



Friday, October 15, 2004

Festival “Shines a Bright Light” on Talents and Creative Achievements of Veterans



Deputy Secretary Gordon H. Mansfield and James Sterrett-Bryant, a CAF performer

“With nearly 3,000 entries this year, those of you who made it here to Salt Lake City are truly the best of the best,” said Deputy Secretary of Veterans Affairs Gordon H. Mansfield, at a special dinner Wednesday night.

Mansfield, attending the Festival for the first time, addressed the 108 participants and friends, families, volunteers and staff. He commended VA medical facilities for using the creative arts as one form of rehabilitative treatment to help veterans recover from and cope with physical and emotional disabilities.

Mansfield has attended three of

VA’s four national rehabilitation special events this year. He has been a past participant in one, the National Veterans Wheelchair Games, and personally knows the therapeutic value of recreational programs. “The National Veterans Creative Arts Festival shines a bright light on the talents and creative achievements of America’s veterans,” said Mansfield. “Helping our veterans live richer, more fulfilling and meaningful lives after trauma or disease is what this Festival is all about.”

In addition to recognizing the exceptional efforts of the VA Salt Lake City Health Care System staff, Mansfield lauded the contributions of the American Legion Auxiliary and Help Hospitalized Veterans, VA’s co-presenters of the Festival.



Mansfield, Jane Powell and CAF performer Wayne Miller



Thank You, VA Salt Lake City Health Care System!

We extend our deepest appreciation to all of the local Salt Lake City staff and volunteers who worked so hard all year to make this a wonderful week for us all. A special thank you to Brian Murphy and Kelly Kirvan, host site coordinators, the 22 local committee chairpersons, 32 additional committee members and hundreds of other local staff and volunteers, who all played key roles in the tremendous success of the 2004 National Veterans Creative Arts Festival. To James Floyd, medical center director, Ronald J. Gebhard, MD, chief of staff, and other members of Salt Lake City's top management team, we offer our heartfelt congratulations on a job well done. Thank you all!



Show Stoppers — Beating the Butterflies



Whether you're performing a violin solo, dancing with a partner, or making your theatrical debut, stage fright is a very real problem for many performing artists. No matter if you're alone on stage or sharing it with dozens of others, stage fright can

be reduced or even eliminated.

It's natural to get a little nervous about performing in front of others, but if you've got a really bad case of stage fright, you might want to take a look at the following tips to prevent you from being too nervous.

- ◆ Accept that stage fright is a natural reaction to performing in front of an audience.
- ◆ Decide ahead of time what you might do if something goes wrong.



- ◆ Imagine the absolute worst thing that could happen to you if things went terribly wrong. Now, estimate the chances of that really happening. It's really low.

- ◆ Make sure you know your lines well.

- ◆ Eat lightly before your performance and avoid foods that are known to upset your system.

- ◆ Realize that stage fright is generally about the anticipation that builds up before the performance, and once you get out on stage, the nervousness typically goes away.

- ◆ A simple exercise before getting on stage or going out to meet the audience is to make a visual run-through of yourself in whatever role you're performing. Incorporating this with slow, deep breathing can help you.

- ◆ Relax, have fun, and enjoy the performance!



Jane Powell Serves as Mistress of Ceremonies



Jane Powell with April Goodwin

The Creative Arts Festival is happy to welcome back Jane Powell as Mistress of Ceremonies, her sixth appearance in this role. Ms. Powell has starred in every entertainment medium, including 20 major MGM musicals, Broadway productions and television.

She spent most of 2003 co-starring in the Stephen Sondheim musical, *Bounce*, and has performed for five U.S. Presidents and the Queen of England. Her exercise video, *Fight Back with Fitness*, designed to help people with arthritis, was produced with The Arthritis Foundation.

“I feel like I’ve come home — back to family,” said Powell about her return as Mistress of Ceremonies. “The show improves every year; it’s better than ever,” she said. To our veterans, her message is “keep it up - keep coming back — onward and upward!”

Bo Derek — National Honorary Chairperson VA Rehabilitation Special Events

Running on the beach in the 1979 smash hit movie “10,” Bo Derek entered American pop culture and became the standard for the “perfect 10 beauty.” More than two decades later, she has proven that her beauty goes much deeper, devoting her time to caring for other people — and animals as well.



In 2002, Derek was bestowed by the Special Forces Association with the distinction of honorary Green Beret — one of only four other Americans to have been so recognized.

It is Derek’s love for the Armed Forces that inspires her to perform the duties of National Honorary Chairperson for the Department of Veterans Affairs National Rehabilitation Special Events with passion and ease, taking time to meet and encourage veterans, one-by-one.

Strokes of Art — Stained Glass and Woodworking Tips



Today is the big day for everyone! Enjoy the art exhibit at Gardner Hall and take pride in the many compliments your work will elicit from all of our visitors and special guests. For this final column of “Artistic Strokes,” we wanted to give you

some tips on art media not previously mentioned this week, including stained glass and woodworking. When you get home and are looking for new ways to be creative, here are some things to consider.

When working with Stained Glass

- ◆ The very first thing to do is place a piece of white paper under the glass.
- ◆ Keep a level surface — do not lift the glass vertically before any paint has dried.
- ◆ If necessary, add a drop or two of water to the paint and stir, do not shake.
- ◆ Some colors can be mixed to achieve new colors or shades.
- ◆ Dip your brush in the paint and dab it into chosen area.

- ◆ Throw away any color placement directions! Use your imagination and develop new creativity as a result.

Experimenting with Woodworking

- ◆ Sanding is the most important step in woodwork.
- ◆ Begin with rougher sand paper and progress to a finer grade for finishing. It is also important to sand the same direction as the wood grain.
- ◆ Smaller, tight areas can be reached by wrapping sandpaper around a pencil.
- ◆ Needle nose pliers are useful in holding tiny nails while hammering.
- ◆ C-clamps are excellent for supporting pieces.
- ◆ When applying stain, test it on an underside first. Then apply more, going with the grain.
- ◆ Wipe off any excess stain.
- ◆ The stain must be dry before applying sealer or varnish.

Photos from
the Festival

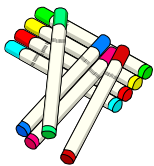
Caricaturist



Park City



and Olympic Winter Sports Park





Rehearsal for the Show



The Team

Meet the Artist



Saturday's Schedule

10:00 a.m.

Board buses and depart for the Closing Brunch and Ceremonies at the Wells Fargo Center.

Dress: Casual dress, due to touring afterward.
Things to remember: *Wear your name badge/meal plan sticker
Jacket
Camera
Money (if you wish to purchase anything)
Umbrella (if weather is inclement)
Comfortable shoes

10:30 a.m. — Closing Brunch and Ceremonies

23rd Floor Event Center, Wells Fargo Center, downtown Salt Lake City

1:00 p.m. — Sight-seeing in the community

Buses will drop off groups at locations such as Temple Square, the New Main Library (an architectural wonder that includes an art gallery and shops) and the Gateway Mall. Team leaders must make certain that participants are accompanied by a family member, friend or staff member. Please use your best judgment in determining which individuals need to be accompanied by someone.



Transportation to the Airport on Saturday and Sunday

Be sure to be in the hotel lobby with all luggage packed, identified and not locked **at least two hours** before your flight departure time on the day you depart. Transportation has been arranged to get you to the airport.

Check it out!

The Web site for the Festival is:
www.creativeartsfestival.org



10:30 a.m.

Wells Fargo Building, 23rd Floor

Brunch - From Sea to Shining Sea

Orange Pecan French Toast
with Orange Caramel Syrup
Ham and Cheese Omelets
Crisp Bacon and Country Sausage
Rosemary Roasted Potatoes
Grilled Seasonal Vegetables
Mandarin Green Salad
Fresh Seasonal Fruit Display
Assorted Breakfast Sweets and Bagels
Lemon Iced Water
Orange and Apple Juice
Coffee, Tea and Hot Chocolate
Low Fat Milk

Saturday, October 16

5:30 p.m.

Dinner - Bonneville Grand Ballroom, First Floor

Fall Season Buffet

Sliced Roast Turkey With Gravy and Cranberry Sauce
Baked Glazed Ham
Mashed Potatoes
Chef's Holiday Stuffing
Seasoned Green Beans
Salad Greens With Assorted Dressing
Dinner Rolls With Butter And Margarine
Pumpkin Pie
Cinnamon Apple Slices With Sugar Substitute
Coffee, Lemonade Ice Tea
Low Fat Milk

F.Y.I

Hospitality Room

The Hospitality Room, manned by friendly volunteers, offers snacks, soft drinks, juices and coffee for all Festival participants, staff and volunteers. Open today from 1 p.m. to 6 p.m. in the Willow Room on the fourth floor.



Professional Continuing Education

There are two classes offered today. The first session for staff and veterans, “Work Rehabilitation: Improve Self Confidence and Job Performance,” will be presented by Morris Bell, Ph.D. and the VA Office of Research and Development. This class is offered from 10 - 11:30 a.m. in Bonneville I.

The other session for staff only, “Self Esteem: Issues and Treatment,” will be presented by Sandy Negley, University of Utah professor in therapeutic recreation, chief of activity therapies University of Utah Neuropsychiatry Institute and author of several books on self-esteem. This class is offered from 1 - 2:30 p.m. in the Oak Boardroom on the third floor.

Medical Support Room



The medical support team will be located on the second floor, room 202 and available at all times during the Festival week. Medical support team members will also accompany all tours away from the hotel. If you have a medical concern or health issue, please contact your team leader. We hope to make your stay here in Salt Lake City the very best!

Health Tidbits

It has been a busy week getting ready for the art exhibit and performance tonight. Feeling stressed is a natural response to being under pressure. But stress also causes stimulation of the nervous system, which can raise your blood pressure and pulse. Stress reduction is very important to maintain good health. Today, you will have some time to relax. Find something to do today that you enjoy and helps you relax. Some people find it relaxing to listen to music or read a book. There is no magic to stress reduction—it is whatever works for you.

Meet with Team Leader

Meet with your team leader this morning at 9:30 a.m. Check with your team leader for the location.

Today's Weather

Mainly Sunny
High 74° - Low 50°



Friday, October 15

Breakfast — Hot Start Buffet

Fruit Preserves, Butter, Margarine
Cream Cheese
Fruit with a Honey Yogurt Dressing
Farm Fresh Scrambled Eggs
Fluffy Pancakes With Syrup
Link Sausages
Yogurt, Oatmeal, Assorted Cereal
Assorted Breakfast Breads
Low Fat Milk, Hot Water, Tea
Hot Chocolate
Orange, Apple, Cranberry and
Grapefruit Juices
Regular and Decaffeinated Coffee

Snacks — 11:30 A.M. – 1:30 p.m.

Sandwiches, Snacks and Beverages
Available In Hospitality Suite

Special Luncheon — 3 - 5 p.m.

Classic Lunch Buffet

Tossed Greens with
Choice of Dressing
Fruit with Honey Yogurt Dressing
Vegetables and Herb Dip
Mushroom Risotto
Steamed Broccoli Flowerettes
Parsley Buttered New Potatoes
Chef's Special Vegetarian Entrée
Roast Pork Loin in a Whole Grain
Dijon Sauce
Salmon With Dill Sauce
Assorted Desserts
Rolls & Butter
Coffee, Lemonade and Ice Tea
Low Fat Milk

Friday, October 15



Artists



7:00 - 9:30 a.m. — Breakfast
Bonneville Ballroom 2 & 3, First Floor

9:00 a.m.
Team leaders meet with Liz Mackey
Fort Douglas Room, 1st Floor

9:30 a.m.
Team leaders meet with artists

10:00 a.m. - 2:00 p.m.
Yoga sessions
Fort Douglas Room, 1st Floor

10:00 - 11:30 a.m.
Session for staff and veterans: "Work Rehabilitation: Improve Self Confidence and Job Performance" by Morris Bell, Ph.D. and VA Office of Research and Development
Bonneville I

11:30 a.m. - 1:30 p.m.
Snacks & beverages
Hospitality Suite - Willow Room, 4th Floor

Noon
Sponsors' luncheon and awards at Rice-Eccles Stadium & Tower (sponsors only)

1:00 - 2:30 p.m.
Staff CEU Session - "Self Esteem: Issues and Treatment" presented by Sandy Negley
Oak Boardroom, 3rd Floor

2:30 - 3:30 p.m.
Photos with Jane Powell
Fort Douglas Room, 1st Floor

3:00 p.m. — Special luncheon
artists and performers
Bonneville Ballroom 2 & 3, 1st Floor

5:30 p.m.
Artists depart for Gardner Hall, University of Utah

6:00 p.m.
Art Exhibit at Gardner Hall (artists near their artwork)

7:30 p.m.
Stage Show performance at Kingsbury Hall

10:00 p.m.
Post-show reception at Gardner Hall in Atrium
* All Day Help Hospitalized Veterans Craft Care Specialists Meetings - *Tiered Theater, 1st Floor*



Performers



7:00 - 9:30 a.m. — Breakfast
Bonneville Ballroom 2 & 3, 1st Floor

9:00 a.m.
Team leaders meet with Liz Mackey
Fort Douglas Room, First Floor

9:30 a.m.
Team leaders meet with performers

10:00 a.m. - 2:00 p.m.
Yoga Sessions
Fort Douglas Room, First Floor

10:00 - 11:30 a.m.
Session for Staff and Veterans: "Work Rehabilitation: Improve Self Confidence and Job Performance" by Morris Bell, Ph.D. and VA Office of Research and Development
Bonneville I

11:30 a.m. - 1:30 p.m.
Snacks and beverages
Hospitality Suite - Willow Room, 4th Floor

Noon
Sponsors' luncheon and awards at Rice-Eccles Stadium & Tower (sponsors only)

1:00 - 2:30 p.m.
Staff CEU Session: "Self Esteem: Issues and Treatment" presented by Sandy Negley
Oak Boardroom, 3rd Floor

3:00 p.m. — Special luncheon
artists and performers
Bonneville Ballroom 2 & 3, 1st Floor

5:00 p.m.
Performers depart for Kingsbury Hall, University of Utah

6:00 - 6:30 p.m.
Chorus warm-up on stage

6:30 p.m.
Performers into costume and make-up

7:20 p.m.
ALL performers on stage

7:30 p.m.
Stage Show performance at Kingsbury Hall

10:00 p.m.
Post-show reception at Gardner Hall in Atrium
Strike Stage at Kingsbury Hall (staff only)