



Is This Your First Time?

Well over 100 participants are here for the first ever Clinic experience.



While many of the 2010 Clinic participants are returning for repeat performances, there are plenty of Veterans who are here in Snowmass for the first time. Some are outwardly enthusiastic, others are a bit reserved, and a few look like they're wondering just exactly what have they got themselves into. During the registration process, a few offered to share their stories and talk about what they are most looking forward to in the week ahead. Jose Raymond "Doc" Andralio, from San Diego, served as a hospital corpsman attached to the Marines 2nd Battalion 23rd and is looking forward to his first Clinic. "I had never really heard anything about the event other than that there's a lot of camaraderie. I like getting to know everyone and being involved in veteran politics, so I look forward to meeting people here." In addition, he is hopeful for personal success on the slopes and is

grateful to his sponsors for the opportunity to join in the fun: Semper Fi Foundation provided him with plane fare and his everyday gear wear, and Higher Grounds provided him with his own snowboard.

Susan Haley, an Army Veteran, and Vienna Smith, an Air Force Veteran, are Clinic roommates and just met at the Clinic, even though they both traveled from Kansas City. They learned about the Clinic from their physical therapist at the Kansas City VA and are excited about the week ahead, each looking forward to her own adventures. "When I had two good legs, I never skied; now I only have one and I'm going to!" exclaimed Susan. "This week is going to be a fear-breaker for me, as I'm afraid to fall but expect I will. Also, I really want to try scuba diving." Vienna has aspirations of her own for the week. "I'll be trying something that people don't think I can do, but I know I can. I don't wallow in my disability; I can do anything." Although she has lived in various areas of the country that get snow, she has never tried skiing or snowboarding and is excited at the new challenge.

Although Peter Matthew of Los Angeles has been here once before, it was as a DAV volunteer for the event several years ago. "I remember seeing a blind woman veteran skiing, and thinking 'That's cool!'" This time, he is here to give the slopes a try for himself. Peter served four years in Iraq with the Army Airborne, and was medically retired after his injuries. While he was an avid skier since the age of twelve, he has not been on skis since he was injured, and injury which has required 16 surgeries since 1989, Why is he here now? "I

wanted to build up my self-esteem. I was really messed up, almost died. The Polytrauma team was really instrumental in getting me back to school and networking, and encouraged me to attend.” Peter often assists his social worker wife in her visits with critically ill newborns, and will soon earn his Master’s degree in Fine Arts.

Kevin Pannell served with the Army in Baghdad, Iraq, and suffered injuries resulting in bilateral amputations, one above and the other below the knee. His disability does little to hold him back, as he has competed as a bicyclist in the Boston and New York marathons, is a member of Achilles International (www.achillesinternational.org) an organization that supports people with disabilities to participate in mainstream sports and just last winter taught himself how to snowboard. He learned about the Clinic from the OEF/OIF office at the Portland VA, which he claims “has the best OEF/OIF case managers in the history of the VA!” “Now I’m addicted to the sport, but don’t encounter many other stand-up bilateral snowboarders”, explains Kevin. “I don’t really know what to expect from the Clinic, but I hope they’re friendly to snowboarders; other places I’ve visited seem to be more ski-oriented.”

As one of seven visually impaired Veterans visiting from the Reno VA, Tina Schaaf-Lemus is another first time skier this week. Formerly an air traffic controller with the Marines in El Toro, CA, Tina started losing her eyesight in 2001 as a result of nerve damage. “Patty Beck – Weaver, my visual impairment coordinator at the VA, encouraged me to come. I’m nervous about the skiing but excited overall.” Tina is here with her 15-year-old daughter, and looking forward to sharing the experience with her.

Although the six Veterans mentioned in this article are newcomers to the Clinic, they certainly won’t be alone; at registration time, 146 first-timers were expected. Aside from the thrills of the mountain, the friendship and support of other Veterans and volunteers are an important part of the Clinic experience. No doubt they’ll all feel like regulars before the end of the week.

Calling All Jarheads



If you’re a Marine, the Cirque Bar is the place to be tonight! The Cirque Bar, located in the Snowmass Mall, is the location for a private party tonight at 8 p.m. for all Marines and their guests. Attire for the event will be western wear, as Cowgirl Peggy Malone and Cowboy Tom Munn return to provide the entertainment.

Even though it’s every Marine’s duty to attend the party tonight, there’s an extra incentive in a free t-shirt for the first 60 Marines through the door.

The party is also a great opportunity to meet other Marines and keep the “gung ho” alive and is guaranteed to be a lot fun with a few special surprises in store.

Donations to help cover the costs of the events will be very appreciated. Free drinks and finger foods will be available for as long as the funds hold out! Embroidered vests and jackets will be for sale as well. Contact John Devine at (516) 698-0588 or by email at jjd1906@aol.com for any questions.

What Did You Say?

Every day this week, we'll go out and ask one question. Here are your responses.

Today's questions is "If you could be any superhero, who would you choose and why?"



Ronald Smith

Perkersburg, Iowa

Army

"I'd be Sandy Trombetta! In my world, he's a superhero. He's made it possible all of us to smile hard this week."



Terri Perry

Gorham, Maine

Air Force

"I'd be Ms. Stealth because I could do anything I wanted and not have to worry about getting caught!"



Jake Hipps

Buffalo, New York

Marines

"I'd be Daredevil, that's who I'd be. He's disabled, but he can still take care of the world."



Evan Graver

Kenton, Ohio

Navy

"I'd be Gumby, because he's flexible, falls down and never gets hurt!"



Willie Hayes

Cincinnati, Ohio

Navy

"I'd be me...I like me just the way I am. The only person I've got to challenge is my own spirit."

The Prosthetics Post

Welcome to another edition of the daily “Prosthetics Post” column in the SkiGram! The spot where you can get answers to your frequently asked questions regarding VA Prosthetics Service. Don't forget, prosthetics professionals are here this week to answer questions. Make sure to visit the information booth at meal times. Our Web site is always available for more information:
www.prosthetics.va.gov

Question of the day:

Dear Prosthetics Post:

I am a visually impaired Veteran in need of new glasses. What's the process for getting eyeglasses from the VA?

Sincerely,

Can't See a Thing

Dear CSAT: Eyeglasses will be provided to eligible veterans when prescribed by a VA or VA fee-based ophthalmologist or optometrist. One pair of eyeglasses will be provided at a time. You can get two pairs, one for reading and one for distance, only if you need bifocals but the provider says they're not recommended. Replacements are provided when needed through normal wear and tear, loss or breakage due to circumstances beyond the Veterans control or a change of prescription.

Welcome Women Veterans

On Monday evening, we invite all women Veterans to a special reception from 6 – 7:30 p.m. at Two Creeks Lift Area. Ann Owsley, who became involved in Veterans activities as a tribute to her older brother who was killed in Vietnam, organizes this special event every year with the help of her team of volunteers.

“As an old feminist, the time when women would serve in combat seemed like an impossible goal, but here it is. I thought it might be nice for them to get together, apart from the male Veterans, for an evening of their own,” Owsley explained.

The reception offers wine, beer and other beverages, and the volunteers also bake up a storm to provide a vast array of homemade desserts that will tempt every palate. This year for the first time, they are adding music to the evening, with local musicians playing bluegrass and Celtic tunes.

The opportunity to mingle with others, enjoy great music and indulge in savory desserts are three great reasons to be there! Sign up at the Alternate Activities Desk and board the bus for Two Creeks at 5:30 p.m. in the Conference Center Circle.

Two Different Worlds

Transitioning from the Iraqi War to Home



Monday evening, join Dr. Kenneth Lee, Chief of the Spinal Cord Injury Division at the Clement J. Zablocki VA Medical Center in Milwaukee, Wisconsin for a discussion about the process of transitioning home from Iraq or Afghanistan. Lee is also an Assistant Professor in the Department of Physical Medicine and Rehabilitation at the Medical College of Wisconsin.

Not only is Lee a clinical expert in the subject, but he has also experienced first-hand what it's

like to battle back from a war injury. While serving in Iraq with the Wisconsin National Guard, Lee was injured by a car bomb, causing Lee to sustain multiple shrapnel wounds. The blast also caused a traumatic brain injury.

Lee was transported by MEDEVAC to Lahnstuhl, Germany for his initial care and then was transferred to Walter Reed Army Medical Center in Washington, D.C. For his heroic military service, he was awarded the Purple Heart, the Meritorious Service Medal, two Army Commendation Medals and an Army Achievement Medal.

In addition to working for VA, Dr. Lee currently serves as team physician for the Milwaukee IRON QUAD Team as well as the County Special Weapons and Tactic Team, and he is the national surgeon for the Military Order of the Purple Heart. He also serves as a treating physician in the medical room at the National Disabled Veterans Winter Sports Clinic, as well as the National Veterans Wheelchair Games.

Professionally and personally, Lee understands frustrations and challenges injured Veterans face and will help provide insight during this unique forum. The event is being held from 5 – 6:30 p.m. in the Medical Bedford Room on Daly Lane, one level below the Snowmass Village mall.

Massage Therapy

Feeling your best with 10 easy steps

Looking for a way to relieve stress? Join Scott and Eleanor Hansen, certified massage therapists, to learn how to feel your best in 10 easy steps. The presentation is taking place this evening from 7:30 – 9 p.m. at the Aspenwood Condominiums in the Fall Lane meeting room. It is designed to help health care workers make informed decisions about what types of massage therapy are best for themselves and the patients they care for. Included is a roadmap of how to find a qualified massage therapist close to home. Hope this touches a nerve!

Goal Ball Tonight

Join your fellow vets tonight for the annual goal ball game and clinic being held in the conference center ballroom at 7 p.m.

Goal ball is a team sport that was developed in 1946 for blind athletes, to help with the rehabilitation of visually impaired World War II Veterans. Over time, the sport evolved into a competitive game and became a part of the Paralympics during the 1980 Summer Games. Athletes compete in teams of three, attempting to throw a ball with bells or electronic tones into the opposing team's goal. Sighted players will be blindfolded so that they can play on equal footing with visually impaired players.

This is a great opportunity to make new friends and experience what it's like to be without sight, while enjoying a great competitive sport. Goal!

The Bulletin

Massage

Complimentary massages for participants are available by scheduling an appointment. Massage is located in the Elbert room in the Silvertree Hotel. Please call (970) 589-2434 for an appointment after 9 a.m. Appointments will be accepted until all slots are full.

Wheelchair and Prosthetics Repair

Located at the Host Room in the Conference Center.

Repair hours are:

6:30 - 8:45 a.m.

11 a.m. - 1 p.m.

4 - 5:30 p.m.

In between these hours please call (970) 589-2154 for wheelchair assistance, and (970) 589-2519 for prosthetics needs. Please do not call after 6 p.m. unless it is an emergency.

Medical Room

For emergencies dial 911

Medical room phone: (970) 923-8225

The medical room is located in the Bedford A conference room, one level below the mall, across the street from Mountain Chalet Hotel. Stairway access from the mall is next to Christy Sports. Wheelchair access is by elevator at the far end of the mall above the bus terminal.

Transport: Van transport is available from the Silvertree Hotel to the medical room. Find the medical van in the front of the hotel or call the medical room for transportation.

After hours, please call the medical room for recorded instructions on how to contact the "on call" medical provider. If unsuccessful, call the hotel operator.

Today's Menu

Breakfast

Fresh Sliced Seasonal Melons and Fruits
Oatmeal with granola, raisins, almonds, skim milk and bananas
Bread with Whipped Butter and Fruit Preserves
Assorted Muffins
Sausage
Sliced Ham
Breakfast Potatoes
Omelet Station
Coffee and Teas
Assorted Juices

Lunch

Chicken and Beef Fajitas
Sautéed Onions and Peppers
Warm Tortillas
Chips and Salsa

Dinner

Caesar Salad
Meat Loaf with Mashed Potatoes and Gravy
Pork Chops with Applesauce
Chef's Choice Vegetables
Rye Bread and Butter

Transportation Schedule

Event	Load Time	Depart Time
Snowmobiling Trip 1	6:45 a.m.	7:15 a.m.
Snowmobiling Trip 2	9 a.m.	9:30 a.m.
Sled Hockey	7:45 a.m.	8:15 a.m.
Fly Fishing	8:30 a.m.	8:30 a.m.
Cross Country Skiing Trip 1	8:20 a.m.	8:45 a.m.
Cross Country Skiing Trip 2	1 p.m.	1:30 p.m.
Hot Springs	9:30 a.m.	10 a.m.
Trapshooting	10 a.m.	10:30 a.m.
Aspen Gondola	10 a.m.	10:30 a.m.
Curling	12:45 a.m.	1 p.m.

Today's Schedule

Time	Event
6 – 8 a.m.	Late Registration in the Host Room
6:30 – 8:30 a.m.	Breakfast in the Conference Center Ballroom
8 – 11:30 a.m.	Snowmobiling at the T Lazy 7 Ranch
8:30 - 11:30 a.m.	Skiing Downhill at Bull Run. Teams Glissade and Rocky Mountain High
9:30 a.m. – 3 p.m.	Fly Fishing Float Trip on the Crystal River in Carbondale
9:30 a.m. -3:30 p.m.	Glenwood Springs at Hot Springs
9 a.m. – 3 p.m.	Cross Country Skiing, Snowshoeing at Top of the Village
9 – 11 a.m.	Scuba Diving in the Pool in the Silver Tree Hotel
9 – 11 a.m.	Sled Hockey in the Lewis Ice Arena in Aspen
10 a.m. - Noon	Rock-Climbing in the Conference Center Circle
11 a.m. – 4 p.m.	Aspen Trip, Aspen Mountain Gondola Ride
11:15 a.m. – 1 p.m.	Lunch in the Conference Center Ballroom
11 a.m. – 4 p.m.	Shooting Sports/Archery in the Basalt Trap Club
12:30 – 3:30 p.m.	Skiing Downhill at Buckskin. Teams Powder Horn and Longshot
1 – 3 p.m.	Rock-Climbing in the Conference Center Circle
1:30 – 3:30 p.m.	Curling in the Aspen Ice Rink
2 – 3 p.m.	Health Net presents “Veteran’s Circle of Care” in the Aspenwood Meeting Room Fall
2 – 4 p.m.	Scuba Diving in the Pool in the Silver Tree Hotel
4:15 – 5 p.m.	Ski Instructor Meeting in the Eldorado Room in the Silver Tree Hotel
4:30 p.m.	Team Leader Meeting in the Stone Bridge Inn Council Meeting Room
4:30 – 6 p.m.	Dinner in the Conference Center Ballroom
5 p.m.	Coaches Meeting in the Max Park Room in the Wildwood Hotel
5 – 6 p.m.	Health Net presents “Veteran’s Circle of Care” in the Aspenwood Meeting Room Fall
5 - 6:30 p.m.	CEU Educational Workshop: Transitioning; Iraq War to Home in the Bedford Ballroom on Daly Lane
6 – 8 p.m.	Military Order of the Purple Hearts Gathering in the Cabaret Room, lower level Silvertree Hotel
6 – 7:30 p.m.	Women Veterans Reception at Two Creeks, transportation provided
7 - 8:30 p.m.	Goal Ball in the Conference Center Ballroom
7 – 9 p.m.	CEU Educational Workshop: Massage Therapy. Feel your best with 10 Easy Steps in the Aspenwood Meeting Room Fall Lane