, chips and soda. *Meal vouchers or cash will be accepted as payment.*

Additional concession stands located inside the event hall include: Pedranos, Pacific Orient, and Maui Wowi. *Meal vouchers cannot be used at these concession stands.*

Daily Menu at MAC Ballroom for Breakfast

Scrambled Eggs, Omelets (two types), Hash Browns, Skillet Potatoes, Ham and Sausage Patties, Pancakes with Syrup, English Muffins, Dry Cereal with Milk, Fruit Cup, Hot Oatmeal, Bananas and Oranges, Yogurt, Orange and Apple Juice, Coffee, Decaf, Hot Tea, Assorted Muffins and Danish

Daily Menu at MAC Ballroom for Lunch and Dinner

Rolls and Butter, Hearty Soups (two types), Main Courses, Salads: Caesar, Cobb, Garden, Pasta, and Cole Slaw
Desserts: Cookies, Pies, Cheesecakes, Carrot Cake, Brownies
Beverages and Snacks, Pizza, Novelty Candy, Sausage Cart with Hot Dogs, Bratwurst and Italian Sausage

Main Courses for Thursday, June 21

Lunch: Roasted Chicken Half; Beef Burgundy
Dinner: Braised Short Ribs; Chicken Schnitzel



Daily Bulletin Board



Transportation All buses to events load and unload on Wells Street (on the north side of the MAC.) Please be at the bus loading area *at least* one hour before your event.

Event	Venue	Shuttle timeframe
Bowling	AMF Bowlero	6 a.m. to 2 p.m.
Handcycling	Whitnall Park	10 a.m. to 5 p.m.
Trapshooting	Boxhorn Club	8 a.m. to 3:30 p.m.
Factory Tour	Harley Davidson	8 a.m. to 3 p.m.
Jazz in the Park	Cathedral Square	4 to 9 p.m.

Hospitality Desk Hours

At the Midwest Airlines Center, the hospitality desk is located in the east concourse of the first floor of the center:

Today through Fri., June 22	7 a.m. – 9:30 p.m.
Sat., June 23	7 a.m. – 6 p.m.



Awards... For sports events with a clear winner, medals will be awarded at the venue immediately after the event. These include: 9-Ball, Basketball, Power Soccer, Quad Rugby, Slalom, Softball, Table Tennis and Weightlifting. If you are unable to accept your immediate award after the event, they will be available at the next scheduled awards time at the MAC, Exhibit Hall D, or for pick-up prior to the Closing Ceremonies.

If results must be tabulated, medals are delayed and will be presented at the MAC, Exhibit Hall D during the following times.

Thurs., June 21	10 a.m. to Noon 3 to 5 p.m.	Field Events, Bowling Field Events, Bowling, Swimming
Fri., June 22	10 a.m. to Noon 3 to 5 p.m.	Bowling Air guns, Handcycling
Sat., June 23	10 a.m. to 1 p.m. 2 to 5 p.m.	Track [including the Power Chair 220 and Power Chair Relay] Medal Pick-up (located in hallway next to Hospitality) Archery, Motor Rally

There will be one award photo taken per athlete, for printing at the medal presentation area. Medals will be available as soon as the results have been confirmed. Confirmed results will be available two ways – scrolling on monitors located throughout the MAC, and posted along the hallway leading to Ballroom D. Athletes are requested to pick up their medals daily so there is not a long line on the last day.



Medical Details

Medical suites are available at the Games hotels: Hilton, room 950; Hyatt, room 1704; and Courtyard by Marriott, room 303. They will be open from 7:30 a.m. to 11 p.m. daily for treatment of injuries and illnesses, closing at 8 a.m. Sunday, June 24. If any athlete has a medical emergency after the medical suites are closed, the hotel operator should be contacted. The operator will take the veteran's name and room number, and communicate with the physician or nurse on call. The medical suite at the MAC will be open each day at 7:30 a.m. and will remain open until the last event in that location has ended.

Do not call 911 unless there is a life-threatening emergency! If this should occur, please have the hotel operator contact 911.

Only registered athletes or registered volunteers on duty may be treated by Games' medical staff. A list of local emergency clinics and hospitals will be available for family members who need medical assistance.

DME & Wheelchair Repair



Durable Medical Equipment (DME) is located at the Hilton Hotel, Mitchell Room,

4th Floor; Hyatt Hotel, Pere Marquette Room; and Courtyard by Marriott, Boardroom 1.

DME Hours of Operation

Thurs., June 21 - Fri., June 22	On-call (Please call (630) 270-0567)
Sat., June 23	11 a.m. – Midnight (Except during Closing Ceremonies)
Sun., June 24	5 a.m. – Noon

Wheelchair repair will be available at the Hilton Hotel in the Walker Room today through Saturday from 8 a.m. - 8 p.m. Staff will also be available at the event venues and at the MAC in the Invacare minor repair tent. Additional wheelchair repair support will be provided at the airport on Sunday.



Games Memorabilia

Souvenir items are being sold in the memorabilia booths at the MAC today from 7:30 a.m. until 8 p.m., and on Friday from noon until 8 p.m. Booths are located on the first and third floors.

Pick up some great 2007 Games shirts, visors, bandanas and lots of other cool souvenirs. All proceeds go to the National Veterans Wheelchair Games, so your purchases help support this great event. Have fun shopping!



Great Games on a Great Lake Daily Schedule

for...

Thursday, June 21, 2007

6 - 9:30 a.m.	Breakfast	MAC Ballroom
8 a.m.	Bowling - IA, IB, IC, Stick, Handleball	AMF Bowlero Lanes
	Air Guns	MAC, Room 202
	Slalom - II, III	MAC, Exhibit Halls A,B
	Power Soccer - Games 5, 6	MAC, Exhibit Halls C,D
	Nine-Ball - IV, V	MAC, Exhibit Hall D
9:30 a.m. - Noon	Harley Davidson Tours	Harley Davidson
10 a.m. - 3:30 p.m.	Lunch	MAC Ballroom
10 a.m. - 4 p.m.	Family Zone	MAC, Third Floor
10 a.m.	Air Guns	MAC, Room 202
	Slalom - IV, V	MAC, Exhibit Halls A,B
	Power Soccer - Consolation Game	MAC, Exhibit Halls C,D
	Nine-Ball - II, III	MAC, Exhibit Hall D
	Trapshooting - Exhibition	Boxhorn Gun Club
12 p.m.	Trapshooting - Exhibition	Boxhorn Gun Club
1 p.m.	Quad Rugby - Game 1	MAC, Exhibit Halls C,D
	Table Tennis - IV, V	MAC, Exhibit Hall D
	Handcycling	Whitnall Park
	Air Guns	MAC, Room 202
3 p.m.	Quad Rugby - Game 2	MAC, Exhibit Halls C,D
	Air Guns	MAC, Room 202
4 - 7 p.m.	Dinner	MAC Ballroom
6 - 10 p.m.	Posh Pampering Party	Martini Mike's
6:30 p.m.	Basketball - Games 1, 2, 3	MAC, Exhibit Halls C,D
	Jazz in the Park	Cathedral Square Park
7 p.m.	Air Guns	MAC, Room 202
	Slalom - Motorized (Hand, Head/Mouth)	MAC, Exhibit Halls A,B
8 p.m.	Basketball - Games 4, 5, 6	MAC, Exhibit Halls C,D

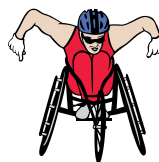


Attention! Power Soccer Participants!

Power Soccer is scheduled for Thursday and Saturday. Please note that **today's first game will begin promptly at 8 a.m.** Since we need to allow time for guard assembly, we are asking **athletes participating in the 8 a.m. game to arrive between 6:30 and 7 a.m.**

Handcycling Equipment Reminder

For all athletes registered for handcycling today, please remember to pick up your handcycle at the Midwest Airlines Center, third floor loading dock area, between 4 and 6 p.m. There is no secure place to store any handcycles not picked up by then. If you cannot pick it up yourself, please send someone to get your handcycle.



Theme for Tomorrow



Tomorrow is Purple Heart Day! If you earned one and brought it, wear it on Friday. Everyone is invited to wear purple tomorrow to honor all of our veterans who did receive a purple heart!



Stop by one of the two Internet Cafés here in the Midwest Airlines Center during the hours of 8 a.m. to 8 p.m. The first floor café is located in the Wisconsin Avenue atrium outside of room 102. The third floor café is across from exhibit hall D, by the Fourth Street entrance.



Would you like your friends and family back home to be able to see what you are doing this week? Tell them to log onto the National Veterans Wheelchair Games Web site to check out the daily editions of the Great Games Gazette (on the main home page) and individual news releases located on the "Athlete Information" tab. Information will continue to be updated through Saturday morning.



Did you lose something? Lost and Found is located in the Games Command Center, Room

102 D/E, open today from 7 a.m. - 11 p.m. If you should find anyone else's lost items, please drop them off there. Thank you!

