



2007 Rookie Review

While there are plenty of new veterans taking their first tours of Snowmass Village this week, the SkiGram is introducing three new veterans from the class of 2007 to watch on the slopes – and meet at the lodge.



Faoa "AP" Apineru

Snow covered mountains are far from the native territory of American Samoa to Faoa "AP" Apineru, but trying new things and overcoming incredible challenges have become routine to the former Marine. Apineru is rehabilitating from a traumatic brain injury caused by an improvised explosive device. After waking from an eight-day coma at Bethesda Naval Medical Center, the former communications trainer had to re-learn to communicate and recognize his own family.

Now, less than two years after his injury, Apineru is ready to join his fellow veterans on the slopes. "I've never snowboarded before, but this is going to be fun," he said. "Events like this boost morale and give us an idea that there truly are people out there who care for us."

Eric Browy

Life hasn't changed too much for Eric Browy since the former Army scout lost his right leg below the knee and his left big toe, and that's because he is determined to make sure it won't. Already an avid snowboarder and proud daredevil, Browy has gone white water rafting along the Grand Canyon, visited the largest waterfall in Argentina, and completed enough rehabilitation within four months of his injury to run five miles again. "OK, so I really ran-walked it that first



time, but I did it," he said.

This week, Browy joins other veterans of the same ilk on the slopes of Snowmass and hopes to pick up a few tips to make his boarding feel more natural, and his life more normal.

"When I got injured, I was depressed for maybe three days, but I figured out there are a lot worse things that can happen," Browy said. "I got it in my head that I could get over it and get on with it, or I could be worthless. I mean I could sulk, but then I would miss this chance to get out on a mountain and enjoy life again. I knew I would meet a lot of other veterans with that attitude here."

Ryan Coffield

A sniper's bullet in Iraq left Ryan Coffield, a certified sniper himself, in need of some serious hardware. Two titanium plates and three steel rods bolster shattered vertebrae in his neck. An indomitable will that is 100 percent natural, is what pulled this veteran out of a wheelchair, through grueling physical therapy and onto a snowboard at this week's event.



A former wrestler, long-distance runner and new father, Coffield found he was going through the same learning process as his son when it came to walking and regaining muscle dexterity and strength. Nearly fully recovered, Coffield is now quite ready to literally let his training routine slide as he tackles snowboarding.

"I've never really done it before, so we'll see how it goes," Coffield said nonchalantly about mounting a board only months after relearning to walk. "I'm really excited to snowboard the Rockies."



21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

TODAY'S SCHEDULE

6 - 8 a.m.	Late Registration <i>Host Room</i>
6:30 - 8:30 a.m.	Breakfast <i>Conference Center Ballroom</i>
8:30 - 11:30 a.m.	Downhill Skiing <i>Moonshine, Wildcat, Slider</i>
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</i>
9 a.m. - 3 p.m.	Cross Country Skiing & Snowshoeing <i>Top of the Village</i> (Lunch at Elks BBQ)
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)
11:15 a.m. - 1 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>Rock Island, Granite, Sneaky's</i>
1 - 3 p.m.	Rock Climbing <i>Conference Center Circle</i>
1:30 - 3:30 p.m.	Curling <i>Aspen Ice Garden</i>
2 - 4 p.m.	Scuba Diving <i>Silvertree Hotel Pool</i>
4:15 - 5 p.m.	Ski Instructor Meeting <i>El Dorado Room, Silvertree 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.	Healthnet MHN - Family Support <i>Cabaret Room,</i> <i>Lower Level Silvertree Hotel</i> <i>Chad and Betty Colley and</i> <i>Dr. Fullerton of MHN</i>
7 - 8:30 p.m.	Goal Ball <i>Conference Center Ballroom</i>
7:30 - 9 p.m.	CEU Educational Workshop: Exploring Strategies to Enhance the Experience <i>Cabaret Room,</i> <i>Lower Level Silvertree Hotel</i> <i>Presented by Deb Bumguardner</i>



NDVWSC 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 9:00 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 10:00 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 10:00 a.m. and depart at 10:30 a.m. Lunch will be provided at the Aspen Elks Lodge for everyone attending.



PERSONAL RELATIONSHIPS - WHAT NOW?

Come and learn some tips on sustaining a happy, healthy relationship with your significant other. Betty Ann, a PT extraordinaire, and Chad, a triple amputee, have shared 39 years together. They would like to share the challenge of surmounting the snares to a happy and fulfilling life together.

Tonight 6 - 7 p.m., Cabaret Room, Silvertree Hotel



ANNUAL GOAL BALL TOURNAMENT IS TONIGHT!

The Clinic's annual goal ball event takes place tonight in the Conference Center Ballroom. This sport began as early as 1946 when it was part of the rehabilitation activities for blind veterans of World War II. It was first introduced to the world during the Paralympics in Toronto in 1978. Since then, the sport of goal ball has grown throughout the world.

At the Clinic, the game allows four blindfolded players to compete against another team. A rubber ball with bells inside is used for auditory tracking. Each team consists of three members protecting the goal line. Each team has one center and two wings. The game is 14 minutes long, made up of two seven-minute halves. Each player must wear a blindfold regardless of the degree of visual impairment. Each player has the option to wear elbow pads, kneepads, hip pads and face protection. Players pass the ball to the other team quickly to try to keep the other team from getting it. They are not permitted to communicate with other teammates at any time during play.

Goal ball benefits visually impaired and sighted veterans alike, as it promotes teamwork and cooperation among teammates. It also brings awareness to the abilities and accomplishments of the visually impaired.

Come take part in the tournament tonight from 7 - 8:30 p.m. in the Conference Center Ballroom. **You'll have a ball!**

WANTED: MARINES

All former and active duty Marines and their guests are invited to attend... the fourth Marine Corps reunion at the Winter Sports Clinic



**Free T-Shirts and Prizes
Free Beverages and Finger Food**

TONIGHT

8 - 10 p.m.

Cirque Bar & Grill

NO BETTER FRIEND, NO WORSE ENEMY

SEMPER FI



TIPS FOR FIRST-TIMERS

If you are attending the Winter Sports Clinic for the first time, here are some helpful hints for the best possible week:

- Get lots of rest, especially when you have an early morning ski run or other scheduled activity.
- Save yourself – don't expend all your energy the first day or two.
- Drink lots – and lots – of water all week.
- Stay away from alcohol for at least the first 48 hours.
- Go to the medical unit immediately if you feel any signs of altitude sickness – don't wait!
- Use sunscreen when you are out on the slopes.
- Get to your events on time. If something changes and you need to cancel something, let your team leader know right away.
- Try to experience as much as you can while you are here. Go to the educational and instructional sessions – you will learn great things!
- Take this opportunity to meet some new people and make some new friends. Sometimes those friendships will last a lifetime.
- Have a wonderful week in Snowmass Village at the 21st National Disabled Veterans Winter Sports Clinic!

This year, more than 125 veterans are at the Clinic for the first time. Have a great week!



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 at home and around the world. We are located on the Web at: www.wintersportsclinic.org.





21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

Saturday Arrivals



TAKE PART IN THE VETERANS HISTORY PROJECT!

Continuing through Friday morning, VA and the Library of Congress invite you to be part of an important national effort – The Veterans History Project (VHP). If you are new to the Clinic or have never before participated in VHP, do it now!

VHP 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, the VHP needs your story. By participating, you will help make history come alive.



Interviews are taking place in the Janss Auditorium, on the second floor of the Snowmass Conference Center. Appointments for interviews will be available through Thursday from 8 a.m. until 5 p.m., and from 8 a.m. to noon on Friday. Stop by the Janss Auditorium to sign up for an appointment. If you should need to reschedule your appointment, please let the VHP team know right away.

WANTED:

The following veterans need to check in at the Media Center, in the Erickson Room, by noon today:

- Tony Borden
- David Bradbury
- Karen Christine
- William Dougherty
- Peter Engel
- Susan Fincke
- Jeremiah Homuth
- Walter King
- Dana Liesegang
- David MacMorran
- Robert Matthews
- Richard Mills
- Paul Nyerick
- Shane Parsons
- Carol Schultz
- Michael Thomas
- Terrance Tully
- James Vandenneurel
- Edward Wade





Race Training and Development

If you've ever dreamt of being on the Olympic (or Paralympic) podium while the band plays your national anthem, you've come to the right place.

Observers from the U.S. Olympic Committee are in Snowmass this week, looking for people with raw talent who could become world-class competitors with the right training and support.

The National Disabled Veterans Winter Sports Clinic is partnering with U.S. Paralympics (a division of the U.S. Olympic Committee) and the nonprofit organization Challenge Aspen to give veterans and service members their own shot at the gold.

"Because we are the biggest event in the world of this type and welcome the most diverse assortment of disabled individuals, the USOC feels this is a ripe training ground to identify future Paralympians," said Clinic founder and National Director Sandy Trombetta.

Last year, two dozen people signed up for a special program that allowed them to race train for their entire week at Snowmass. This year, only half as many signed up. The problem? There's so much other fun stuff to do here. "So many of the folks want to be involved in the rest of the week's events. They don't want to be just zeroed in on one thing," Trombetta said.

This year, Trombetta is letting people experiment with race training during their scheduled hours on the slopes. "I have

a feeling that we're going to get far more interest that way than if we require people to commit to a whole week of race training," he said.

The program offers the opportunity to train with top-notch racers and ski instructors like Chris Devlin-Young, a Paralympic gold medalist and World Cup winner. "That's where we're going to spot some of the potential that's out here," Trombetta said.

If you catch the racing bug, Trombetta encourages you to give Challenge Aspen your contact information so they can help you move to the next level at race training camps throughout the winter season next year.

Challenge Aspen offers adaptive sports and recreation programs, and now they've hired Kevin Jardine, the coach who led the U.S. Paralympic Alpine ski team to five gold medals at the 2006 Paralympic Winter Games. "He may be the best coach in the world," Trombetta says. "He's very, very good."

Trombetta hopes these training opportunities will give some vets their shot at the Paralympics. "You don't just show up and become a Paralympian, so we had to devise a way to develop folks so they could compete for spots on the team," he said.

The effort is only in its second year and the program is still developing, but for somebody who wants their shot at Olympic gold, the opportunity is here.

Sponsor Recognition



Saturday evening, VA and DAV recognized the Clinic's host, national, gold, silver and bronze medal sponsors who contribute so much each year to this event.

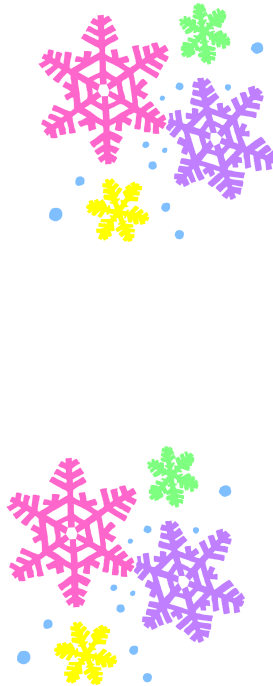


THANK YOU!



21ST NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

Sunday Registration





ZODI-YAK



Aquarius (Jan. 20 – Feb. 18)
The planets in your sign urge you to shake things up. Go all out today and we'll see you doing just that at Goal Ball tonight. *(Donald Needs and Joseph Smith – this means you – score!)*



Pisces (Feb. 18 – March 20)
Fishing for new friends? You'll meet lots of them today. *(Especially if you're on the same water sign team as Laurie Pallesen and Joshua Bleill.)*



Aries (March 21 – April 19)
(Pay close attention David Bronson and Ryan Coffield!) Get out and play hockey at Aspen Ice Rink and don't even consider the "ram-ifications." Aries are known to be competitive – so prove it!



Taurus (April 20 – May 20)
You're no bully. We saw you helping the first-timers yesterday at registration. *(Like friendly fellow Tauruses Brian Beem and Steven Curry.)*



Gemini (May 21 – June 21)
Serious wanderlust sets in today *(especially for William Petkus and Forrest Black.)* This prompts the Gemini twins to get out and explore unknown territories.



Cancer (June 22 – July 22)
The crab is inspired to stay active. *(Paul Blais and Greg Brooks – start creeping up that rock climbing wall, but please don't pinch!)*



Leo (July 23 – Aug. 22)
Get involved in activities that will open your eyes to a new adventure. *(Just like fellow Leos David Schlinkert and Stephen Stratmann.)* Don't be afraid to sink your teeth into a new challenge!



Virgo (Aug. 23 – Sept. 22)
You are inventive, clever and always a forerunner, regardless of the path you choose. *(Pay attention, Nick Bennett and Kevin Brown!)* Some of this week's educational workshops may be just for you. *(Check out the one lead by fellow Virgo Urban Miyares tomorrow night.)*



Libra (Sept. 23 – Oct. 22)
Remember to stay balanced today. Don't waste the day thinking about things you'd like to do – *get moving David Nichols and Robert Byrd!* You're sure to find some fun.



Scorpio (Oct. 23 – Nov. 21)
After stinging your competition, a new broom sweeps clean. Try curling...bet you'll clean up! *(After all, Scorpios love to be in the spotlight, isn't that right Mike Trujillo and Richard Batiste?)*



Sagittarius (Nov. 22 – Dec. 21)
Shoot for the stars today at archery *(especially Sagittarians Steven Holston and Elmer Alexander.)* Better yet, aim for the target. You're sure to be winners!



Capricorn (Dec. 22 – Jan. 19)
With the energetic planets lined up in your favor, you'll be unstoppable for the rest of the week. Take time to unwind. *(Hilario Bermanis and Eric Browy, why not try some yoga today?)*

TIRED OF SNOW ALREADY? SOME LIKE IT HOT!

After a full day 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 challenge, after all. It is always nice to have the option to take a little time off and simply enjoy a place so full of natural wonder. That's why the Clinic offers daily trips to Glenwood Springs each year.

"The Hot Springs Pool has always been a place

"The Hot Springs Pool has always been a place of healing."

of healing and 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 pool. 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. Today through Thursday, veterans can experience this natural wonder courtesy of the Hot Springs Lodge & Pool in Glenwood Springs.

"It's a relaxing, invigorating experience in a historic environment that cures those aching after-skiing muscles," said Gena Tadych, alternative activities coordinator from Grand Junction VA Medical Center. "I just hope our veterans remembered to bring their swim gear with their ski jackets."

If a relaxing day in this therapeutic pool sounds like the perfect getaway, catch the bus leaving for Glenwood Springs each morning. Buses begin loading at 9:30 a.m. in front of the Conference Center. Lunch will be served at the lodge and the bus will board for the return trip to Snowmass Village at 3:00 p.m.

"I see this as an opportunity to serve those who served this country and honor their service," Mitchell said. "I hope every veteran that comes here feels warmly invited and leaves fully refreshed."



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

Conference Center Host Room

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 Cabaret Room.

Call for an appointment beginning Sunday, April 1, at 1 p.m. and then Monday, April 2 beginning at 9 a.m. until all slots are full.

Phone – (970) 261-9377



TODAY'S WEATHER FORECAST

High 54° F

Isolated Thunderstorms
& Wind



(30% Chance of Precipitation)

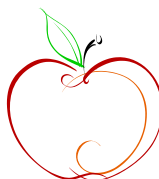
Overnight Low 30° F
Showers/Wind Early

Sunset 7:32PM

Tomorrow's Sunrise 6:49AM

~MENU~

Conference Center Balroom



Breakfast Buffet

6:30 - 8:45 a.m.

Fresh Sliced Fruit

Oatmeal with Granola, Raisins, Almonds, Sliced Bananas & Skim Milk in a Carafe

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 p.m.

Potato Salad (no eggs)

Tossed Salad

Hot Turkey Sandwiches

French Dip Sandwiches

Potato Chips

Brownies & Blondies



Dinner Buffet

5 - 6:15 p.m.

Caesar Salad with Croutons and Grated Parmesan Cheese
Spinach Salad with Red Pepper and Feta Cheese with

Oregano Dressing

Angel Hair Pasta with Bolognese Sauce

Meat Lasagna

Four Cheese Lasagna

Zucchini with Red and Yellow Peppers

Italian Bread with Butter