

Summit Newsletter

Wednesday Issue, March 28, 2012

Mark Farner

Mark Farner is the engine that took Grand Funk Railroad, one of rock music's most successful groups, to the top of the charts. As their lead vocalist, lead guitarist and main songwriter the group made a beeline to rock stardom following their show-stealing performance before 180,000 people at the Atlanta International Pop Festival in 1969. Capitol Records was soon on board releasing the band's appropriately titled first album, *On Time*, which included such timeless Mark Farner compositions as *Time Machine*, *High On A Horse*, *Heartbreaker*, *Into The Sun* and *Can't Be Too Long*. Within weeks it was certified RIAA Gold.

Forty years after Mark Farner found overwhelming success, with 30 million records sold (12 RIAA Certified Platinum and 15 Certified Gold albums), Mark Farner's train keeps rolling and some sort of magical transformation takes place when Mark Farner steps on stage. He's the consummate, professional rocker who's lost none of his chops. His voice is clear, strong and on key, his guitar playing slick and lightning quick and his trademark prancing still that of a spring chicken.

Offstage Mark puts his pants on one leg at a time. He was never destined for his hometown of Flint, Michigan's auto factories but he was never destined for the "Hollyweird" Hills either. Mark's heart and home lay north of Michigan's rustbelt where he can do the things he loves most -- compose, record, farm, fish, hunt and race around like a nut job on anything with a motor.

Come out tonight and join Mark Farner, Lawrence Buckner (the Doctor of Funk), Hubert (the H-Bomb) Crawford and Karl Propst as they perform a truly legendary Farner kick axe Rock and Roll show, one that you won't soon forget. Everyone's invited to the Silver Tree Conference Ballroom tonight from 8 p.m. – 11 p.m., just make sure you come ready to party.

Nordic Skiing and Rifles: A Look Inside Biathlon

Jim Gerloff knows a thing or two about rifles. An Army Veteran from Rifle, Colorado, he served two tours in Vietnam. But the biathlon rifle he's holding today at the cross-country venue is something else entirely.

It's an adaptive rifle for the visually impaired, explains Rich Cardillo, the military sports coordinator for the United States Association of Blind Athletes. When you aim the rifle, it emits a series of beeps that increase in frequency and pitch once you hone in on the target. "Just close your eyes and let your ears take over," he advises.

So to recap, the best way to shoot this rifle is to close your eyes. Seriously? "Give it a try," encourages Cardillo. It seems strange at first, but it actually works and I drop 3 of the 5 targets. The two misses result in a timed penalty.

Since being introduced at the Clinic in 2008, the biathlon event has gotten more popular with Veterans, according to Gig Leadbetter, a professor from Colorado Mesa University who has run the cross-country venue at the Clinic since 1997. The biathlon is a timed event, with competitors cross-country skiing down a trail for 3/4's of a mile. When they reach the end, they turn back and head for the finish line. Then, after skiing up a grueling hill at the end of the course, and when they are completely out of breath, they have to grab the rifle and take aim.

Being able to focus and concentrate when you're fatigued is the hardest part of the sport, according to Haley Johnson, a member of the US Olympic Biathlon Team in the 2010 Games. Today, she is coaching Charlie Johns, an Army Veteran, from Kansas City. Johns grew up skiing downhill, but these days he prefers cross-country. "It's a great workout, really hits the shoulders and arms," he says. Gerloff agrees. "It's probably the best cardio workout in the world," he says.

After running the course, Veterans are treated to special lunch provided by the Benevolent Protective Order of the Elks. On the menu today is deep fried turkey, coleslaw and potato salad.

Jazmin Coll-Serrano, an Air Force Veteran from Puerto Rico, has worked up an appetite. This is her 2nd year attending the Clinic with the Bay Pines VA team and she thoroughly enjoys the cross-country skiing.

"I did not know this world existed, so coming here is like someone opened the door to a dream world," she

says. Sure, it's a little scary moving down the trail as a visually impaired athlete, she admits. But the feeling of accomplishment is undeniable. "We learn and we grow as human beings. Being here we can relate to one another and when we are together, we are stronger than when we are by ourselves."

Sitting next to her is Army Veteran Pamela Kelly, who is also with the Bay Pines VA team. It's her first time cross-country skiing. "My instructor told me to keep my elbows in close to my body and do short strokes," she explains. "It really works the shoulders and triceps, you feel it, oh yea, it burns," she says laughing.

The smiles are rewarding for Leadbetter and his team of instructors. "These Vets have done so much for us. This is our way of giving back," he says.

Physical Activity: Why Is Physical Activity Important For My Health?

Currently, less than half of U.S. adults get enough physical activity. There are many reasons for inactivity, but no matter what your age or body type, you can benefit from even small amounts of activity.

Benefits of being physically active include improved energy and stamina, and reduced chances for developing diseases such as depression, diabetes, heart disease, high blood pressure, obesity, stroke, and some cancers.

To gain from physical activity, aim for 2 ½ hours moderate-intensity activity each week. Moderate intensity means that as you work out, you can talk but not sing. If you haven't been active for a long time, start safely at a level that is comfortable for you.

Choose activities you enjoy, like walking or wheeling fast, dancing, tennis, goal ball, and raking leaves.

Every 10-minutes counts. Be active your way! Try it!

Smart Goals

What's all this talk about SMART goals?

Heard about SMART goals? That's because a SMART goal can help you succeed!

Start with **something you would like to do** to improve your health, something in your control.

Example: *"I would like to be more physically active."*

Next, **identify one specific step** you might take to reach your goal.

People do best when they choose "SMART" goals that are:

Specific: Walk at the mall in the morning

Measurable: Walk for 10 minutes

Action-oriented: Walk (not just think about doing it)

Realistic: Walk for 10 minutes, not an hour

Time-specific: Start tomorrow, do it 3 times a week for one month

The SMART goal is: "I will walk at the mall at least 3 times a week for 10 minutes each for one month.

Then, **get support**. Share your plan with someone you trust and ask them to check on your progress.

Finally, **keep track of your improvements** and share with others:

- If you met your goal, celebrate!
- If you had trouble, re-set your goal so you can succeed.
- Your health care team can help!

Question of the Day: Who inspired you to come to the Clinic and challenge the mountain?

Theresa Hanson, Army
Murfreesboro, TN

*"I was looking for something to do and saw a mention of the Clinic on Facebook, so I immediately sent in my application and here I am, at my very first one."*Brent Cote,

Air Force
Nashua, NH

*"I was mountain biking in Utah when a guy named Daryl Kubalz told me that it was a great event so I thought about it, signed up and this year is my first Clinic."*Scott Nyman,

USMC
Jacksonville, NC

*"6-years ago a VA employee by the name of John Hoffmister from Augusta, Georgia, told me about the Clinic. If it wasn't for him I would have never known."*Jeremiah Belk,

Air Force
Jefferson, CO

*"It was the head PT at the VA Palo Alto in 2005 who told me about the Clinic and it has changed my life."*Rony Carolus,

USMC
Atlanta, GA

"I saw a poster at the VA and thought to myself, I should try since I have never skied before, this is my first Clinic."

Are you on Twitter?

Each day, we'll ask a question about the clinic using hash tag #NDVWSC. Follow @VAADAPTIVESPORT and join the conversation!

VOTE!

Swing by the Conference Center Lobby to place your votes for the National Disabled Veterans Winter Sports Clinic Awards! Categories include Most Excellent Coach, Ski Instructor Extraordinaire, Best Face Plant and the Spirit Award. Awards will be presented at closing ceremonies Friday night.

Teaching Veterans: Veterans Writing

You've hit the slopes, chased the hockey puck and pursued many other vigorous activities. Now it is time to sit back and challenge the creative side of your brain.

Anthony Swofford will be leading a Continuing Education workshop titled "Teaching Veterans: Veterans Writing" Wednesday from 6 to 7:30 p.m. This workshop will take place in the Aspenwood meeting room.

Swofford wrote the international best seller "Jarhead" and followed that up with a fictional novel titled "Exit A." Swofford served in the Marine Corps Surveillance and Target Acquisition/Scout Sniper Platoon in the Gulf War. His fiction and non-fiction writing has also appeared in The New York Times, Harper's, Men's Journal and the Iowa Review.

Educational Workshops

Throughout the week, several workshops will be offered to help participants and clinicians cope with the challenges Veterans with disabilities experience in everyday life. Classes include a number of different topics, from how to continue leading active and healthy lives to self-defense for everyone. Participants are encouraged to attend one, or all of these insightful workshops, which have been created with your needs in mind.

WEDNESDAY March 28, 2012

- 6:00 – 7:30 p.m. ***“Teaching Veterans: Veterans Writing”***
Aspenwood Meeting Room, Fall Lane
Presented by Anthony Swofford
- 6:30 – 8:00 p.m. ***“Self Defense for Everyone”***
Max Park Room, Wildwood Hotel
Presented by Special Agent Mark Copanzzzi, United States Secret Service

Prosthetic Daily

Dear PDP:

I'm an above knee amputee and getting really good at skiing this week, three-tracking all over the mountain with my instructor. Next year I'm gonna ski every week. I saw your post earlier this week that the VA provides sports equipment. I need outriggers, one boot and one ski because I ski on just one leg, a helmet, gloves, goggles and some long underwear too! Can I give my order to the Prosthetics Service at my VA when I get home?

Sincerely, Eager Skier

Dear ES – Hold on, buddy. Yes, the VA Prosthetics Service can provide adaptive sports equipment when your doctor or therapist prescribes it. BUT, we can only provide the equipment that is “adaptive”, so for you, that would be just the outriggers. The ski, boot, helmet, gloves, goggles and especially the underwear are yours to figure out! If you need help with getting some of that stuff that can get expensive, there are a number of community organizations that can help, so just ask for some suggestions for resources

Schedule for Wednesday, March 28

6:00 a.m.–5:00 p.m.	Host Room: Conference Center
6:30 a.m.–8:30 a.m.	Breakfast: Conference Center Ballroom
8:00 a.m.–11:30 a.m.	Snowmobiling: T Lazy 7 Ranch (Loads @ 7:00 a.m. & 9:15 a.m.)
8:30 a.m.–11:30 a.m.	Skiing Downhill: Bear Bottom, Head Wall, Lodge Pole
9:00 a.m.–3:00 p.m.	Cross Country Skiing, Snowshoeing, Biathlon Introduction (Top of the Village) (Lunch Elks BBQ at TOV) (Loads @ 8:20 a.m. & 1:00 p.m.)
9:00 a.m.–11:00 a.m.	Kayaking: Pool, Wildwood Lodge Sled Hockey: Lewis Ice Arena, Aspen (Loads @ 7:45 a.m.)
9:30 a.m.–3:30 p.m.	Glenwood Springs Trip, Lunch at Elks Lodge, Hot Springs (Loads @ 9:30 a.m.)
10:00 a.m.–12:00 p.m.	Scuba Diving: Pool, Silver Tree Hotel Rock-Climbing: Conference Center Circle
10:30 a.m.–4:00 p.m.	Aspen Trip, Lunch at Elks Lodge, Aspen Mountain Gondola Ride (Loads @ 10:00 a.m.)
11:15 a.m.–1:00 p.m.	Lunch: Conference Center Ballroom
11:30 a.m.–4:00 p.m.	Shooting Sports/Archery: Basalt Trap Club (Loads @ 10:00 a.m.)
12:30 p.m.–3:30 p.m.	Skiing Downhill: Baby Ruth, Showcase, Fast Draw
1:00 p.m.–3:00 p.m.	Rock-Climbing: Conference Center Circle
1:30 p.m.–3:30 p.m.	Curling: Aspen Ice Rink (Loads @ 12:45 p.m.)
2:00 p.m.–4:00 p.m.	Scuba Diving: Pool, Silver Tree Hotel Kayaking: Pool, Wildwood Lodge
4:15 p.m.–5:00 p.m.	Ski Instructor Meeting: Eldorado Room, Silver Tree Hotel
4:30 p.m.–6:00 p.m.	Dinner: Conference Center Ballroom
4:45 p.m.	Team Leader Meeting: Stone Bridge Inn Council Room
5:00 p.m.	Coaches Meeting: Max Park Room Wildwood Hotel
6:00 p.m.–7:30 p.m.	CEU Educational Workshop: “Teaching Veterans: Veterans Writing” Aspenwood Meeting Room, Fall Lane Presented by, Anthony Swofford
6:30 p.m.–8:00 p.m.	Instructional Workshop: “Self Defense for Everyone” Max Park Room Street Level Wildwood Hotel Presented by: Special Agent Mark Copanzz, United States Secret Service
8:00 p.m.–11:00 p.m.	Entertainment: Conference Center Ballroom Mark Farner formerly of Grand Funk Railroad

Odds and Ends

WEDNESDAYS DINNER MENU

Spinach Salad with Red Pepper and Feta Cheese with Vinaigrette Dressing (no dairy in dressing) with Croutons

Spaghetti

Meat Lasagna

Marinara Sauce & Bolognese sauce (please have lots of sauce)

Parmesan cheese

Zucchini with Red and Yellow Peppers

Italian Bread with Butter

Salsa & Hot Sauce

Caramelized Apple Pie, Cherry Cobbler, Chocolate Cake, Pecan Pies Fruit cups & Whipped cream

MEDICAL ROOM

For emergencies dial 911

Medical room phone: (970) 923-8330

Location

The medical room is located in the Bedford A conference room, one level below the mall, across the street from the 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 to arrange transportation.

After Hours

Call the medical room for recorded instructions on how to contact the “on call” medical provider. successful, call the hotel operator.

TRANSPORTATION

Event	Load
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Snowmobiling

First Trip	7:00 a.m.
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Second Trip	9:00 a.m.
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Please make sure to load at the correct time for your assigned trip.

Sled Hockey	7:45 a.m.
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Cross Country Skiing

First Trip	8:20 a.m.
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Shuttle Bus	12:00 p.m. – 1:00 p.m.
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Hot Springs	9:30 a.m.
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Shooting Sports	10:00 a.m.
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Aspen Gondola	10:00 a.m.
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Curling	12:45 p.m.
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CORRECTION

In Tuesdays issue, Jamzeel Sequeira and Bill Kalbaugh were identified as USCG Vets. Both are U.S. Navy Vets.

