



Monday, April 5, 2004

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## Billie Pond: Another Mountainside Miracle

By Jenny Tankersley, Hampton VA Medical Center

At an event where dreams become reality, Billie Pond found hers last year when she was named the winner of the 2003 Judy Shawo Commitment to Excellence Award. Pond, a volunteer at the VA Medical Center Grand Junction, Co. said, "It feels so wonderful to be honored."

A Clinic volunteer for the past four years, Pond has found a place where she "can give back what someone has given you," she said. The someone she is referring to is actually several individuals, Sandy Trombetta, Teresa Parks, Rick Montgomery and Chris Baugh, all staff of the Grand Junction VA Medical Center.

Pond credits these individuals, and those with whom she works at the Clinic as well as the medical center, with allowing her the opportunity to use the skills she has been given. A volunteer at the medical center for more than ten years, Pond has over 1600 hours of volunteer service. She believes she has a special kindred spirit with the veterans. She is glad she can see first hand the results of some of her work.

"This is one individual who will do anything to help," said Sandy Trombetta, National Director for the National Veterans Winter Sports Clinic. "She is truly a dedicated, hard worker, and what she does is beyond belief," he added.

The Award, given in honor of Judy Shawo, an ICU nurse at the Grand Junction VA Medical Center, has been a part of the Clinic since 1990. Shawo had been a hand-capped ski instructor. As soon as she heard about the Clinic, she volunteered to be a part of it. She worked as a tether. She worked long and hard, and was committed to making the Clinic the best. Shawo died in the summer of 1989. She and her commitment to excellence will always be remembered with this award, given to a volunteer who shows the same outstanding qualities and commitment to this program.

So, what does it mean to be named the recipient of such a prestigious award? "You don't feel good enough for it... it means so much," said Pond. You can see more of this special volunteer's work in the more than 20 lap quilts she knitted for this year's skiers.

## ACTIVITIES SCHEDULE

8:30 am - 11:30 am Downhill Skiing: Gray Wolf,  
NakedLady, Sunnyside

8:30 am - 3:00 pm Cross Country Skiing, Snowshoeing

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 Club

12:30 - 3:30 pm Downhill Skiing: Bonzai, Free Fall,  
Sheer Bliss

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

4:30pm Team Leader Mtg: Stonebridge Inn,  
Council

**\*\* NOTE: All yoga sessions are cancelled \*\***

### CEU Opportunities

CEU Educational Workshop:  
**Weight Loss Methods for  
Therapeutic Recreation**  
Kearns Room, 6:00 - 7:30 pm

CEU Educational Workshop:  
**Group Processing Tools**  
Kearns Room, 7:30 - 9:00 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**

## MEALS SCHEDULE

**Conference Center Ballroom**

**Breakfast 6:30 - 8:45am**

**Lunch 11:00 - 1:00pm**

**Dinner 4:00 - 5:15pm**

**WEATHER  
CORNER**

**30% Chance of  
Afternoon  
Rain/Snow Showers**

**Today's High: 52  
Tonight's Low: 31**

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# HealthWatch

## Tips for Today

**Please wear your sunscreen!** Snowmass is located at an elevation of more than 7,900 feet. This brings you low-landers much closer to the sun and much more likely to sun-burn. Additionally, the snow cover reflects sunlight and increases and intensifies exposure. Use sunscreen with a sun protection factor (SPF) of 30 or greater, and use it often. And, don't forget the sunglasses!

**How are those eyes?** You may notice extreme dryness in your eyes and nose this week, for good reason. The humidity is much lower due to the cold air (it holds less moisture than warm air) and there is no active source for moisture to be absorbed into the air in the winter. Use moisturizing eye drops and nose sprays to keep eye burning and nose stiffness to a minimum.

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### 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 Mountain Chalet Hotel. Stairway access from mall is next to Christy Sports.
- Wheelchair access is using elevator at the far end of the mall above main bus terminal to get to medical room level.

#### 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 medical room for recorded instructions for contacting the "On Call" medical provider. If unsuccessful, call the hotel operator.

# The Veterans History Project

During this year's Clinic, VA and the Library of Congress invite you to be part of this important national project.

This project is meant to honor you, our nation's veterans, by creating a lasting legacy of your military experience. Your interview will be taped and given to the Library of Congress and will become part of our Nation's official history records.

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

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## Special Rooms

Medical Assistance	Bedford Room
Host Room	Sinclair Room
Media Center	Erickson Room
Lost and Found	Sinclair Room
Massage	Caberet Room, Silertree Hotel

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## Menu

**Lunch today (11:00 am - 1:00 pm):** Potato Salad; Fruit Salad; Hamburgers, Bratwurst and Hot Dogs; Sauerkraut; Potato Chips.

**Dinner today (4:00 - 5:15 pm):** Caesar Salad; Spinach Salad; Penne Pasta with Meatballs; Meat Lasagna; Four Cheese Lasagna; Zucchini and Peppers; Roasted Potatoes; Italian Bread.

**Breakfast tomorrow (6:30 - 8:45 am):** Fresh Fruit; Oatmeal; French Toast; Scrambled Eggs; Sausage and Bacon; Home Fries; Coffee, Tea, Juices.



# Registration 2004 ...



Did you really want to ski this week?



Getting more quotes for veterans' hometown news releases.

# Another Clinic Begins !!!



The Moonshine Team is ready to roll!



Public Affairs staff check in veterans Sunday morning.