

# Victory Lane

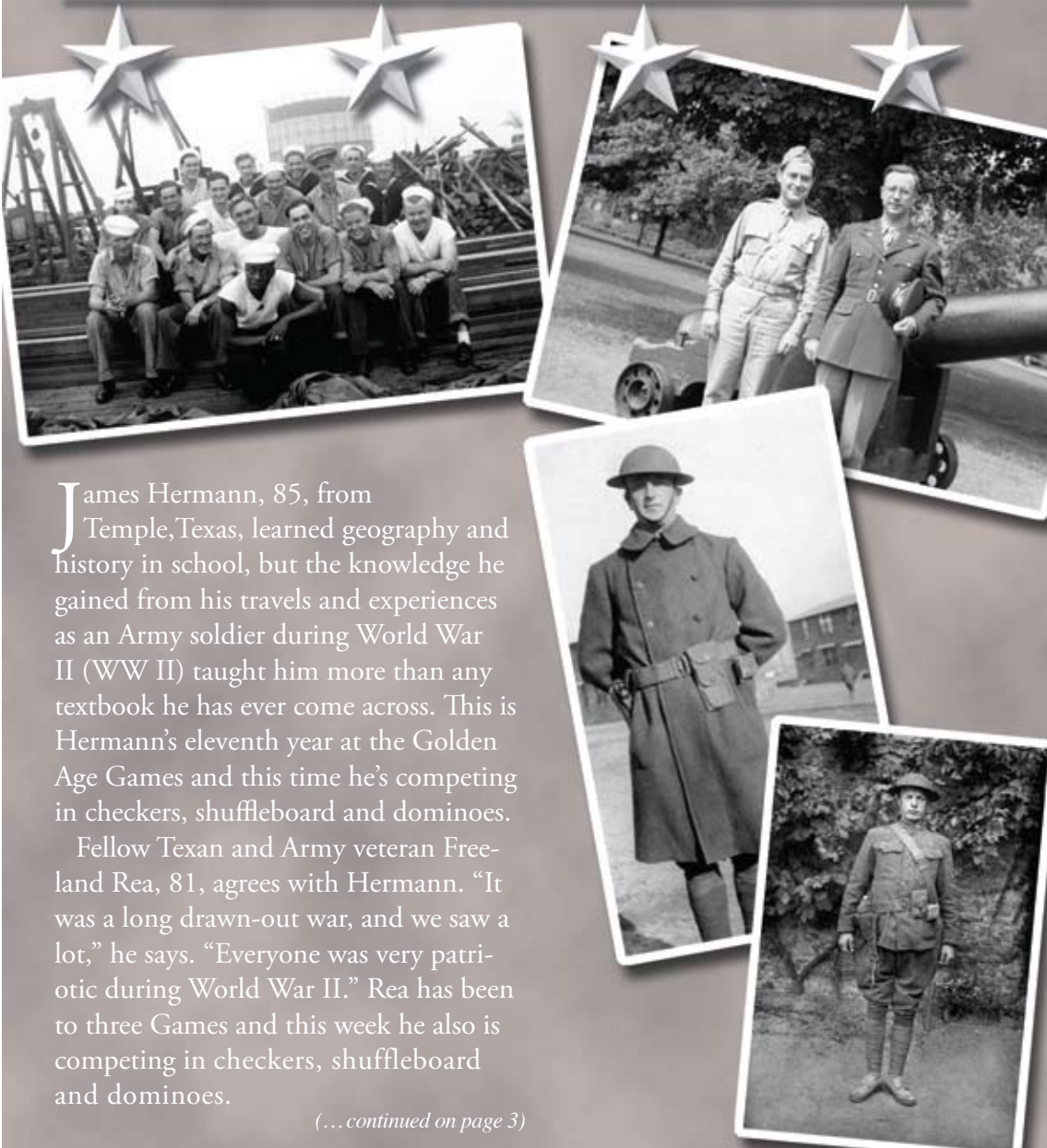
RACING FOR

INDIANAPOLIS

THE GOLD

THE OFFICIAL PUBLICATION OF THE 2008 NATIONAL VETERANS GOLDEN AGE GAMES

## THE GREATEST GENERATION



James Hermann, 85, from Temple, Texas, learned geography and history in school, but the knowledge he gained from his travels and experiences as an Army soldier during World War II (WW II) taught him more than any textbook he has ever come across. This is Hermann's eleventh year at the Golden Age Games and this time he's competing in checkers, shuffleboard and dominoes.

Fellow Texan and Army veteran Free-land Rea, 81, agrees with Hermann. "It was a long drawn-out war, and we saw a lot," he says. "Everyone was very patriotic during World War II." Rea has been to three Games and this week he also is competing in checkers, shuffleboard and dominoes.

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FRIDAY  
AUGUST 22, 2008

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### WEATHER

TODAY



Sun with Isolated Rain Showers

High:

87°

Low:

70°

TOMORROW



Sun with Scattered Showers

High:

84°

Low:

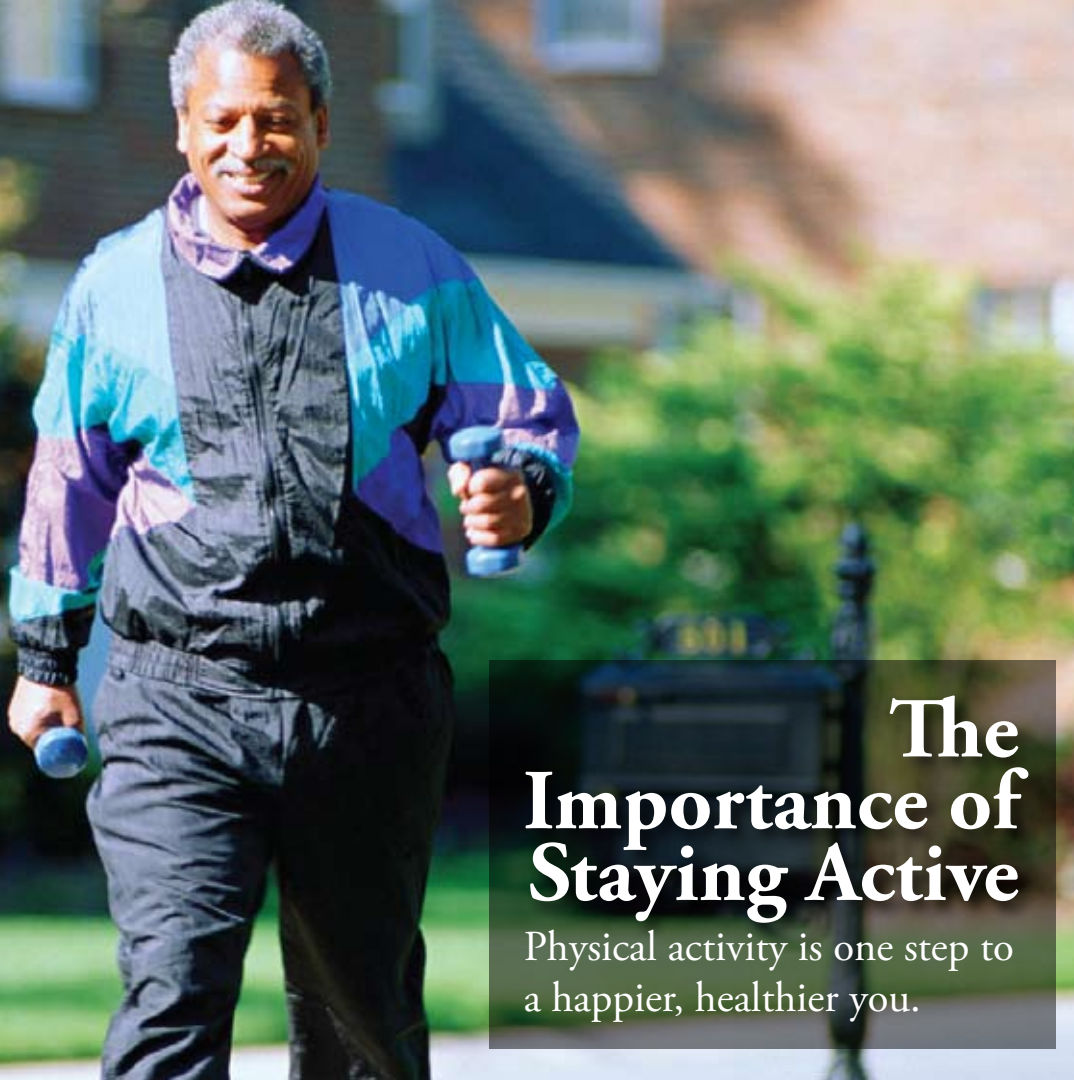
69°

Thank you to our co-sponsors!



[www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov)





## The Importance of Staying Active

Physical activity is one step to a happier, healthier you.

As we age, regular physical activity becomes more and more important. Regular physical activity can help the human body maintain, repair and improve itself to an amazing degree. People who exercise regularly are also less apt to suffer fractures or other accidents. Further benefits of exercise of physical activity include the strengthening of your heart and lungs, lower blood pressure, slowing the onset of osteoporosis, improved flexibility, weight loss and a better night's sleep.

The most beneficial form of exercise is aerobic. Aerobic exercise causes the heart and lungs to work at a higher rate continuously in order to supply oxygen to the muscles. Over time, aerobic exercise increases the efficiency of the cardiovascular system. A brisk walk, vigorous swim are perfect examples of aerobic exercise that anyone can do, regardless of age. A

night of dancing is not only fun, but it's a fantastic way to get in a workout. It's important to perform aerobic activity that matches your physical ability and needs.

As important and beneficial as exercise is, some people just can't form a regular routine for various reasons. Health limits, busy schedules or just a lack of desire may prevent sticking to an exercise regimen. However, that doesn't mean we shouldn't try to stay active in other ways. Activities such as bowling, square dancing, fishing, nature walks, arts and crafts, card and table games, gardening and community projects will not offer all the benefits of regular, moderate exercise, but they will help us remain actively involved in life, possibly adding years to our lifespan. It really is amazing how even just a little physical activity can improve your health and quality of life. So get moving!

## Free Massage!

The Disabled Veterans Massage Foundation will be providing free chair massages to Games participants outside of room 121 in the Indianapolis Convention Center. Massages will be offered now through Sunday, from 10 a.m. - 5 p.m. There will be several chairs available, so come on down for a therapeutic, relaxing twenty-minute massage! No appointment necessary.

Massage offers a drug-free, non-invasive and humanistic approach based on the body's natural ability to heal itself. Benefits to receiving a massage are increased circulation, stimulation of the body's natural ability to fight toxins, relaxation and softening of overused muscles, increased flexibility and a more positive state of mind.

So what are you waiting for? Go get your free massage!

## Transportation

Continuous shuttle bus service will operate daily between all hotels (except Westin) and the Indianapolis Convention Center starting between 5:30 a.m. and 6 a.m. and running until midnight. All event and activity busses will depart promptly as scheduled from the West Maryland Street entrances in front of the Indianapolis Convention Center. Please monitor schedules closely as they are subject to change.

To help ensure participants do not miss their scheduled events, competitors should be at the bus location 30 minutes prior to scheduled departure times. Competitors in wheelchairs and others needing special assistance should be at the departing location 45 minutes prior to scheduled departure time.

Volunteers stationed at the hotels and the convention center are available to answer any of your transportation questions.

# The Greatest Generation

(...continued from front page)

Just as every era faces its own unique challenges, it also puts its individual stamp on history. Ira Walton, 85, an Army veteran from Waco, Texas with 31 years of service, was in WWII, the Korean War and Vietnam. Walton, recalls the differences of the wars, starting with WWII.

“To get employment in order to support your family was very difficult,” remembers Walton. “People were determined to do their very best job—it was a matter of survival, and that attitude carried over into the military.” He adds that WWII was a conventional war in that was fought soldier by soldier and did not rely as heavily on technology.

“Every war is different,” he says. “During the Korean War, we started using helicopters and that helped to save many soldiers’ lives, because we were able to lift the injured off to safety and get them help sooner. But we had to worry about guerilla warfare—the opponent would hide and wait, and then attack. It was just different from WWII.” According to Walton, the terrain and the terrible condition of the roads also posed considerable challenges for the troops.

Walton went on to serve two tours in combat during the Vietnam era. As a construction engineer, he says his job was constant but satisfying. “We worked 24 hours a day, seven days a week,” he says. “We could build anything, and did.” His troop built bridges and command headquarters, among other things.

“Vietnam was not an easy war to fight,” says Walton. “We used helicopters a lot, dropping troops in the jungle and moving troops. Those were the good things, but there were challenges too. Restrictions made it tough—where we could fight and what we could do. Plus, it was really a civil war. When you have brother fighting against brother, you can’t always rely on your allies because they’re fighting their family. The same thing is going on over in Iraq right now.”

For Walton, 31 years of active duty was enough. This veteran is enjoying the camaraderie and competition at the Golden Age Games, where he has won over 40 gold medals in his 18 years of competing. This year, he is competing in air rifles, horse shoes, table tennis and checkers.

## Practice Swim Time Available

The Indiana University Natatorium has made available practice time to National Veterans Golden Age Games participants today, Friday, August 22, from 5:30 to 7 p.m. You must bring your Golden Age Games bib to gain entry to the pool. Please note that the natatorium is closed on Saturday, and transportation will not be provided for this practice session. For more information, please call (317) 274-6783.

## Have a Scoop?

So do you have an item that should appear in the newsletter? Know a juicy story about a fellow competitor? We want to hear from you! Stop by the Media Center in room 124 at the convention center and give us your story that’s fit to print.



## Exercise for Your Brain Too!

What with all the physical activity going on this week, we thought it might be a nice change of pace to put your brain through a workout with the Sudoku puzzle below. For those who don’t know, Sudoku is essentially a game of placing numbers in empty squares. The objective is to fill all the blank squares of the board with numbers, 1 through 9. Every row and column must include all digits from 1 through 9 in any order. Every 3 by 3 square must also include all the digits from 1 through 9. Numbers in each row, column, and 3x3 square must occur only once. Enjoy the puzzle!

	3				6	9	2	
4		1		9				6
5		6			2	4	3	
9		2						
	6						5	
						2		8
	5	9	2			6		7
2				6		3		9
	7	4	9				8	

The answer to the puzzle can be found on page 6.



# 2008 NATIONAL VETERANS GOLDEN AGE GAMES PHOTO GALLERY





## Now a Word From... You!

We wanted to know what is on your mind and what you think of the Games this year. So we went out and asked, and this is what we heard.

### Irvin Liebowitz

Los Angeles, California

Army

"You are definitely missing something if you have not been to the Games before!"



### Robert Jaramillo

Pico Rivera, California

Marine Corps

"The volunteers at the Games make me feel special. I love the way the people who work the Games make me feel. It is all because of them!"



### Robert Gonzalez

Signal Hill, California

Army

"The Games make me happy! This is good times with good friends!"



### Sam Sansone

Chicago, Illinois

Army

"Indianapolis is a magnificent city, an absolutely beautiful place to hold the Games."



### Randle Jackson Jr.

Temple, Texas

Army

"I have won three gold medals in checkers in past Games and I hope to do it again here in Indy."



## Sudoku Answer

So? How did you do with the puzzle? With your brain exercised, you're ready to take on the day! The answers have been presented upside down just in case you somehow managed to see this page first, before seeing the puzzle on page 3.

2	8	5	1	3	6	4	7	9
6	4	3	7	9	5	8	1	2
7	1	9	8	4	2	9	5	3
8	9	2	3	7	6	5	4	1
4	5	1	9	2	8	3	6	7
3	9	7	4	5	1	2	8	6
1	3	4	2	8	7	6	9	5
6	7	8	5	9	3	1	2	4
5	2	9	6	1	4	7	3	8



## Happy Birthday!

Happy birthday to Charles Lidberg and Jack Woodard who are both celebrating their birthday today!

Make sure to stop by the Media Center in room 124 and pick up your birthday surprise.



# Golf.

A brief history of a classic sport.

One of the competitions in the National Veterans Golden Age Games is the classic game of golf. Millions of Americans play the game each year, but do you know the history of the sport?

The origin of golf is open to debate as to being Dutch or Scottish. However, the most accepted golf history theory is that golf, as practiced today, originated from Scotland in the 1100s.

A game somewhat similar to golf was first mentioned in *Dōngxuān Records*, Chinese book of 11th Century. It's also reported that in the Netherlands in a city called Loenen aan de Vecht, the Dutch played a game with a stick and leather ball. Whoever hit the ball into a target several hundreds of meters away the most number of times, won, very similar to golf.

However, these earlier games are more accurately viewed as ancestors of the game we call golf, as the fact remains that the modern game of golf we understand today originated and developed in Scotland. The first golf club memberships were formed in Scotland. The earliest permanent golf course originated there too, as did the very first written rules and the establishment of the 18-hole course. The first formalized tournament structures also emerged in Scotland and competitions were arranged between Scottish cities. Over time, the modern game spread to England and from there to the rest of the world. The oldest playing golf course in the world is The Musselburgh Old Links Golf Course located outside Edinburgh, Scotland. Evidence has shown that golf was played here in 1672 although Mary, Queen of Scots reportedly played there in 1567.

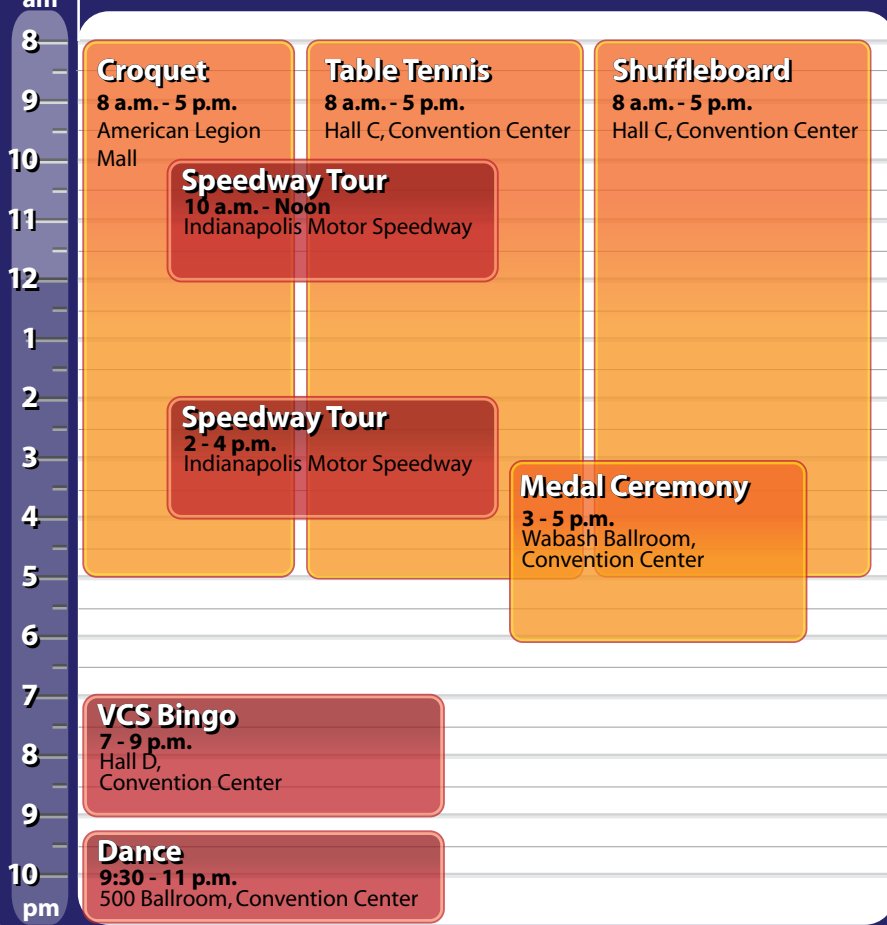
Golf courses have not always had eighteen holes. As early as the 15th century, golfers at St Andrews, in Fife, established a customary route through the undulating terrain, playing to holes whose locations were dictated by topography. The course that emerged featured eleven holes, laid out end to end from the clubhouse to the far end of the property. One played the holes out, turned around, and played the holes in, for a total of 22 holes. In 1764, several of the holes were deemed too short, and were therefore combined. The number was thereby reduced from 11 to nine, so that a complete round of the links comprised 18 holes. Due to the status of St Andrews as the golfing capital, all other courses chose to follow suit and the 18-hole course remains the standard today.

The major changes in equipment since the 19th century have been better mowers, especially for the greens, better golf ball designs, using rubber and man-made materials since about 1900, and the introduction of the metal shaft beginning in the 1930s. Also, in the 1930s, the wooden golf tee was invented. In the 1970s the use of steel followed by titanium to replace wood heads began, and shafts made of "graphite" (also known as carbon fiber) were introduced in the 1980s. Though wooden tees are still most popular, various designs of plastic tees have been developed in recent years, and the synthetic materials composing the modern ball continue to be developed.

Golf balls are famous for "dimples." These small dips in the surface of the golf ball decrease aerodynamic drag which allows the ball to fly further.

# Schedule of Events

Friday, August 22



## Bus and Shuttle Service

Throughout the week continuous shuttle service to the Indianapolis Convention Center will begin early each day. Buses for events and scheduled activities held at venues away from downtown will board in front of the Indianapolis Convention Center. Please pay close attention throughout the day to posted bus departure times as they may change due to unforeseen circumstances. To meet everyone's needs and to ensure timely arrivals, buses will depart promptly as posted.

Shuttles begin service at 5:30 a.m. daily.

- **South Loop** is to/from Hampton Inn, Crowne Plaza, Omni Severin and the convention center.
- **North Loop** is to/from Hilton, Hilton Garden Inn and Embassy Suites (see below) and the convention center.
- All stops will be at the front of the convention center and each hotel, with the exception of the Embassy Suites. Participants staying at the Embassy Suites can pick up the shuttle at the corner of Washington and Illinois.

## Medical Equipment & Wheelchair Repair

Prosthetics will be available at the Convention Center room #123. Staff will be on site at the Convention Center from 7 a.m. - 11 p.m. daily to meet your needs for Wheelchair repair or prosthetic related equipment.

- Extra shower chairs, canes, walkers, elevated toilet seats available at the convention center and will be delivered upon request.
- We will be able to contact vendors for motorized wheelchair issues should the need arise and will have non-motorized wheelchairs for loan to the participant while repairs are completed.

For any other prosthetic or wheelchair issues, please contact Steven Frank or Maura DiMeo at (317) 509-5614 or pager (317) 310-4390.

## Places to Know

The below list is comprised of locations that you should know during your time at the Games. All rooms are located in the Indianapolis Convention Center & Lucas Oil Stadium.

Administrative: *Room 120*

Command Center: *Room 121*

Cyber Café: *Room 120*

Media Center: *Room 124*

Medical Assistance: *Room 123*

Veterans' History Project: *West Lobby Chamber*

Volunteers: *Room 122*

## Medical Help

There will be a triage center (or nursing support center) located at the Hilton hotel. This will be for non-urgent needs for participating veterans that may occur during the Games. The triage center can be reached at (317) 882-5845. For emergencies, please dial 911. The Prosthetics Department will be working with Medical Team to meet any needs that may arise during your stay.

If you are not staying at the Hilton, you may call the triage center if you have any questions or concerns. Make sure to look for contact information as well as more detailed information at the upon arrival to the Games as well as in the daily newsletter.