



Hampton, Virginia ~ May 7 - 12, 2006

Bay Reflections



A Daily Publication of the 20th National Veterans Golden Age Games

Friday, May 12, 2006

Going for the Gold: A New Level of Competition

A few of the top athletes in the 2006 National Veterans Golden Age Games (NVGAG) will have a chance to compete at a more advanced level in 2007. Two years ago, the this program became a qualifying event for the Senior Olympics, organized by the National Senior Games Association (NSGA). In 2004, several golden Age Games gold and silver medalists took part in Senior Olympics competition as a result of their performance in this event.

“The veterans actually asked us to do this,” said National Director Dewayne Vaughan. “Many of these veterans are in great physical shape and wanted to compete at a more challenging level.”

Seventy-year-old Army veteran Bernard Gibson of Washington, D.C. is one of them. “The Golden Age Games give veterans a chance to get some exercise doing what they love to do,” said Gibson, a Senior Olympics state champion and table tennis coach.

Last year, Gibson and six other Golden Age Games competitors took part in the Senior Olympics in Pittsburgh, Pa. Although they didn’t bring home medals, the experience has already begun fueling the excitement for the event being held next year in Louisville, Ky.

According to Vaughan, one of the most impressive aspects of the 2005 Senior Olympics was the camaraderie among the novice Golden Age Games veterans and the more experienced veteran competitors not associated with our event.

“That just goes to show that veterans stick together through thick and thin. They really help and support each other,” Vaughan said.

The Senior Olympics draw more than 12,000 competitors who have won gold or silver medals at a qualifying event.



Marilyn Hilliard, Butler, Pa., and Stanley Levy, New Carrollton, Md., competed in the 2005 Senior Olympics.



The agreement between VA and the Senior Games Association applies to bowling, horseshoes, shuffleboard, table tennis, 50- and 100-yard freestyle swimming, discus and shot put.

Recently, the Senior Olympics expanded their rules to include competitors who placed first, second or third in a qualifying event, as well as those who meet the minimum performance requirements.

The National Veterans Golden Age Games may soon offer the 1500-meter run/walk, which would tie in with the Senior Olympics. This year, the Games offered the first 1500-meter run/walk clinic to provide training tips and qualification details to approximately 70 veterans.

“We’re hoping the run/walk clinic goes well so we can add it as an event next year,” said Vaughan, who

hopes 2007 will garner an even bigger group of National Veterans Golden Age Games participants for the Senior Olympics.

The following Golden Age Games competitors participated in the 2005 Senior Olympics:

- Su Carroll (Martinsburg, W.Va.)
- Bernard Gibson (Washington, D.C.)
- Marilyn Hilliard (Butler, Pa.)
- Robert Hugee (Falling Waters, W.Va.)
- Stanley Levy (New Carrollton, Md.)
- Robert Such (Martinsburg, W.Va.)
- Adrienne Mohamed (Alhambra, Calif.)



Quotes from the Week

Most veterans attending the 2006 National Veterans Golden Age Games here in Hampton, Va., seem to have thoroughly enjoyed themselves as they swam, bowled, tossed horseshoes, lined up their dominoes, cruised and danced by the Bay. True, there have been some raindrops and chilly temperatures; however, most agree they have had a great time and are looking forward to next year's event in Houston, Texas. Here is what a few had to say about their experiences at the Games this week:

Lewis R. Gilmore, San Francisco, Calif.

"Last year was my first year at the Games and I made over 500 friends. We laughed and laughed the whole time. When it's all over, you hate to leave. It's like going away from home — but you're only gone for a year."



Robert Blatnik, Rowlett, Texas

"The Games are wonderful. It makes a new man out of me. I'm looking forward to the Games in Houston. I'm already practicing — I'll never stop practicing!"

Theodore Jones, Chicago, Ill.

"This is the best life for veterans — enjoying each other's company, having fun, and competing in sports we love. The memories will last forever."



Charles D. Orr, National City, Calif.

"The Games this year are outstanding. This is my fourth trip. I like the can-do and will-do attitudes. We are living examples, whether sick or hurt, that we can rebound."

John Hotaling, Syracuse, N.Y.

"I won the gold medal in swimming, 25 yard freestyle. I would love to come back next year!"



Pierce Smith, Martinsburg, W.Va.

"The best part is visiting Hampton. This is a place I will probably never see again. I enjoyed the people and all the sporting events. I look forward to next year's Games."

Robert Rutledge, Philadelphia, Pa.

"It's been very competitive this year, more than previous Games. I've won medals every year for the past five years. This year is special — a return to my alma mater, Hampton University. I graduated in 1954."

Joe Velasquez, Turlock, Calif.

"Anytime I start feeling sorry for myself, I roll around and look at some of the vets who are more disabled than me, and I think, 'I don't have anything to feel sorry about.' I'm 100 percent independent."



Josephine L. Ke-A, Anchorage, Alaska

"These have been wonderful times. The best part is getting together and seeing friends from previous years. We chat and catch up. I've won two silver medals."

Edward Gagnon, Chicopee, Mass.

"I come for the friends and competition. It's uplifting. Swimming is my favorite part of the competition because I'm good at it."

Phil Herboldsheimer, Fresno, Calif.

"This week of sports and competition is so much fun. The airplane ride is just the icing on the cake."

Rayburn Crawford, Encinitas, Calif.

"I lost an important person in my life in 2005 - my adopted father. He was a double silver medalist at the Leavenworth Games. I am honoring his memory by doing the best I can here."



Secretary Nicholson Visits

Secretary of Veterans Affairs R. James Nicholson arrives today for his second visit to the National Veterans Golden Age Games. Look for him as he visits with participants and attends some of the events today.

Speaking of our Golden Age participants, Nicholson said, "America's veterans have shown us the real meaning of patriotism, self-sacrifice and heroism. Now, many of them are showing the way toward healthful living with habits defined by interests, not years. The determination and grace shown by these participants are a testament to their character and spirit."

Today at 10 a.m. near the Field Events off Fenwick Road at Fort Monroe, VA Secretary Jim Nicholson will hold a press conference to announce a new program under the HealthierUS Veterans campaign. The MOVE! program is one of five campaign components designed to help veterans loose weight, keep it off and improve their health.

A graduate of West Point, Nicholson served eight years on active duty as a para-trooper and Ranger-qualified

Army officer, then 22 years in the Army Reserve, retiring with the rank of colonel. He is a decorated veteran of the Vietnam War.



As Secretary of Veterans Affairs, Nicholson is the principal advocate for veterans in the U.S. government, ensuring that they receive the care, support, recognition and dignity they deserve for their service to our country.

Secretary Nicholson will address the crowd at Closing Ceremonies to night.

Thanks from Your Public Affairs Team



It has been our great honor to share your wonderful stories with others throughout the week. For those who gave us permission to tell your stories in the **Bay Reflections** and to the media, we thank you!

We invite you to check out the Web site and be sure to share it with your friends and family. (The Web site is www.veteransgoldenagegames.org.) If you gave us permission to develop a news release and we took your photograph, you will see them under "[Competitor Information](#)" on the Web site. While we were able to get photos of more than 95 percent of the participants who wanted hometown news releases, a few participants did somehow manage to escape our cameras.

Please be assured that we did not release any information about your participation if you did not give us permission. If you plan to attend next year, we ask that you consider allowing us the opportunity to tell your

story by checking "Yes," on your hometown news release form.

We extend our sincerest thanks to all the staff and volunteers who have helped us throughout the week in tracking down participants for interviews and newsletter stories. You were wonderful!

From the entire Public Affairs Team, thank you for helping us. We leave the Games inspired by your courage and commitment and hope to see you at the Games next year in Houston!

The 2006 Golden Age Games Public Affairs Team: Kim Byers, Susan Fleece, Jenny Tankersley, Gene Davies, Joe Nguyen, Jeff West, Richard Olague, Jeanne Miserendino, Lana Shuman, Patrick Gault, Norma Byrd, Jeff Bowen, Onika Coke, Mili Alam, Eric Eisen, Butch Miller, Bobbi Gruner, Candace Hull, Robin Kerr, Jose Llamas, Diane Mock, Anne Ogu, Warren Park, Barbara Sellon, Scott Seward, Shobhana Shah, Ryan Steinbach and Fran Burke.



Richard Eisenberg of Aurora, Colo.



Veterans enjoy a visit to the Nauticus Museum on Wednesday.



Martin Lopez from Colchester, Conn.



Robert Huges from Falling Waters, W.Va.



Richard Arthur from Syracuse, N.Y.



Competition is fierce, but everyone parts friends. Left to right: Gary Edmonds from Bedford, Mass., and Joseph (Jack) O'Bryan from Castro Valley, Calif., demonstrate the spirit of the Games.



Alvin Ward



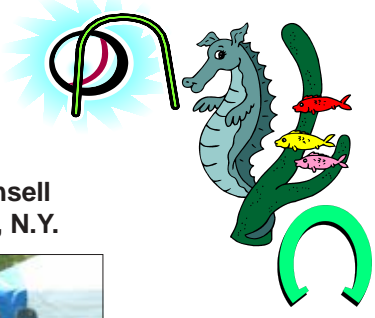
OOOPS!

In the Wednesday **Bay Reflections** Raymond Bouchard, of Litchfield, Maine was mis-identified as Alvin Ward from

Highland, Calif. Our apologies, gentlemen! The real Alvin Ward is pictured above.



**The Games in Action on the Field
and in the Pit!**



**John Potts from
Temple, Texas**



**Johnny Mansell
from Bronx, N.Y.**



**Robert Schaney from
Boise, Idaho**

**Maxine Bodman
from West Palm
Beach, Fla.**



**Bett Simmons from
Lombard, Ill.**



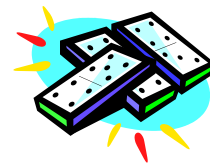
**John Murphy from
Leominster, Mass. and
Golia Barnett from Ft.
Worth, Texas**



**Harold Wisely from St.
Louis, Mo.**



**Antonio Gomez from
Modesto, Calif.**



**Charles Hicks from Los
Angeles, Calif.**



**Floyd Arnwine from
Baltimore, Md.**

**Concentration is the
Name of the Game
on the Board or the
Table!**



Alternate Activities



Variety is the Game - Tours Available Today!

Virginia Sports Hall of Fame



Established in 1972, the Virginia Sports Hall of

Fame and Museum honors 208 Virginia athletes.

The Museum's nine exhibit areas showcase 20 sports. Interpretive displays and exhibits cover high school and athletics, Virginia Olympians, current Virginia sports events, Virginia's greatest sports moments, sports medicine and health, sports media, hands-on activities, and changing exhibitions. Test your skills at basketball, baseball, football, soccer, and auto racing in the games and activities area.

Virginia Beach



Virginia Beach has been a popular

resort destination since 1880s. With over 33-miles of beautiful public ocean beaches, Virginia Beach has miles of scenic waterways and biking trails. Come walk the boardwalk, stick your feet in the sand and get your toes wet! Be sure to wear sunscreen and a hat! You'll have plenty of time to gather sea shells, feed the sea gulls, shop or sample the salt water taffy.



'Champions by the Bay' say Farewell to Each Other

As the 20th National Veterans Golden Age Games come to a close, competitors will gather tonight at the Closing Ceremony to say 'Take care' to old friends and 'See you next year in Houston' to new acquaintances. The ceremony will take place at the Hampton Roads Convention Center beginning at 6 p.m.



This week, almost 600 competitors enjoyed spirited competition, memorable camaraderie and the richness of America's history in the area where settlers first set foot in this new nation. Although the weather dampened the playing field, it did not dampen the spirits of America's finest – its veterans!

Please join us tonight as we gather to say thank you for job well done.

Indianapolis to Host the Games in 2008

The Indianapolis VA Medical Center is looking forward to seeing you in August 2008 at the 22nd National Veterans Golden Age Games.



Known as the crossroads of America, Indianapolis is within a day's drive of one-half of the nation's population and is approximately 10 miles from the Indianapolis International Airport.

Considered second only to Washington, D.C. in number of memorials, Indianapolis pays homage and respect to Medal of Honor recipients, fallen law enforcement and firefighters and Hoosiers who died in conflicts from the Civil War up to and including Operation Iraqi Freedom and Operation Enduring Freedom. Indianapolis also offers many world-class museums, restaurants and shopping venues for you to enjoy. So plan ahead for the National Veterans Golden Age Games in Indianapolis and experience Hoosier hospitality to its fullest!

Saturday Meal Schedule

Breakfast will be served from 6:30 to 8:30 a.m. No lunch or dinner will be provided.



Hospitality

The Hospitality Room is located in the Holiday Inn Hotel, Jamestown Room. Snacks will be available from 7 a.m. – 5 p.m. today!



Medical Assistance

The medical suite, located in the Holiday Inn, Room 4109 is open until 11:30 a.m. tomorrow. If you are having a medical emergency, please do not wait to find a medical team member. Call 911 for immediate assistance.



Hampton's Cyber-Cafe

Surf the 'Net and check your e-mail today from 7 a.m. to 11 p.m.; and on Saturday from 7 a.m. – 3 p.m.



National Veterans Golden Age Games

Friday Medal Ceremonies

Please join us for the final medal ceremony under the tent at 3 p.m. today. Medals will be awarded for the following events:

Nine Ball	Shuffleboard
Table Tennis	Air Rifle
Shot Put	Discus
Bicycling	

There is not sufficient time for the medals to be engraved for today's events. We will announce your name, present you with a medal, and take your picture at the ceremony. Your engraved medal will arrive shortly in the mail. We know how anxious you are to have your medal and appreciate your patience!



Friday, May 12, 2006

Hampton Holiday Inn, Regency Ballroom
Breakfast — 6:30 to 8:30 a.m.
Lunch — 11:30 a.m. to 1 p.m.
Dinner — 5 to 6:30 p.m.

Breakfast Menu

To Go Station

Fruit, Yogurt, Muffins, Danish and Breakfast Bakery Items

Toasting Station

Assorted Breads, Cream Cheese, Margarine, Jelly

Hot Station

Waffles with Syrup, Scrambled Eggs, Bacon, Sausage, Grits, Oatmeal, Home Fried Potatoes, Buttermilk Biscuits and Gravy

Cold Station

Assorted cereals, 2 % Milk, Fat Free Milk

Lunch Menu

Entrees

Broiled Cod Fish, BBQ Chicken Breast, Potato Au Gratin, Green Beans, Corn, Assorted Rolls and Desserts

Salad Bar

Garden Salad with Assorted Dressings, Yogurt, Fruit, Cole Slaw, Potato Salad, Soup of the Day

Cold Deli Station

Turkey, Ham, Roast Beef, Cheddar, Swiss, Mozzarella, Breads and Sandwich Rolls, Condiments

Hot Sandwich Station

Hamburger, Cheeseburger, Grilled Cheese Sandwich

Dinner Menu

Entrees

Sliced Flank Steak with Sherry Mushroom Sauce, Baked Salmon with Lemon Dill Butter, Rosemary Roasted Potatoes, Peas, Carrots, Assorted Rolls

Salads

Mixed Green Salad with choice of dressing
Fruit Salad, Caesar Salad, Pesto Pasta Salad

Desserts

Assorted Pies and Cakes, Yogurt, Fruit



Schedule of Events

Friday, May 12, 2006

8 – 11 a.m.	Air Rifle Fort Monroe
8 – 11 a.m.	Shot Put Fort Monroe
8 – 11 a.m.	Discus Fort Monroe
8 - 11:30 a.m.	Virginia Beach Trip Virginia Beach, Va.
Noon – 3 p.m.	Virginia Sports Hall of Fame Portsmouth, Va.
1 - 4 p.m.	Bicycling Fort Monroe
3 – 4:30 p.m.	Medal Ceremony Hampton Holiday Inn – Tent
7 p.m.	Closing Ceremonies Hampton Roads Convention Center
9 p.m. – Midnight	Dance Hampton Holiday Inn Atrium



Transportation

All transportation for events and alternate activities depart from the Holiday Inn.

7 – 11 a.m.	Air Rifle, Shot Put, Discus – Fort Monroe (30 Minute Continuous Shuttle Buses)
6:15 – 9 p.m.	Closing Ceremony

Departure Information

On behalf of the Transportation Team, we hope your stay with us has been enjoyable and filled with many good memories. We appreciate your patience with the delays we encountered along the way.

You are required to be at the airport two hours before your plane leaves. The first buses start loading at 3:30 a.m. and will leave the bus staging area in front of the Holiday Inn at 4 a.m.

If you are staying at any hotel besides the Holiday Inn, call (757) 838-0200, ext. 6600) or report to the Command Center (Williamsburg Room in the Holiday Inn) by 4 p.m. today to make arrangements for shuttle transportation to the Holiday Inn on Saturday.

There will be six large buses running continuously to and from the airports. You must be at the bus staging area at the Holiday Inn three hours before your flight departs.



Wheelchair Repair

Wheelchair Repair is located at the Hampton Holiday Inn, Peninsula Room. Repair hours today are 8 a.m. - 2 p.m. Call (757) 254-6051 for help after hours.

Durable Medical Equipment

Please return durable medical equipment to the front desk of your hotel when you check out. You may also contact Bishop Mumford between the hours 8 a.m. - 4 p.m. at (757) 439-3310 to arrange pick-up.



The daily *Bay Reflections* is on the Web at:

www.veteransgoldenagegames.org



Need to find that lost umbrella?

Lost and Found

Check with the staff in the Williamsburg II Room at the Holiday Inn between 8 a.m. and 5 p.m.

Spiritual Services

Chaplains are available through tomorrow. Dial (757) 722-9961 and press 0, then request the chaplain on call.



Weather

**Mostly Sunny
High 74° / Low 57°**

Sponsored by

