



Tuesday, April 6, 2004

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Keeping the Spirit Alive

By Richard Olague, National Programs and Special Events

Few veterans have been to the National Disabled Veterans Winter Sports Clinic as many times as Linda Kearbey, who is attending the Clinic for the sixteenth time this week.

Kearbey, 52, of Seagoville, Texas, is a double amputee and participates in both downhill and cross-country skiing. Since she has attended the event numerous times, Kearbey has also participated in a variety of alternate activities such as horseback riding, dog sledding and the staff versus participants basketball games.

In 2003, Kearbey was honored with the Linnie Howard Spirit Award. The Spirit Award is named in honor of Linnie Howard who, at 69 years of age, was the oldest veteran participant in the early years of the Clinic. Howard truly represented the Clinic's spirit -- striving to be the best you can be with the ability you have. Although he passed away in 1988, the Clinic's Spirit Award was renamed in Howard's honor.

At last year's Clinic, Kearbey was visibly emotional when it was announced she won the Linnie Howard Spirit Award. "I was shocked and very much honored," Kearbey said. "Linnie and I were close friends even before the Clinic...we played pool together."

Kearbey says the Clinic has been a really good experience. "It's so great to renew old friendships and make new ones. Especially with the younger veterans, I want to show them they can still do many things in life."

Kearbey says she'll come to the event as often as she can, and that's a good thing for the spirit of the Clinic.

With a radiant smile and contagious enthusiasm, one only has to meet Linda Kearbey to understand why she was named the 2003 Linnie Howard Spirit Award Winner—leading by example, embodying the true spirit of the Clinic. That's Linda Kearbey.

ACTIVITIES SCHEDULE

- 8:30 - 11:30 am Downhill Skiing: Rock Island, Granite, Sneaky's
- 8:30 am - 3:00 pm Cross Country Skiing, Snowshoeing: Ashcroft Ski Touring Center
- 9:00 - 11:00 am Scuba Diving: Silvertree Hotel Pool
- 9:00 - 11:00 am Sled Hockey: Aspen Ice Rink
- 10:00 am - 12:00 pm Rock Climbing: Conference Center Circle
- 11:30 am - 4:00 pm Shooting Sports & Archery, Basalt Trap Club
- 12:30 -3:30 pm Downhill Skiing: Moonshine, Wildcat, Slider
- 1:00 - 3:00 pm Rock Climbing: Conference Center Circle
- 1:00 - 4:00 pm Horseback Riding: Carbondale
- 1:00 - 6:00 pm Trip to Aspen & Dinner at Elks Lodge: Conference Center Circle
- 2:00 - 4:00 pm Scuba Diving: Silvertree Hotel Pool
- 4:30 pm Ski Instructor Meeting: Silvertree Hotel, El Dorado Room
- 4:30 pm Team Leader Meeting: Stonebridge Inn, Council Room

MEALS SCHEDULE

Conference Center Ballroom

Breakfast 6:30 - 8:45 am

Lunch 11:00 - 1:00 pm

Dinner 4:00 - 5:15 pm

Prosthetic & Wheelchair Repair

Conference Center
Host Room

6:30 - 8:45 am

11:00 am - 1:00 pm

4:00 - 5:30 pm

In between those hours:

Wheelchair Repair, Call Don:
710-9500

Prosthetic Repair, Call Joe:
710-9098

CEU Opportunities

- Journal Writing Techniques
Kearns Room, 2:00 - 3:30 pm
- Benefits of Social Inclusion in Adaptive Recreation
Programs -- Kearns Room, 6:00 - 7:30 pm
- Change Your Mind, Change Your Life; How Massage
and Bodywork Can Help Release Old Destructive
Thoughts -- Kearns Room, 7:30 - 9:00 pm

**WEATHER
CORNER**

50% Chance of
Scattered Thunder-
storms

UV Index 7 - High

Today's High: 53
Tonight's Low: 31

HealthWatch

Tips for Today

First ice, then heal! When you strain a muscle or joint, think ice for the first 24-48 hours. Although the hot tub may seem enticing, warming those injuries can cause increased bleeding into the area. That can lead to increased swelling and soreness. Stick with the ice to reduce swelling and bleeding, then ease into that hot tub later.

Drink plenty of fluids! Because of the low humidity, along with the strenuous exercise you are undertaking this week, it is very easy to become dehydrated. Always carry water with you and drink it! If you hit the lounge *apres ski*, make sure that you drink a glass of water in between alcoholic drinks. This will help to keep you hydrated, as well as happy!

Medical Information for Participants

PHONE: (970) 923-5184

Medical Emergencies:

- Call 911 for an ambulance for transport to the local emergency room.

Non-Emergent Care, 8:00 am - 9:00 pm:

- The Bedford 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 to get to the medical room level is using the elevator at the far end of the mall above the main bus terminal.

Transport:

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

After Hours:

- Call the Silvertree Hotel operator at "0" or (970) 923-3520, who will contact the doctor on call.

The Veterans History Project

Remember, WE WANT YOU to participate in the Veterans History Project, to capture your account of your military service for preservation by the Library of Congress.

If you are interested, contact Butch Miller in the **Janss Auditorium** on the second level of the Convention Center, **today through Thursday from 8:00 am to 5:00 pm.**

Sore and Achey, In Need of Relief?

Chester's massage team is back to serve Clinic participants! If you're feeling a little beat up from your day on the slopes, call 710-9506, or visit the Caberet Room in the Silvertree Hotel, today through Thursday. Hours are 9:00 am till 12:00 noon and 2:00 to 6:00 pm. On Friday hours are 9:00 am till noon.

Menu

Lunch today (11:00 am - 1:00 pm): Antipasto Salad; Pasta Salad; Sausage, Pepperoni and Mozzarella Calzone; Mushroom, Pepper, Zucchini and Mozzarella Calzone; Cookies.

Dinner today (4:00 - 5:15 pm): Green Bean Salad; German Potato Salad; Stuffed Cabbage Rolls; Pork Chops with Sauerkraut; Red Cabbage; Carrots and Potatoes; Bread; Coffee and Tea.

Breakfast tomorrow (6:30 - 8:45 am): Fresh Fruit; Oatmeal; Breads and Muffins; Sausage and Ham; Omelets; Coffee, Teas and Juices.

Opening Ceremonies



The Mad Hatters !!!



DAV National Commander Alan Bowers

Taste of Aspen



The never ending chow line ...



... at the Snowmass Village "mess tent."

Into The Dragon's Lair

By Richard Olague, National Programs and Special Events

You might hear some classic rock music coming from the top of the conference center during your time at the National Disabled Veterans Winter Sports Clinic. Don't be fooled -- it's not a concert, but a dedicated group of volunteers keeping a tradition alive, one that began 18 years ago in a pick-up truck.

"I had a pick-up truck and tool box," said R.W. Wright, Tech Team Coordinator. "It began as a very small operation." Wright also has been a recreation therapist with the Grand Junction VA Medical Center for the past 18 years.

The need for equipment storage and repair grew as the number of participants increased. A Ryder truck replaced Wright's pick-up about three years later as the Clinic expanded.

"It was a better step from the days of the first pick-up, but we were only able to use the Ryder truck for about six years because we had even more participants and volunteers," said Wright. "And there wasn't any heat!"

Now, the current trailer, known as "The Dragon's Lair," with "Miracles on the Mountainside" boldly captured on the side of the truck, can hold about 200 mono or bi-skis, which is a dramatic difference from the first days of the Clinic. There are now 25 tech volunteers who man the trailer.

Behind the scenes, ski instructors utilize the trailer to store and repair equipment and learn about the latest innovations in ski technology. As instructors are assigned a veteran, they assess the veteran's needs and take that information to "The Dragon's Lair." At the trailer, those needs are met.

Rosie Thom, a first-year instructor from Australia says, "It makes my job easier as an instructor. There is a huge variety of equipment, plus we can ask the tech volunteers any questions we have."

Questions about new equipment might pertain to some of the latest equipment updates. Wright says that the equipment at the Clinic has changed tremendously since its inception. "From the days of having the old binding tubs with aluminum runners to now having new Yeti Ultra Lites made with new aircraft aluminum, we have the latest in innovative equipment."

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Wright says the mission of the tech team builds from the idea that nothing is stronger than the heart of a volunteer. "All of the tech team volunteers take great pride in their work," said Wright. "Instructors wouldn't be able to work as quickly or efficiently without the equipment trailer."

Wright's goal is to keep providing "The Dragon's Lair" at the Clinic to ensure that participants continue to receive detailed attention and the highest quality equipment.

Many tasks and assignments

go on behind the scenes at the Clinic that athletes may never know. The trailer, however, is not only a visual treat for them, it is an integral part of an athlete's success here.

Wright added that "The Tech Team will continue working hard to keep up with all of the latest ski innovations to provide the best quality for our nation's greatest heroes, our veterans."



Entertainment Tonight !!!

Instructor Appreciation Party

Convention Center Ballroom

8:00 pm - 12:00 midnight

Instructors Free, All Others \$5.00

Music by "Take the Wheel"

Marine Corps Reunion

All Marines & Their Guests Are Welcome

Tonight, 7:00 - 8:30 pm

Brothers Lounge in the Silvertree Hotel

Free T-shirts, SOME Free Beer, Prizes