

Ski Gram

SUNDAY EDITION • MARCH 28, 2010

Being on top of the world got you down?

How to combat
high-altitude sickness

A Look Back

Bring It!

The slopes are
ready for you.

Are you ready
for them?

Spread the News

How Hometown News is making you
famous back home.



Taste of Snowmass



One of the best kept secrets about Snowmass Village is the world-class cuisine, and award-winning chefs featured at the local restaurants. For a small Colorado resort town, there are a number of excellent establishments that offer everything from mouth-watering pizza and juicy steaks to sushi, stews, seafood, artisan salads – and everything in between.

Today, from 3:30 – 5:30 p.m. on the Snowmass Village mall (lower level), you can try a little bit of everything during the 2010 Taste of Snowmass. Each year at this popular event, the Village opens its hearts and its kitchens to the Veterans and their families, staff, coaches, instructors and volunteers taking part in the National Disabled Veterans Winter Sports Clinic.

The delectable aromas will fill the air, and the food will delight your taste buds with a multitude of fantastic flavors. Come and enjoy some of the wonderful foods highlighted at today's event. Vouchers are offered for two entrees and a dessert, which serve as your dinner meal before the Opening Ceremonies begin at 6:30 p.m. So enjoy all the sights, sounds, smells and flavors that Snowmass Village has to offer, decide which places you want to visit again later on this week – and be sure to browse the local shops while you're there.

A second Taste of Snowmass event will take place at lunch time on Friday as we close out yet another National Disabled Veterans Winter Sports Clinic.

Opening Ceremonies are **Tonight!**

Ready or not, the 24th National Disabled Veterans Winter Sports Clinic kicks off tonight with a spectacular opening ceremony!

Are you ready to start the 24th National Veterans Winter Sports Clinic off with a bang? Then join us at 6:30 p.m. in the Conference Center Ballroom for tonight's Opening Ceremonies. There, you will get a chance to welcome new participants and hear from some of VA's senior leadership who are excited to be with us this week. Special guests include Secretary of Veterans Affairs, Eric K. Shinseki, as our keynote speaker, and Disabled American Veterans National Commander, Roberto Barrera. Some of you may meet Secretary Shinseki this morning as he tours the registration area. If you don't have a chance to meet him

today, look for him tomorrow morning as he visits a few of the events. Commander Barrera is a combat Marine Corps Veteran who served in Vietnam, and was elected National Commander of DAV's 1.2 million members in 2009.

After the ceremony, each participant will meet with their team leaders and have a chance to get to know their fellow team members a little better. You will also be provided with additional directions and instructions to help you in the upcoming week.

Welcome to the Clinic! Have a safe and enjoyable experience this week.

Welcome from the Director

The National Disabled Veterans Winter Sports Clinic began as a way to help just one Veteran, and it has grown to become the largest premier adaptive skiing event for Veterans in the world today.

It was more than 24 years ago when a small band of Grand Junction VA employees and volunteers embarked upon a mission, sparked by a dream, to heal the body as well as the soul of our Veterans with disabilities. They were driven by a belief in the therapeutic value of skiing in the mountains of Colorado. Now, the Clinic grows and gets better every year.

So what makes the event so special this year? One reason is the 350-plus Veterans who have served during combat and peacetime, spanning eras from WW II to the current wars in Iraq and Afghanistan, and ranging in age from 19 to 90. Another is all of the great events including Alpine and Nordic skiing, sled hockey, fly fishing, shooting, rock climbing, curling, goal ball, back country cat rides, scuba diving, wild game barbecues, outdoor cooking, snowmobiling, soaking in a natural hot spring, massage therapy, self defense classes, state-of-the-art adaptive ski equipment, evening entertainment, continuing education classes and appearances by some very special guests.

As you can see, this year's National Disabled Veterans Winter Sports Clinic is jam-packed with exciting events and activities specifically designed to take your rehabilitation to another level. Many of you are seasoned participants and know what to expect, but if you're a novice, you may be a little apprehensive as you gaze up at those magnificent mountains for the

first time. Rest assured, whether you're skiing, shooting, curling or enjoying any of our other exciting activities you will thrive in this exciting outdoor paradise.

As you journey through the week, you will be guided by professional and capable instructors and joined by wonderful sponsors and volunteers.

So please remember to take the time to personally thank them. As you may or may not know, they unselfishly give of their time and their resources to make this event enjoyable for all.

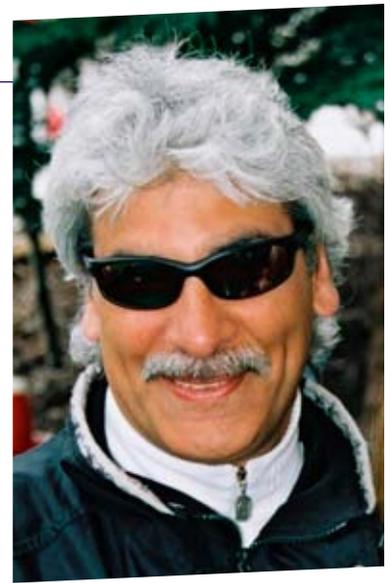
This year, we had five Veteran athletes competing in the Winter Paralympic Games, all with ties to the National Disabled Veterans Winter Sports Clinic. Four of the five actually received their first lessons here, just like many of you. Their accomplishments serve as an example of the great things that Veterans with disabilities can achieve.

In closing, I pose this question: Who among you will be the next to break down your personal barriers and represent our country in the next Paralympics?

Welcome to the 24th National Disabled Veterans Winter Sports Clinic, "The Greatest Show on Snow!"

Sandy Trombetta

Director, National Disabled Veterans Winter Sports Clinic



The Prosthetics Post

Welcome to 24th National Disabled Veterans Winter Sports Clinic and another week of the daily "Prosthetics Post" column in the Ski•Gram! This is where you can get answers to 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

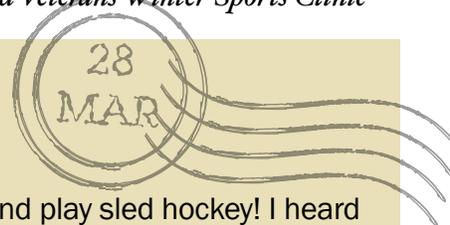
Question of the day:

Dear Prosthetics Post:

This is my first Winter Sports Clinic and I can't wait to ski, snowmobile, scuba dive and play sled hockey! I heard that VA provides equipment for these sports. Where do I sign up?

Ready to Rip

Dear RTR: Welcome to the WSC! Yes, you can work with your clinical team and the Prosthetics Service at your local VA to pursue adaptive sports equipment. The key word is "adaptive." VA can provide equipment that specifically compensates for your physical disability—like a mono-ski or handcycle. There are specific eligibility criteria that you must meet to receive equipment. There's a great education session this week all about pursuing adaptive equipment from VA. Attend either the 6 p.m. or 7:30 p.m. session at the Aspenwood Condos in the Fall Lane meeting room. Hope to see you there! Our Web site is also a great resource: www.prosthetics.va.gov.



STAY

CONNECTED!

Looking for a place to check e-mail or update your Facebook status about your Clinic activities? Computers are available for you to use in the Kearns Room on the second floor of the Snowmass Convention Center. The room is available from 8 a.m. – 6 p.m. each day. Many thanks to VA staff and sponsors for providing this service to National Disabled Veterans Winter Sports Clinic participants and guests!



TWEET!
TWEET!



VA is now on Facebook and Twitter! Start at www.va.gov, or search each site for the Department of Veterans Affairs to find exclusive content! Watch daily video highlights, news, and important information from the National Disabled Veterans Winter Sports Clinic. So log on and share your experiences.

Hometown Hero

You're a Hometown Hero, Spread the News

The hometown news program is designed to let our participants' newspapers know about their participation and accomplishments at the National Disabled Veterans Winter Sports Clinic. The team prepares individual news releases for any Veteran who signed the consent forms and places them, along with a photo, on the Web site (www.wintersportsclinic.va.gov) to make it available to your local media, family and friends.

This year, you may have noticed that the consent forms have changed, and we are also trying to make sure that all news releases on the Web site meet VA's new accessibility requirements for those with visual disabilities. This will extend our production time somewhat, but we hope to have the individual releases posted on the Web site by March 31 or April 1. While we cannot guarantee that the information we submit will be printed by your newspapers, we do our best to make the information available to many media outlets throughout the country. We also plan to contact local media by e-mail and phone calls to generate interest in this wonderful story. If you requested a news release, you will receive a copy of it at the end of the week, along with a photograph of you skiing (if we were able to catch you on the mountain). We hope to have the photos on the Web site by Friday, April 2.

Thank you for allowing us to tell your community about your participation in the National Disabled Veterans Winter Sports Clinic this week. By sharing your stories, we hope to reach out to other Veterans like you, and perhaps inspire them to sign up next year!

DON'T LET THE HEIGHT GET YOU DOWN

Some of the first signs of high-altitude illness are headache, lightheadedness, weakness, trouble sleeping and an upset stomach. If you have these symptoms, you may have to stop going up or return to a lower altitude until your symptoms go away. More severe symptoms include coughing, confusion, the inability to walk in a straight line and difficulty breathing even while resting. If you get these symptoms, go to a lower altitude right away and get help from a doctor.

If you're experiencing mild high-altitude sickness symptoms, try these tips to help alleviate any discomfort or pain:

Drink water in normal quantities. Since water loss is greatly increased by breathing the dry, thin atmosphere, drink more water than you normally do. Additional salt in your diet should also be avoided.

Avoid strenuous activities for several days. However, bed rest is less beneficial than mild activity and exercise.

Alcohol should be avoided. Alcohol will aggravate any symptoms you are experiencing.

Eat a light diet. Eating food high in easily digested carbohydrates (fruits, jams and starches) improves altitude tolerance and is recommended for the first few days.

Analgesics relieve the headache. They may assist in thinning the blood for better oxygenation.

For the more severe symptoms, please contact a medical professional as soon as possible.



A LOOK **BACK**

Take a peek at some photos from last year's Clinic and get yourself psyched for the exciting week ahead.



Snowmobiling The snowmobile is also referred to as a snow machine, sled, or skimobile, but no matter what you call it you'll enjoy both the thrill of the ride and beautiful scenery at T Lazy 7 Ranch, Aspen's oldest working ranch.

Fly Fishing Float Trip Head out on a trip down the Crystal River to try your hand at tying flies and catching fish – both fun and relaxing! Come back and brag about the one that got away.

Cross Country Skiing, Snowshoeing and Biathlon Introduction In the Nordic skiing method we call cross country, participants propel across snow-covered trails rather than down the mountain. Biathlon combines this sport with air rifle shooting. Defy gravity as you use specially designed gear to travel on top of the snow without breaking through it. All this, and an Elks BBQ lunch at Top of the Village, too.

Curling A sport that proved to be unusually popular in this year's Winter Olympics, curling is a team sport that involves a 42-pound granite stone, brooms and a bull's-eye. Learn more about it at the Aspen Ice Rink.

Scuba Diving Get a glimpse of what life is like underwater in the pool at the Silvertree Hotel. It's the perfect indoor setting to try this unique activity, with summer music to make you smile.

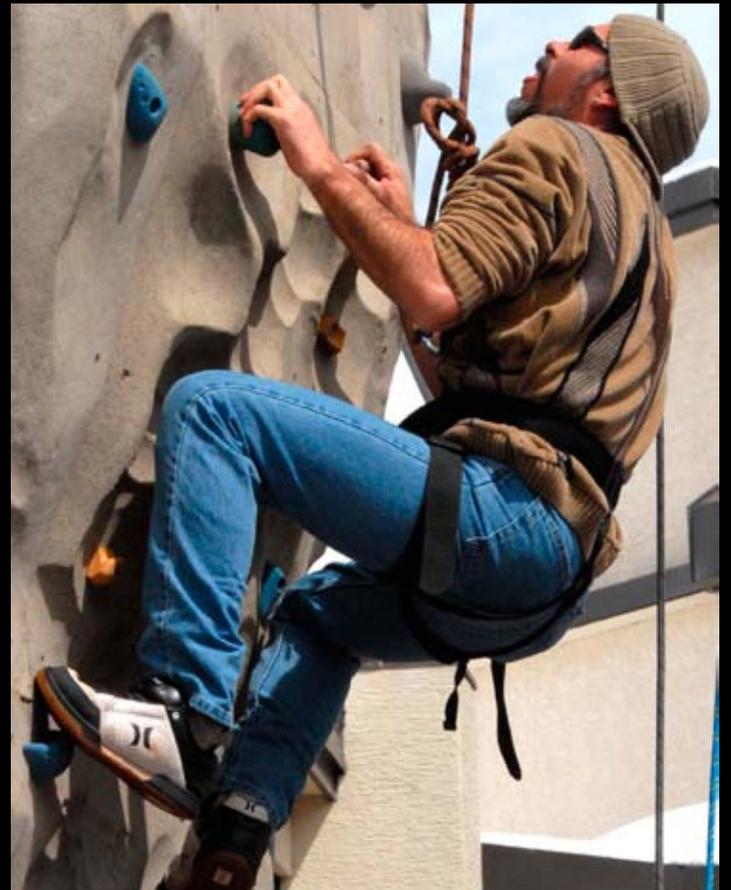
Shooting Sports/Archery Whether you're new to these sports or pride yourself on your marksmanship, head over to the Basalt Trap Club to take aim whichever way you prefer!

SO MUCH TO DO. SO LITTLE TIME.

Is this your first visit to the National Disabled Veterans Winter Sports Clinic? You should know that in addition to downhill skiing, the Clinic offers five days of additional sports and activities to satisfy a myriad of interests. Check out the activity and transportation schedules, and join others for one or all of the events! You may find an old favorite where you can show off your skills or develop a new passion that you'll want to try again and again. Take time to check out all the possibilities!

Sled Hockey This adaptive sport follows the rules of "stand-up" ice hockey, but with modifications for those with lower limb mobility impairments. Players use a sled on hockey blades and two sticks for propelling in this fast-growing action sport.

Rock Climbing Think it looks easy? Give this physically and mentally challenging sport a try as you angle for the top of the indoor climbing wall right in the Conference Center Circle.



Veterans who watched the 2010 Olympic Games in Vancouver, and are longing for a chance to compete on the slopes with the world's best will get their wish this week as world champion and gold medalist Alpine skier, Bode Miller, will join fellow Olympians Casey Puckett, Andy Finch and Chris Klug Wednesday to race down the hills during the day and appear at a special "Night of Champions" event that evening.

The "Night of Champions" will open Wednesday night at the conference center ballroom at 7 p.m. All four Olympians will be on hand to sign autographs and share stories until 8:45 p.m. Don Chaney, local morning show host for KSNOW will host the event.

Then, local celebrity Hazel Miller and her band will close out the "Night of Champions" from 9 p.m. - midnight with a live performance of Jazz, Blues and R&B that the Rocky Mountain News reviewed as, "stunning, moving and powerful."

Thursday night will also feature musical entertainment for those inclined to shake a leg or spin their wheels on the dance floor. Cactus Jack will be playing from 9 p.m. - midnight as well.

DAV National Commander Roberto Barrera will be with us throughout the week. Secretary of Veterans Affairs Eric K. Shinseki arrived yesterday and will be here until tomorrow. VA's Assistant Secretary of Public and Intergovernmental Affairs, L. Tammy Duckworth, will keynote the Closing Ceremony and also attend the Clinic Wednesday, March 31, through Friday, April 2.

So, keep your eyes open on the slopes this week. You may get to prove your mettle against a medalist, or at least pick up a few pointers from some real pros.

What to Expect

From a sultry Jazz singer to champion Olympians, this Clinic has it all!

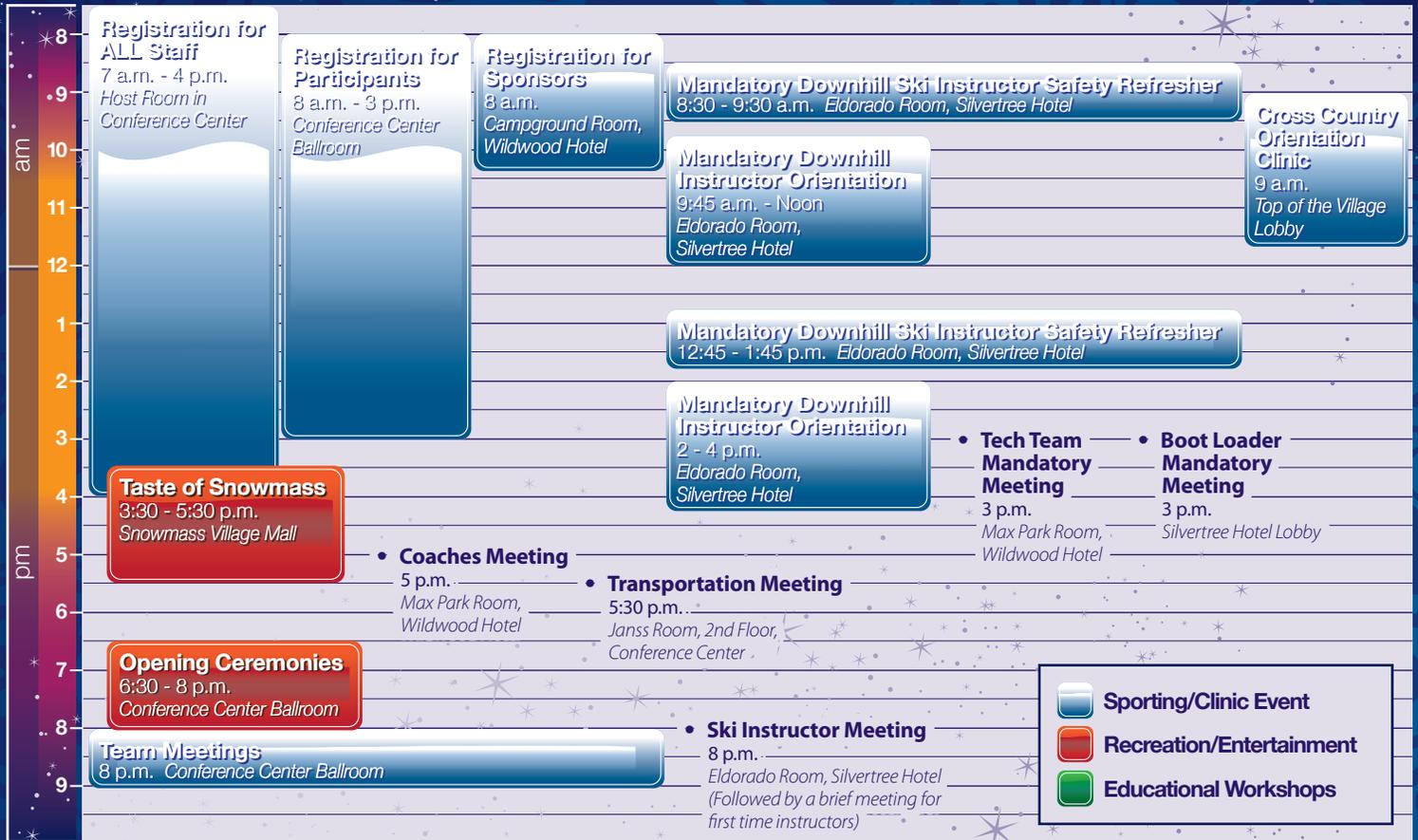


Hazel Miller will perform her mesmerizing mix of R&B, Blues and Jazz this Wednesday night at 9 p.m.



Bode Miller, Olympic gold medalist, will take to the slopes with Clinic participants during the day on Wednesday. Wednesday night, he'll be a part of "Night of Champions" along with other Olympic athletes Casey Puckett, Andy Finch, and Chris Klug. All the athletes will be available for autographs at the event.

Schedule for Sunday March 28, 2010



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 beginning today at 1 p.m., and then Monday starting at 9 a.m. 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: Call the medical room for recorded instructions on how to contact the "on call" medical provider. If unsuccessful, call the hotel operator.

Transportation Schedule

Event	Load	Depart
Snowmobiling		
First Trip	6:45 a.m.	7:15 a.m.
Second Trip	9 a.m.	9:30 a.m.
<i>Please make sure to load at your correct time.</i>		
Sled Hockey	7:45 a.m.	8:15 a.m.
Fly Fishing	8 a.m.	8:20 a.m.
Cross Country Skiing		
First Trip	8:20 a.m.	8:45 a.m.
Second Trip	1 p.m.	1:30 p.m.
<i>Buses will run up and down the mountain throughout the day. The 1 p.m. bus will also pick up any participants from the first trip who wish to return to the Conference Center. All remaining participants will be picked up at 3 p.m.</i>		
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 p.m.	1 p.m.