

THE OFFICIAL PUBLICATION OF THE 24TH NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

Ski & Gear

WEDNESDAY EDITION • MARCH 31, 2010

**YEAH
BABY!**
THAT'S HOW TO DO IT

Invasion of the Olympians

Bode and others hit
the slopes today

Everest Shmeverest

Vet conquers the tallest
mountain in the world

Olympians Among Us



Five United States Olympians and five paralympians are visiting the National Disabled Winter Sports Clinic today. U.S. Alpine Ski racer Bode Miller, along with freestyle skier Casey Puckett, snowboarder Andy Finch, and snowboarders Gretchen Bleiler and Chris Klug will all be on hand this afternoon and evening to meet with Veterans and offer their support.

All five will visit with the Veterans and share their stories about what it's like competing on an elite level. Look for them out on the slopes and also at tonight's "Night of Champions" event at 7 p.m. in the Conference Center ballroom. Tonight will be a more intimate meet and greet, which also includes five Veteran paralympians: Sean Halsted, Jim Martinson, Russell Wolfe and John Register. All of these worldclass skiers got their start at the National Disabled Veterans Winter Sports Clinic. Who knows, maybe you will find the inspiration you need to be the group among them!

Gretchen Bleiler is a two-time Olympian in snowboarding from Aspen, Colo. She was a silver medalist in the 2006 Winter Olympics and just finished 11th in the half-pipe in the Vancouver Olympics. She has won nine World Cup medals as well as winning multiple times at the U.S. Open and Winter X Games.

Casey Puckett is a four-time Olympic Alpine racer for the U.S. ski team and a six-time national champion. After his retirement from downhill racing in 2002, Puckett began a second career racing in the freestyle discipline ski cross and found quick success, winning a gold medal at the Winter X Games in Aspen.

Andy Finch is a snowboarder from Fresno, Cali., who competed for the United States in the 2006 Winter Olympics. His accomplishments also include winning the overall U.S. Grand Prix half-pipe title in 2003 and 2004, taking first place in the Arctic Challenge in Norway in April 2004, winning the Vans Triple Crown in February 2004, winning the O'Neill Snowboard Jam in January 2005, and finishing in second place in Northstar Resort's Vans Tahoe Cup.

Chris Klug is three-time Olympian and three-time World Cup winner in snowboarding who is also from the Aspen area. He recently finished seventh in the Vancouver Winter Games in the parallel giant slalom. After receiving a liver transplant in 2000, he competed in the 2002 Winter Olympics in Salt Lake City. He is currently involved in improving donor awareness.

Bode Miller, who won has five medals in the Winter Olympics, has the most of any U.S. skier. They include two silvers in Salt Lake City during the 2002 Games for the giant slalom and combined disciplines. Miller achieved gold in super combined, silver in Super G and bronze in downhill for the 2010 Games in Vancouver. Miller is also a World Championship gold medalist and a two-time overall World Cup champion in 2005 and 2008. Miller is widely becoming known as one of the best Alpine skiers of all time.

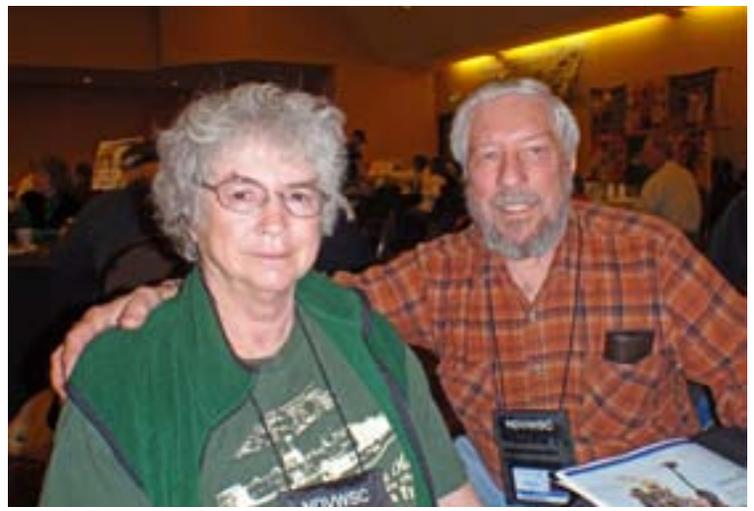


Honeymooners

Lyle and Nancy Bailey, both Navy Veterans living in Kansas, couldn't think of a better place to celebrate their new marriage than right here at the National Disabled Veterans Winter Sports Clinic. The Baileys tied the knot on the March 6th and followed that monumental event by another; purchasing their new home only four days later in Dodge City, Kansas. They moved in on March 20th with only enough time to drop their bags, turn around and drive up from Kansas to Snowmass Village for the Clinic.

Lyle, 69, and Nancy, 64, met at the Kansas State Soldier's Home in Fort Dodge, where they were neighbors for three years. It was when Nancy bought a porch swing a year and a half ago that things turned romantic. She needed Lyle's help to put it together. When the porch swing was done, they both had found a new attraction to each other.

Nancy, having attended the Clinic more than eight times, encouraged her new beau to attend his first with her last year. "She showed me all the videos and insisted that I go," said Lyle.



They're both looking forward to their second Clinic together this year, which just happens to be their honeymoon. "She's a big skier, and I enjoy the sit-down ski," said Lyle, "and we both enjoy the beautiful mountain area and the fresh air." After a whirlwind of activity the past few weeks, Lyle and Nancy are actually looking forward to a little rest here at the Clinic among other things. "I enjoy the other veterans and hearing the stories," said Nancy. Lyle said he looks forward to the food.

Assistant Secretary **Duckworth** Arrives Today

The Honorable L. Tammy Duckworth, the Department of Veterans Affairs' Assistant Secretary for Public and Intergovernmental Affairs, will be at the Clinic today through Saturday. Today, she'll hit the slopes along with the Veterans. She'll also be visiting the alternate activities venues tomorrow. On Friday, she'll help hand out medals and will be the keynote speaker at Closing Ceremonies that evening.

Duckworth was nominated to serve in her current position by President Barack Obama, and was sworn in by the Secretary of Veterans Affairs Eric K. Shinseki

on April 24, 2009. She represents and advises the Secretary on matters relating to media and public affairs, and directs departmental communications and programs relating to intergovernmental relations, homeless Veterans, consumer affairs and the Department's six national rehabilitative special event programs. Prior to her current position, she served as the Director of the Illinois Department of Veterans Affairs from 2006 to 2008.

A major in the Illinois Army National Guard, Duckworth served in Iraq as an Assistant Operations Officer and flew combat missions as a Black Hawk helicopter pilot. During a mission north of Baghdad in 2004, her aircraft was struck by a rocket propelled grenade. She continued to attempt to pilot the aircraft until passing out from blood loss. As a result of the attack, Duckworth lost both legs and partial use of one arm. Since her recovery at Walter Reed, Duckworth has dedicated her life to public service, advocating on behalf of disability rights and Veterans.

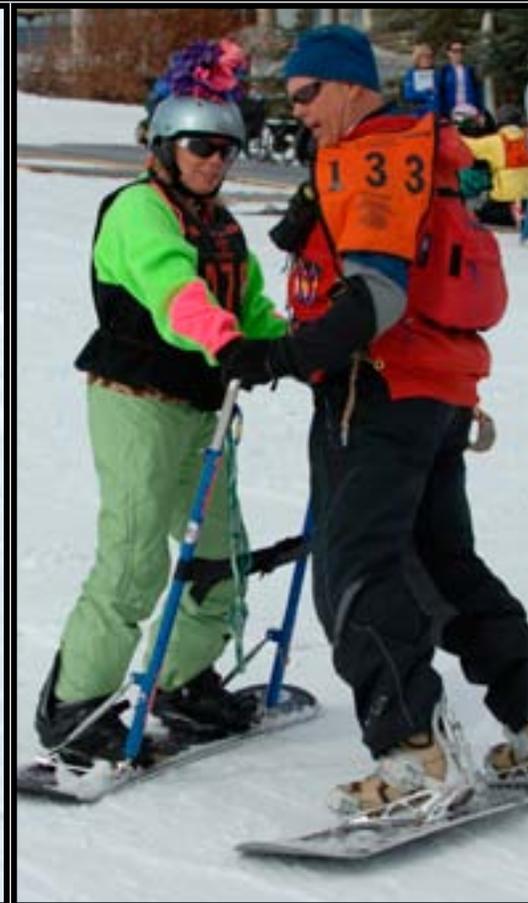
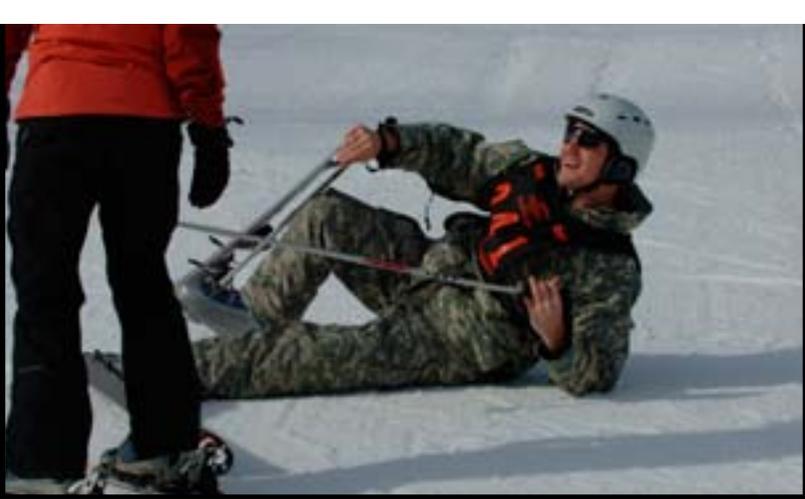
She has declined her Army medical retirement to continue her service in the National Guard. In 2008, she completed the Chicago Marathon, fulfilling a promise she made during her stay at Walter Reed. She has also resumed flying and recently received a Statement of Demonstrated Ability from the FAA certifying her to fly aircraft without the use of assistive devices.





THE DAY IN PHOTOS

A pictorial review of all the things that went on yesterday!



What Did You **SAY?**

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

QUESTION If you had a time machine, where in time would you go and why?



Mike Brickert
Wise River, Mont.
*Navy, Army, and
Air Force*
"I like where I am
at right now."



Michael Thomas
Milwaukee, Wisc.
Army
"The Clinic of
2011 – I'm already
looking forward to
next year's clinic,
because they are
too short."



Mike Guilbault,
Attleboro, Mass.
Air Force
"The old cowboy
and indian days
– people lived
hard."



Mike Cruz
Sahuarita, Ariz.
Army
"Prehistory – I
would like to see
what reality was
like back then."



Anthony Radetic
Abbeville, Ala.
Army
"The future – I
would like to see
what my grand
kids will be like.
I don't like sur-
prises!"

On the **MENU**

Breakfast

Fresh sliced seasonal melons & fruits
Oatmeal w/granola, raisins, almonds, skim milk
& bananas
Sliced zucchini, banana nut, & lemon sweet
breads
Assorted muffins
Sausage and/or Ham
Breakfast potatoes
Omelet station
Coffee, Decaf, hot teas
Assortment of chilled juices

Lunch

Vinaigrette coleslaw
BBQ chicken w/BBQ sauce on side
Beef short ribs and sauce
Corn bread w/whipped butter

Dinner

Tossed seasonal greens and dressings
Oven roasted turkey & roast beef
Green beans
Mashed potatoes w/gravy on the side
Chef's choice of rolls/bread with butter

The Prosthetics Post

Welcome to another edition of the daily "Prosthetics Post" column in the Ski•Gram! This is 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 your 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 required to wear a knee brace for a service-connect-ed condition. How often should I get it replaced?

From, Hop-Along

Dear Hop-Along: Veterans who use braces or other similar orthotic devices issued by VA Prosthetics may have their device replaced after the appliance is no longer functional, either through wear and tear or changes in the Veteran's medical condition. If a new device is needed and you've had your device for more than a year, you need to see your provider to make sure your condition hasn't changed and you need something different. Some orthotic devices make certain service-connected Veterans eligible for the annual clothing allowance benefit.

Vet Conquers World's Biggest Hurdle: **Everest**



This is Riley Woods first Winter Sports Clinic. It's not his first time conquering a mountain. In 2003, Woods, who is paralyzed from the chest down, conquered Mount Everest. He and about 14 other people with various disabilities traversed the rocky and treacherous path to a 17,000 base camp.

Not one to rely on other people, Woods wanted to travel as much of the trek on his own power. His thought, "I'm going to do this myself." The terrain was not wheelchair friendly. About halfway on the first day of the 20-day trek, he realized that he and the other wheelchair participants needed to be transported in a carrier called a DOCO that was strapped to the head of one of the Nepal guides. Although Woods was carried about 90 percent of the trek, he still faced wheeling over rough and unfriendly terrain, altitude sickness, and other challenges. His motivation to attempt the trek – the first time since his accident he pushed boundaries – was "not to let (my) disability define who and what I was going to be." Tackling the mountain "gave me a sense of freedom," Woods said.

The former West Point cadet tells Veterans with disabilities, "You can do whatever you put your mind to." The Winter Sports Clinic allows Veterans with disabilities to prove they are only limited by their own inhibitions. "In time, you will find you are capable of more than you believe you can do," Woods said.

Horticulture: Healing Naturally

Veterans can learn to reap far more than they sow when they learn how developing a garden can bring about better health and hope, through Horticultural Therapy and the Healing Power of Nature. The course is offered Wednesday evening from 7:30 - 9 p.m. in the Aspenwood Condos, Fall Lane Meeting Room.

Mary Gauden Beardslee, an award-winning developer of healing gardens and the owner of Merry Gardens, Inc, will provide hands-on instruction and teach the key concepts of horticultural therapy. The session is open to anyone willing to learn how to cultivate better care through a deep-rooted connection with nature. Horticultural therapy is designed to challenge physical limitations and to promote healing on many levels.

Beardslee has promoted the therapeutic value of plants for more than 35 years. She designs and implements healing gardens for all types of facilities including private residences, hospitals, assisted-living centers and nursing homes. Her presentation will feature her award-winning healing garden in Evergreen, Colorado.

Class Cancelled

Tonights **Creative Writing** class has been cancelled and will not be rescheduled.



The Winter Sports Clinic is on CNN iReport!

Visit www.ireport.com and enter "winter sports clinic" in the iReport search bar to view all the videos.

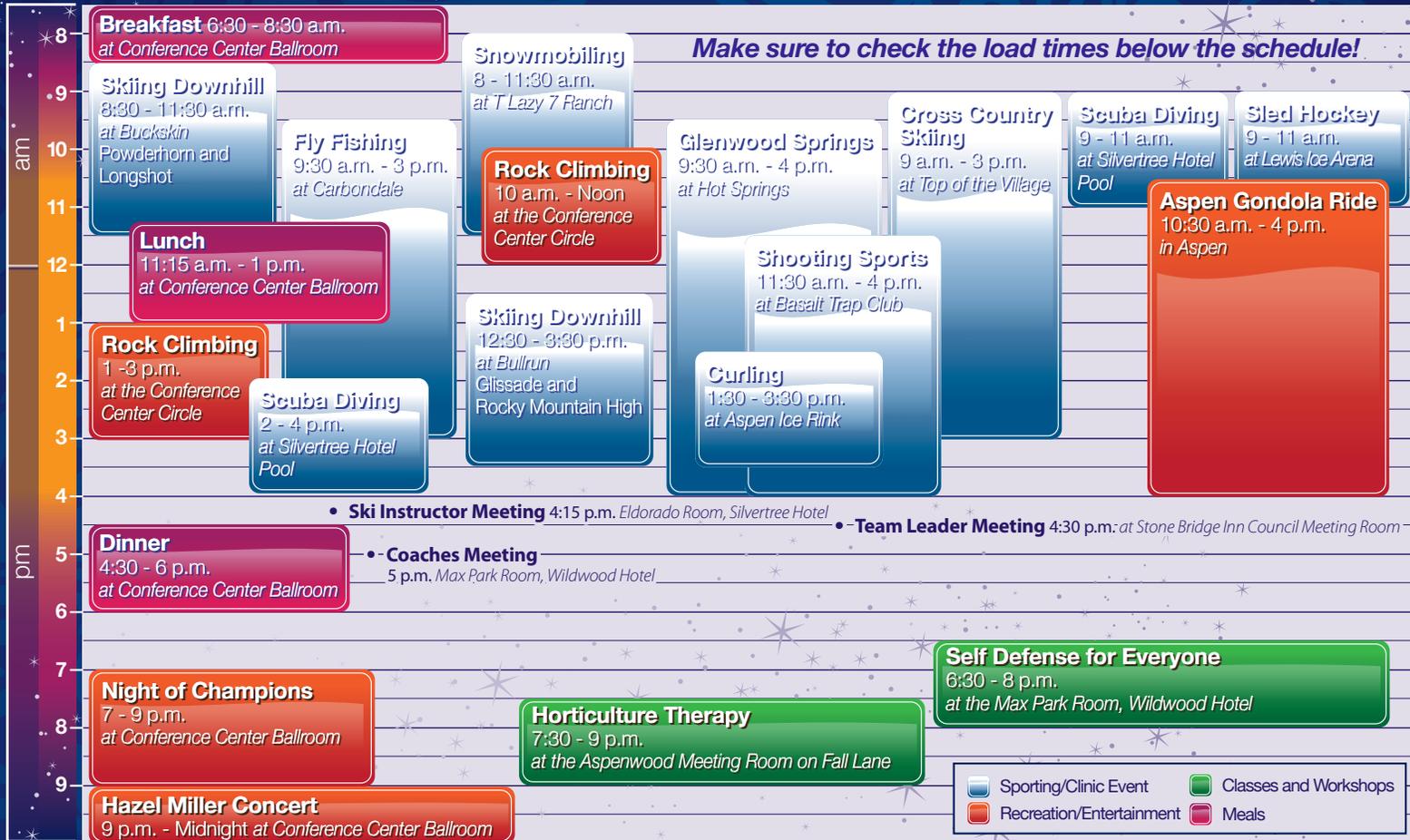
Hazel Miller Tonight

After the "Night of Champions" tonight, make sure to stay and enjoy the smooth jazz sounds of the infamous Hazel Miller. Her voice has been called "stunning, moving and powerful." The former Rocky Mountain News called her "a force of nature." Miller has been a much sought after performer in Colorado for the past 24 years. Whether she is singing blues, jazz, pop, or Gospel, her voice charges the songs with a primal dose of genuine soul and unfettered passion.

Miller began her 38-year career in Louisville, Ky., where she rose to the top of the music scene. She has since opened for world-renowned artists such as Mel Torme, James Brown, the Temptations, Earl Klugh, and Bob James among many others.

Tonight, top off your hectic day with the one and only Hazel Miller.

Schedule for Wednesday March 31, 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 call for appointments from 8 a.m. to 6 p.m. Appointments taken 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.

Load Time Schedule

Event	Load
Snowmobiling	
First Trip	6:45 a.m.
Second Trip	9 a.m.
<i>Please make sure to load at your correct time.</i>	
Sled Hockey	7:45 a.m.
Fly Fishing	8:30 a.m.
Cross Country Skiing	
First Trip	8:20 a.m.
Second Trip	1 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.
Trapshooting	10 a.m.
Aspen Gondola	10 a.m.
Curling	12:45 p.m.