



## Operation Iraqi Freedom/Enduring Freedom First Timers Hit the Slopes

By Richard Olague

Part of the success of the National Disabled Veterans Winter Sports Clinic is due to the many efforts that are made to welcome the newest members of the veteran family. For the second year, they include the participants who bravely served in Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF). With a warm



**Edwin Salau,**  
**Havelock, N.C.**

reception, veterans from prior generations extend their hearts to these first-timers, also offering their years of experience and knowledge of what it's like to live with a disability. Fifty-two individuals from OIF/OEF are here this week, from all ages and backgrounds. Many staff, volunteers and veterans from other conflicts have looked forward to meeting these men and women who have courageously defended America's freedom. They, by the same token, are enjoying the chance to meet the more senior veterans who are here this week.

The Clinic provides an opportunity for those who served together to conquer new challenges and strengthen their already deep bonds of comradeship. Ed Salau and Andrew

"Butter" Butterworth, Army veterans from North Carolina, were both injured near Tikrit,

Iraq, in a rocket propelled grenade (RPG) explosion, and both are here in Snowmass with their wives. Salau speaks with the highest regard about his good friend and comrade, Butterworth, who was his gunner at the time they were injured. "I'll never forget how 'Butter' kept his head and cool when we were attacked," Salau said. "He guided the medics and helped us stay clear from the firefight we still had to win."



**John Keith, Killeen, Texas**

With a determined and calm demeanor, Salau believes that the Clinic, and events like it, are real confidence builders. "I've had the opportunity to ski at other events before the Clinic and it has given me a stronger belief in myself, especially when my children got to see me ski," he said. "Here, I'm inspired by those veterans who are more physically challenged than I am, as I watch them ski and snowboard throughout the week."

Butterworth is a first-time participant at this week's event. With an outspoken demeanor, his claim to fame according to Salau was bringing a sewing machine to Iraq, which earned him the nickname, "Mrs. Butterworth." "I figured it was a good way to help out as many of us who received new patches as possible – and we always needed alterations to our uniforms."

Butterworth is 25, and joined the service for the opportunity to pay for school and give him time to explore career choices. At the Clinic





## Bo Derek Shares Passion for America's Disabled Veterans



**Bo Derek, Dana Bowman and Paul Wolfowitz, deputy secretary for defense**

By Jeff Luginbuel

Actress and humanitarian Bo Derek is among the many special guests attending this year's Winter Sports Clinic. As honorary chairperson of VA's National Rehabilitation Special Events, Derek is meeting with and encouraging veterans, one by one, all week long. She has been a frequent visitor to the Clinic the past several years.

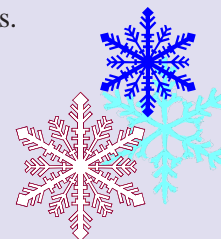
More than two decades after starring in the hit movie, "10," Bo Derek has proven that true beauty is deeper than a person's external appearance, devoting her time to supporting animals, caring for other people and doing her part to serve America's veterans.

Korean War. Both her stepfather and her late husband, John Derek, were also veterans. Her love for the armed forces inspires her to perform the duties as national honorary chairperson with passion and ease.

Derek also has a compassion for animals that led her to create "Bless the Beasts," a line of pet products sold in stores nationwide. She donates a portion of all sales proceeds to Canine Companions for Independence, a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support.

In 2002, the Special Forces Association named Bo Derek honorary Green Beret, one of only four other Americans who have been so honored. She was recognized for her efforts on behalf of America's men and women in uniform as well as our nation's military veterans.

Look for Bo on the mountain and at other Clinic activities – she would love to stop and visit.



Born Mary Cathleen Collins in Long Beach, Calif., Derek is no stranger to veterans. Her father, Paul Collins, was a radio operator during the

### First Timers, cont'd from page 1

this week he has skied and gone snowboarding.

When you're in their company, you feel the strong bond between Butterworth and Salau. "Ed and I hang out a lot and we share all that we learn about tricks with prosthetics and therapy," Butterworth said. "It helps to know someone else that you know is going through the same things and can relate on the same level." The two plan to keep that friendship strong as they demonstrate, to us and the nation, their strength of character and spirit.

Another OEF veteran who is at the Clinic for the first time is John Keith, whose love of Tex-Mex is as big as his personality and heart. An Army medic from Ft. Hood, Texas, he is a lesson in determination and patience. He was injured last November in South Baghdad when an RPG hit his Humvee. Still under care at

Walter Reed Army Hospital in Washington, D.C., Keith says his family is his biggest support system and his motivation to push through the tough days.

"Pam, my wife, has been there from the beginning of my rehabilitation, and is here now. She is my coach," he said. "Sometimes when I have a bad day and I lose patience with myself, it gets rough. But then the next day is a new opportunity when things can, and do, go right. It's then that I realize I'm stronger than I was the day before."

Keith says his biggest challenge is being patient with himself. "I want to do things faster and sometimes I get frustrated that my body won't allow me to do certain things as quickly as I expect," he said. "But coming to the Clinic is giving me the opportunity to challenge my therapy and that mental edge. If I can ski down a mountain, I can face many more challenges."



**Andrew Butterworth, Durham, N.C.**





## East Meets West – Yoga For All Levels



**John Dozois, yoga instructor from West Los Angeles Medical Center, assists Clinic participant Raymond Lehr from Erie, Penn.**

by Molly Reynolds

Hoping to achieve “relaxation and calm,” participants at the Clinic have the opportunity to attend yoga classes twice every day, helping them stretch to gear up for – or cool down from – the day’s activities.

Raymond Lehr from Erie, Pa., took part in his first yoga experience this week with instructor John Dozois, a VA architect at the Greater Los Angeles Healthcare System.

Dozois begins the class with deep relaxation breathing as he instructs participants to inhale deeply through the nose and exhale while chanting single syllable sounds. “This creates a connection between the earth and the soul and prepares you for the stretches and poses,” Dozois said.

Yoga instructions are adapted to fit each individual’s level of fitness or ability and include those who use wheelchairs. The class includes stretches for the legs and hips using straps and blocks.

Lehr, who has a leg injury, was shown how to adapt the floor stretches to his particular condition by standing and using a chair. After the class Lehr said, “I did achieve relaxation – and more surprising, I am energized.”

Yoga classes are held twice daily, from 7:00 to 8:30 a.m.; and from 3:00 to 4:30 p.m. Classes are held in the Max Park Room at the Wildwood Hotel. Veterans, family members, staff and volunteers of the Winter Sports Clinic are invited to attend.

## Participants Dive into Scuba

by Molly Reynolds

Sharks and fish (plastic, of course) are swimming around on the top of the water. Beneath the water, Darren Cook, lead scuba instructor, plays Frisbee with two participants while another instructor is giving a “thumbs up” to their efforts. With island music blaring above and below the water, this isn’t your typical tropical island scene. It’s the Silvertree Hotel pool where the Winter Sports Clinic scuba diving sessions are taking place, and where all individuals, regardless of their level of disability are welcome.

Paul Terlaje, a Navy veteran from Albuquerque, N.M., who is paralyzed from his chest down, submerges under the pool’s surface. Prior to his motor vehicle accident seven years ago, he was a certified scuba diver.

Resurfacing, Terlaje said, “It’s good to be diving again – it’s almost like walking.” He says that scuba diving helps him mentally and renews his scuba diving abilities in hopes that he can become certified again. Before he moves weightlessly and without assistance to the bottom of the pool he said, “All the volunteers here are great. It reaffirms how good people really are. I don’t always see that.”



**Paul Terlaje from Albuquerque, N.M.**

Scuba sessions are held 9:00 a.m. to 11:00 a.m. and 2:00 p.m. to 4:00 p.m. daily. Participants can sign up in advance at the Alternate Activities booth at the Wildwood Conference Center.



## The ‘Mountain’ Allows Participants to Reach New Heights

By Molly Reynolds

Luis Rodriquez, an active duty Army soldier, had to be convinced to attend the Winter Sports Clinic. “I was too broken last year,” Rodriquez said. “I had shrapnel in my face, I lost my left leg, and I was not in a good place mentally.” But then Sandy Trombetta, Director and founder of the National Disabled Veterans Winter Sports Clinic, visited him at Walter Reed Army Hospital in Washington D.C., and convinced him participate.


That’s how Rodriquez came to be standing before the rock climbing wall earlier this week, being harnessed to make a climb. The Disabled American Veterans purchased the rock climbing wall eight years ago for climbing instructor Mark Wellman to operate. Injured in a mountain accident more than 20 years ago, Wellman has climbed some of the world’s highest mountains. He is known for challenging individuals like Rodriquez at the Clinic, encouraging them to push their limits and try new experiences. Wellman uses many types of adaptive equipment that can accommodate any level of disability.

Back at the rock climbing wall, Rodriquez is feeling like a soldier again after climbing the wall for the third time. “Too often we find ourselves broken and we don’t push ourselves,” he said. “But it is the spirit of the soldier, the desire to go on, that will keep me going.” Rodriquez doesn’t see himself as disabled and when he is climbing the wall, the determined face of a soldier is evident. When he reaches the top to ring the bell, the pride of accomplishment shines bright in a smile that just won’t dim.

Located outside the Conference Center, the climbing wall is operational 10:00 a.m. to 3:00 p.m. daily. Staff and volunteers are also welcome to participate.



*Luis Rodriquez, Clarksville, Tenn.*



Please Be Courteous  
No smoking within 50 feet  
of entrances to all buildings.

## Two Country Stars Share Their Music and Camaraderie

Vince Gill and Amy Grant, two country music entertainers, will be here Thursday, April 7. They will be available for you to meet beginning at 3:00 p.m. in the Village Mall.

Their concert begins at 9:00 p.m. in the Convention Center Ballroom. Due to limited space for the concert, doors will open at 7:30 p.m. for veterans and their family only. Winter Sports Clinic staff, volunteers and coaches can enter at 8:30 p.m. Everyone must have their Clinic ID badges to enter.

## Snowmobiling Comes Back to the Clinic

Through the kindness of Mother Nature, snowmobiling returns to the Winter Sports Clinic. This year’s snowfall left a sufficient base for participants to take an exciting backcountry adventure through the hillsides of Pitkin County.



Clinic officials say the lack of snow in the area during the past two years forced them to cancel the event, putting undue stress on other alternate activities as well as longer.

Snowmobiling events are scheduled today through Thursday from 8:00 a.m. to 11:30 a.m. at the T-Lazy 7 Ranch. Have fun!



# Photos from the slopes. . .

## CLIMBING THE "MOUNTAIN"



**Daniel Kwiatkowski,  
Luke AFB, Ariz.**



**Butch O'Connor from Denver VA  
Regional Office and another rock  
climber**



**Gus Sorenson from  
Sturtevant, Wisc., is  
helped by a volunteer**





# Photos from the slopes...



**Michael Brickert,  
Leavenworth, Wash.**

## CROSS COUNTRY SKING



**Walter Brewer,  
Schoharie, N.Y.**



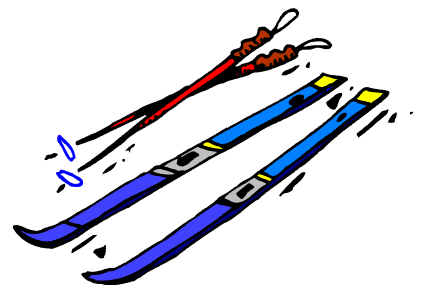
**Michael Brady,  
El Mirage, Ariz.**



**John Paxman,  
Winnemucca, Nev.**



**Tricia Sapp,  
Rockwall, Texas**





# Photos from the slopes. . .



***Christine Treiber, Cheyenne, Wyo. with instructor Sherry Neville***



***Michael Murphy, Togus Maine***



***Josh Sharpe, Navarre, Fla. with instructor Peter Axelson***



***Nancy Peters, West Palm Beach, Fla. with Jeff Pitts***





Photos from the slopes. . .

## Preparing to Cross Country Ski



**Views  
From  
Above**







## Goal Ball Bounces Onto the Scene at the Clinic

The Clinic’s annual goal ball tournament was held Monday evening in the Conference Center Ballroom. This sport began as early as 1946 when it was part of the rehabilitation activities for blind veterans of World War II.

The game at the Clinic allows four blindfolded players to compete against another team. A rubber ball with bells inside is used for auditory tracking. Players pass the ball to the other team quickly to try to keep the other team from getting it. Players are not permitted to communicate with other teammates at any time during play.

Goal ball benefits visually impaired and sighted veterans alike as it promotes teamwork and cooperation among teammates. It also promotes awareness of the accomplishments of the visually impaired.



This year’s winning team was the “No Name Team.” Congratulations to Steve Kendall from Fresno, Calif., Bill Dougherty, from Fresno, Calif., Charlie Hoel, from Victorville, Calif., and Larry Castrovinci, coach from Palo Alto, Calif.



**Brig. Gen. Frank G. Helmick and Deputy Secretary for Defense Paul Wolfowitz, Ph.D.**

## 2005 Clinic Statistics



Number of participants registered: 322

Number of women: 37

134 veterans have seen combat in the following conflicts. 82 of these veterans were wounded in combat.

Vietnam	51
Korea	6
World War II	4
Gulf War	27
Bosnia	1
Grenada and Panama	24

### Participants Disabilities

Paraplegics	84
Quadruplegics	49
Amputees	77
Visually Impaired	54
Brain Injured	28
Neruological Damage	13
Muscular Sclerosis	22

### Branches of service

Army	166
Navy	58
Air Force	45
Marine	56
Coast Guard	2
National Guard	2





For your reading pleasure...

# Zodi Yak

Preparer of horoscopes and predictor of your future ....



The Veterans History Project interview schedule has been filled for the week. As a reminder for those who have appointments, taping is in the Janss Auditorium on the second floor of the Snowmass Conference Center.

Please be sure to keep your scheduled appointment! Your story will become part of our nation's official historical records. In appreciation, you will receive a VHP tote and a DVD copy of your interview before you leave the Clinic.

### AQUARIUS (Jan. 20 – Feb 19)

Enjoy the beauty of Snowmass today. Follow your own path, but not on the ski slopes. Be careful!

### PISCES (Feb 20 – March 20)

Keep your sense of humor today, even when you fall down. And you probably will.

### ARIES (March 21-April 19)

Are you an Aries or an Airhead? Pay attention on those ski lifts!

### TAURUS (April 20-May 20)

Your strong sense of determination was evident at the Instructors' Party last night. Glad you're having fun, Taurus.

### GEMINI (May 21-June 20)

Get to know some new people today, Gemini. Give them all a taste of your ready wit!

### CANCER (June 21-July 22)

We saw you last night. Who said you liked to stay in the background? We're all very impressed...

### LEO (July 23-Aug. 22)

You are recklessly brave on the slopes today, but no "face plants," please. Enjoy the limelight at *Dueling Pianos* tonight.

### VIRGO (Aug. 23-Sept. 22)

The instructors are here to help you, so listen to them. Also, avoid spicy foods today.

### LIBRA (Sept. 23 – Oct. 23)

OK, you're doing much better. Don't sacrifice your principles, but please listen to those who know how to ski!

### SCORPIO (Oct. 24 – Nov. 22)

Nature is very regenerating here. Enjoy the beauty that surrounds you at the Winter Sports Clinic.

### SAGITTARIUS (Nov. 23 – Dec. 21)

You are pleased about finding some new-found freedoms here. Enjoy this new adventure – but *please* be careful!

### CAPRICORN (Dec. 22 – Jan. 19)

Any more goals you want to achieve? Try sled hockey or some of the workshops – self defense is tonight!



## CEU Opportunities and Instructional Workshop

### 6:00 p.m. to 7:30 p.m. — Culture and Therapeutic Recreation

Kearns Room, presented by Victor Ramirez-Rios

### 7:30 p.m. to 9:00 p.m. — Working with Patients to Facilitate Behavior Changes

Kearns Room, presented by Stephen Harmon, Ph.D., CHES

### 7:30 p.m. to 9:00 p.m. — Wheelchair Self Defense

Max Park Room, presented by Special Agent Mark Capanuzzi, US Secret Service

## Chester's Massage



Complimentary massages are available by calling and scheduling an appointment. Massage is located in the Lower Level Lobby of the Silvertree Hotel in the Cabaret Room. Appointments can be made by calling Laurie at 710-9586.





# The Chef's Corner



Magnifico!

## Today's Meal Schedule

Conference Center Ballroom

6:30 a.m. – 8:45 a.m.	Breakfast
11:00 a.m. – 1:00 p.m.	Lunch
5:00 p.m. – 6:15 p.m.	Dinner

## Breakfast Buffet

Fresh Sliced Fruit

- Oatmeal with Granola, Raisins, Almonds, Bananas and Skim Milk
- Sliced Zucchini, Banana Nut and Lemon Sweet Breads
- Served with whipped butter and natural fruit preserves
- Assorted Muffins, Biscuits, Breakfast Sausage, Thick-sliced Ham
- Fresh Ground Coffee, Decaf Coffee, Herbal Teas and Assorted Chilled Juice

- Omelet Bar with Cooked-to-Order Omelets to include Ham, Cheese, Mushrooms, Roasted Peppers, Fresh Tomatoes, Green Onions, and Salsa
- Freshly Brewed Coffee, Decaf Coffee, and Celestial Seasonings Hot Tea
- Assortment of Chilled Juices

## Lunch Buffet

- Tossed Salad with Assorted Dressings
- BBQ Chicken with BBQ Sauce on the side
- Italian Sausage with Grilled Onions and Peppers, Buns
- Mustard, Ketchup and Relish
- Assorted Chips, Granola Bars
- Freshly Brewed Coffee, Decaf Coffee, and Herbal Hot Tea
- Fresh Brewed Iced Tea

## Dinner Buffet

- Oven Roasted Turkey and Corned Beef Brisket with Cranberry and Onion Sauce, Mashed Potatoes, Seasonal Vegetables, Boiled Potatoes with Chives, Fresh Brewed Coffee, Decaf Coffee
- Herbal Hot Tea, Iced Tea



## Medical Assistance

### Bedford A Conference Room

A medical room is available each day during Clinic operation hours (from approximately 8:00 a.m. – 9:00 p.m.) for non-emergent care. The Bedford A Conference Room is located one level below the mall, across the street from the Mountain Chalet Hotel. There is stairway access from the mall next to Christy Sports. For wheelchair access, please use the elevator above the main bus terminal (at the far end of the mall) to get to the medical room level.

### Transportation to Bedford A Conference Room

Van transportation is available from the Silvertree Hotel to the Medical Room. Catch the medical van in front of the hotel, or call the Medical Room for transportation.



### After Hours Medical Help



Call the Medical Room for recorded instructions on how to contact the on-call medical provider, or dial the hotel operator.

### Medical Room Phone (970) 923-8330

(extension 8330 on conference center phones)  
For life threatening emergencies, dial 911



## Today's Weather Forecast

**Sunny**  
**High 48° F**  
**Low 19° F**





# Today's Schedule

WEDNESDAY, APRIL 6

- 7:00 a.m. to 8:30 a.m.**     **Yoga Warm Up**  
Max Park Room, Wildwood Lodge
- 8:00 a.m. to 11:30 a.m.**     **Snowmobiling**, T Lazy 7 Ranch
- 8:30 a.m. to 11:30 a.m.**     **Skiing Downhill**  
Bonzai, Free Fall, Sheer Bliss
- 8:30 a.m. to 4:00 p.m.**     **The Hot Springs**, Glenwood Springs
- 9:00 a.m. to 3:00 p.m.**     **Cross Country Skiing, Snowshoeing**  
Top of Village  
Lunch at Conference Center
- 9:00 a.m. to 11:00 a.m.**     **Scuba Diving**, Silvertree Hotel Pool
- 9:00 a.m. to 11:00 a.m.**     **Sled Hockey**, Aspen Ice Rink
- 10:00 a.m. to noon**     **Rock Climbing**  
Conference Center Circle
- 11:00 a.m. to 4:00 p.m.**     **Gondola Trip to Aspen**  
Lunch at Elks Lodge
- 11:30 a.m. to 4:00 p.m.**     **Shooting Sports/Archery**  
Basalt Trap Club
- 12:30 p.m. to 3:30 p.m.**     **Skiing Downhill**  
Grey Wolf, Naked Lady, Sunnyside
- 1:00 p.m. to 3:00 p.m.**     **Rock Climbing**  
Conference Center Circle
- 2:00 p.m. to 3:30 p.m.**     **Educational Workshop:  
Seven Secrets to Planning**  
Kearns Room, Conference Center
- 2:00 p.m. to 4:00 p.m.**     **Scuba Diving**, Silvertree Hotel Pool
- 3:00 p.m. to 4:30 p.m.**     **Yoga Cool Down**, Max Park
- 6:00 p.m. to 7:30 p.m.**     **Educational Workshop:  
Culture and Therapeutic Recreation**  
Kearns Room, Conference Center
- 7:30 p.m. to 9:00 p.m.**     **Educational Workshop:  
Working with Patients to Facilitate  
Behavior Changes**  
Kearns Room, Conference Center
- 7:30 p.m. to 9:00 p.m.**     **Instructional Workshop:  
Wheelchair Self Defense**  
Max Park Room, Wildwood Hotel
- 9:00 p.m. to midnight**     **Twin Keys Dueling Pianos  
Entertainment**  
Conference Center Ballroom

## Important Meetings

- 4:30 p.m.**     **Ski Instructor Meeting**  
El Dorado Room, Silver Tree Hotel
- 4:30 p.m.**     **Team Leader Meeting**  
Stone Bridge Inn Council Meeting Room
- 5:00 p.m.**     **Coaches Meeting**  
Max Park Room, Wildwood Lodge

### Cross country skiers:

Load times have changed. We will load at 8:30 a.m. and leave at 9:00 a.m. for the rest of the week.

## Prosthetic and Wheelchair Repair

Conference Center, Sinclair Room

6:30 a.m. to 8:45 a.m.

11:00 a.m. to 1:00 p.m.

4:00 p.m. to 5:30 p.m.

For assistance between those hours, call:

Wheelchair Repair (Don at 710-9740)

Prosthetic Repair (Joe at 710-9060)



If you have misplaced an item, check the Lost and Found located in the Sinclair Room.



## SkiGram is on the Web

Look for the full-color edition of this newsletter on the Web at: [www.wintersportsclinic.org](http://www.wintersportsclinic.org)