



Hampton, Virginia ~ May 7 - 12, 2006

# Bay Reflections



A Daily Publication of the 20<sup>th</sup> National Veterans Golden Age Games

Thursday, May 11, 2006

## Active Duty Military Turn Out in Full Force at Golden Age Games!

As Hampton hosted the 20<sup>th</sup> National Veterans Golden Age Games this week, hundreds of VA employees and community volunteers pitched in to make the week a success. Right alongside them, and the 595 veterans competing, are active duty military volunteers from various installations in the Tidewater area.



Senior Airman Davidson counts strokes for the croquet game among Lawrence Laible from Topeka, Kan.; Stanley Tomaszewski from Laurinburg, N.C.; and Stafford Maurer from Fresno, Calif.

Senior Airman Bryan Davidson, currently serving as a special signals operator at Langley Air Force Base, assisted in several of the competitions including golf and croquet. Aside from being able to spend the day in the in the sunshine, he said this event was a great opportunity to spend time with the veterans and meet new people. "There have been a lot of different

personalities and stories about what they had done during their service," Davidson said. "The people I've talked to are proud that they've served their country. Along with giving me some advice about military life, they also gave me something to look forward to."

For Petty Officer Second Class Jarett Joyce, stationed on board U.S.S. Georgia, the call to give his time to our veterans had great appeal. He took time off from the Navy to ensure that he could participate the entire week. His grandfather also served in the Navy and he felt a connection with the veterans from the first day. "I got to talk to them while we were waiting for their luggage at the airport," he said. "They talked to me about where they have been and what they did when they served. I listened to their stories and I know I'll never see anything like that. It really humbled me to hear them."

Another sailor, Fireman Ryan Leake, was one of several to come from the nuclear-powered submarine. Not only were the sailors able to feel some camaraderie with their shipmates, they were able to feel the excitement in the air during the Games. "It really looked like they were all having such a good time," he said. "From what I've seen, they meet up with their friends at each of these events. It's a competition but it's also a chance to get together with their friends, and meet some new ones."

The various events at the Golden Age Games are tailored around the needs and abilities of the veterans. While some were injured during their active duty service, others find they are simply susceptible to the passing of time. One of the most popular events, checkers, amazed Joyce. "Helping out with checkers was definitely one of my favorite things," he explained. "It was surprisingly competitive and was very interesting to watch. I had never seen competi-



Petty Officer Joyce and Fireman Leake assist Korean War veterans Porfirio Felix and Dale Hosler with flipping a coin to see who went first in their horseshoe game. Felix won the flip and the game!

tive checkers before and I had to keep a close watch on the players."

Even though the competitors and volunteers are from different branches of the military, all mix together well.

The focus wasn't on their differences, but instead on their similarities – they all served their country. Davidson said he had been thanked repeatedly by the veterans. "I've had people thank me every day this week for serving in the military," he said. "They seemed to like seeing the 'new guys'."

See "Military," continued on page 2

# A Big Thank You to All Our Volunteers

Have you thanked a volunteer lately? More than 900 individuals are volunteering at the Games this week, doing everything from scoring events to taking photos, from serving meals to driving buses. Some have journeyed long distances and contributed many hours to make sure activities at the 20<sup>th</sup> National Veterans Golden Age Games go as comfortably and smoothly as possible.

If you ate breakfast, lunch or dinner at the dining hall sometime this week, you undoubtedly came across the Traveling Trio, three dedicated ladies from California who have been volunteering at every meal. The Games have been their annual get-together for the past ten years.

"It's like a big family reunion. We keep coming back so we can see everyone again," said 85-year-old volunteer Tressie Jacobsen of Hayward. "I like greeting the veterans and helping start off their meals in a cheerful way," said fellow volunteer Barbara Grover, 73, of Costa Mesa.

Dining hall duties have kept the Traveling Trio busy. "We haven't seen anything other than the dining hall, but it's nice being around folks our age who are positive," said Virginia Howard, 78, also of Hayward. "We'll be here as long as we're able."

Local volunteers have also been an immense and irreplaceable help. Employees from the Hampton VA Medical Center have volunteered their time to pitch in wherever needed throughout the week. Laurie Shaw, Lee McKinney, Vicki Miller, Barbara Copeland, Carolyn Harris, and Marla Witt are just a few of the staff who helped out with registration and are volunteering all week in the Games' Media Center. "It's been a lot of fun," said Witt. "The veterans are so excited about winning."

Volunteer Darlene Mays-Tittman, a member of the local VFW Auxiliary for some 50 years, has been working hard all week overseeing activities in the hospitality suite. "This is my first time at the Games, and it's been very busy. I received three marriage proposals already," she said.

Jacob Peterson, a Korean War veteran and a regular volunteer at the Hampton VA Medical Center, is helping out as a greeter for the hospitality suite. "I am absolutely enjoying it. Being together and talking with fellow veterans is fantastic," Peterson said.

Have you hopped on one of the buses to be taken to and from the hotel and events? Volunteer Cliff Gregory, a former employee at the Bonham VA Medical Center, has been driving buses for hour after hour this week. He lost one lung during a lung cancer surgery last year and had a heart attack two years ago, but still managed to volunteer at the Games four years in a row. "If I were a military veteran, I would sign up to compete," he said.

The Games could never take place without the many jobs and assignments performed with a smile by our team of dedicated volunteers. Be sure to take time to thank a volunteer for helping make this week a success. All of their hard work and efforts are greatly appreciated by us all.

*By Milli Alam, Washington Regional Office of Public Affairs*

(Right) Darlene Mays-Tittman volunteers as the head of the hospitality suite all week long.



(Left) Barbara Grover, Tressie Jacobsen and Virginia Howard known as the Traveling Trio.

Cliff Gregory, volunteer bus driver, enjoys helping wheelchair veterans. Insert: Gregory assists Lawrence Buchheit from Pleasanton, Calif., board the bus.



## "Military," continued from page 1

Joyce experienced the same thing. He felt that the veterans could truly appreciate what today's military men and women do to defend the country, both at home and abroad. "I've been thanked a lot for serving in the military. Every time, I think to myself that I haven't done nearly the stuff they have, and here they are thanking me."

Leake looked at the men and women who were participating in the horseshoe competition and didn't hesitate about coming back to the Golden Age Games. "I could see myself being a participant in these Games 30 years from now," he said with a smile. "You have to do something to keep competitive and stay in shape once you get out."

*Story by active duty military volunteer and Journalist First Class Katrin Albritton, U.S. Naval Station, Norfolk*



## VA and HHS Strive to Keep Veterans Healthy

The Department of Veterans Affairs (VA) and the Department of Health and Human Services (HHS) launched an initiative called *HealthierUS Veterans* this past February. Because obesity and diabetes are so widespread among Americans and even more so in the veteran population, the two departments developed this coordinated campaign to educate veterans and their families about ways to combat these health issues. The program kicked off at the President's *HealthierU.S. Fitness Challenge* on May 6, 2006 in Washington D.C.

Veterans are more likely than the general population to have Type II diabetes, one of the major complications associated with age and being overweight. According to the American Diabetes Association, seven percent of the U.S. population has this type of diabetes. Among veterans receiving VA health care, the rate is 20 percent. This is a serious problem, but VA and HHS have pledged to do something about it.


What better venue for VA Secretary Jim Nicholson to announce a new program under the *HealthierUS Veterans* campaign than right here at the National Veterans Golden Age Games? Tomorrow, Secretary Nicholson will announce the latest campaign feature, *MOVE!*, at Fort

Monroe. *MOVE!* is one of five campaign components designed to help veterans loose weight, keep it off and improve their health. The program includes counseling regarding nutrition, physical activity, and behavioral and or physiological issues; long-term ongoing evaluation and treatment of overweight and obese veterans; and documentation of weight and physical activity status.

The program has two levels. Level one is designed to get veterans started in the program through an online questionnaire. The computer uses the answers from the questionnaire to create a tailored plan to help veterans loose weight. Level one also includes a series of handouts, a meeting with a VA healthcare team to set beginning goals, and continued follow-up with the team to track progress. Level two builds on previous activities but allows participants to get involved in group sessions on nutrition and physical activity. Additionally, level two veterans have the opportunity to meet one-on-one with a VA dietitian, physical activity specialist or behavioral expert.

Participating veterans in the Golden Age Games is one way that veterans have shown a commitment to a healthy lifestyle. Come out to Ft. Monroe on Friday to hear more about the new program and its many benefits. To get *MOVE!*-ing, just visit [www.move.va.gov](http://www.move.va.gov) and take the first steps to a healthier, more active you!





### Did You Know?

*Commemorating 75 years of service*

*In recognition of VA's 75<sup>th</sup> Anniversary, another interesting fact...*

In 1971, Congress provided a program of mortgage life insurance for severely disabled veterans who receive grants for specially adapted housing to accommodate their disabilities. Known as the Veterans Mortgage Life Insurance program, the insurance covered mortgages up to a maximum of \$30,000. By 1992, coverage had increased to \$90,000. Check out the following Web site for more information: <http://www.insurance.va.gov/inForceGliSite/buying/VMLI.htm>



Many thanks to all of the veterans who participated in this year's Veterans History Project. Your

stories were inspiring to all of us, and they will now become an official contribution to the Library of Congress. You have helped make history!

# NORFOLK BOTANICAL GARDENS

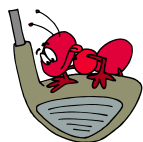


Louis Mailberg from Yountsville, Calif., cuts a rug at the Bash by the Bay.





## Golf Takes the Games by Strokes!



Alton Mangum from Bahama, N.C. missed a hole-in-one by this much!



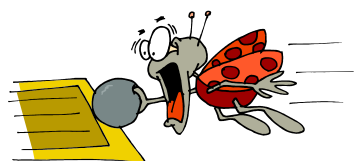
Harold Stade from Greenville, Maine



Robert McRae from Denver, Colo.



Charles Smith from Oregon City, Ore.



Meredith Townsend from Anchorage, Alaska, concentrates on picking up a split.



Robert Gonzales from Signal Hill, Calif., 2005 Dominoes silver medal winner, seeks that elusive gold. Gonzales was stationed at Fort Eustis, Va., in 1965, where he set records in track. He paid an emotional visit there this week which brought back great memories.



## Alternate Activities



### Victory is in the Air!

#### Yorktown Victory Center

The Yorktown Victory Center, a state-operated museum of the American Revolution, chronicles America's struggle for independence, from the beginnings of colonial unrest to the formation of the new nation. Visitors can muster with troops



in a re-created Continental Army encampment to experience a soldier's life and visit a re-created 1780s farm to experience life in the 16<sup>th</sup> century.



### The Victory Rover Cruise



See the world's largest naval base aboard the Victory Rover! Two hour naval base cruises depart daily from Norfolk. Enjoy a

fascinating and entertaining commentary along the way aboard this Navy-themed vessel. You're sure to marvel at the sight of aircraft carriers, nuclear submarines, guided missile cruisers, and all of the other ships that form the world's most powerful armada. On board, enjoy plenty of comfortable seating on either an air-conditioned enclosed deck or the open air upper deck.



## Red, White & Blue – The Tradition of Patriots

We Americans are proud of our country. For more than 200 years our country has flown the American flag, the symbol of our nation's strength and unity. The flag is an inspiration to all our citizens of the freedom we enjoy.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first

Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect

the admission of each new state, but the colors remained the same.

Our patriotic spirit is not just reserved for holidays like Armed Forces Day, Memorial Day, Flag Day, Independence Day, or Labor Day, it is also meant to invoke the celebration we hold in our hearts and the appreciation we have to be a democratic nation.

Today, as we participate in the events of the Games, let's keep the spirit of those who came before us and those who continue to serve alive. Celebrate the day by wearing red, which signifies valor and bravery; white, which signifies purity and innocence; and blue, which signifies vigilance, perseverance, and justice. Preserve the heritage of our country and demonstrate your support!



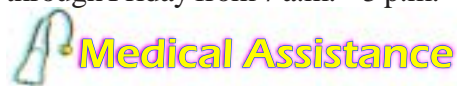


## Spiritual Services

Chaplains will be available 24 hours a day through May 13. Please dial (757) 722-9961 and press 0 to reach the operator to request a chaplain.



Volunteers from the VFW Ladies Auxiliary are excited to share Virginia hospitality with veterans, coaches, visitors and staff attending the 20<sup>th</sup> National Veterans Golden Age Games. The Hospitality Room is located in the Holiday Inn Hotel, Jamestown Room. Snacks will available through Friday from 7 a.m. – 5 p.m.



The medical volunteers are committed to helping all participants maintain their optimum levels of wellness. Staff are available to assist with urgent needs in an on-site clinic at the Holiday Inn through May 13 at noon. Medical suite staff can triage veterans if needed 24 hours a day, in Room 4109 on the first floor of the Holiday Inn. Medical and nursing staff will be on-site at all Games venues; you can recognize them by their bright red shirts. If you are having a medical emergency, please do not wait to find a medical team member. Call 911 for immediate assistance.



Want to share what is going on at the Games with your family and friends back home? The daily *Bay Reflections* is on the Web at:

[www.veteransgoldenagegames.org](http://www.veteransgoldenagegames.org)



# OOPS!

We inadvertently left out the Merchant Marines in our statistics column yesterday. Thanks for bringing this to our attention, Merchant Marine Gilmore Schmidmann!



## Hampton's Cyber-Cafe

Drop in to check your e-mail or go surfing...the Internet that is! The Cyber-Café is located in the Holiday Inn, Yorktown Room. The café is open daily through May 13 from 7 a.m. – 10:30 p.m.



### Thursday, May 11, 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

French Toast 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

Chicken Breast with Herb Cream Sauce, Spaghetti with Meat Sauce, Rice Pilaf, Vegetable Medley, Assorted Rolls and Desserts

##### Salad Bar

Garden Salad with Assorted Dressings, Yogurt, Fruit, Fruit Salad, Pasta 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, Hot Dog

#### Dinner Menu

##### Entrees

Seafood Newburg, Chicken Marsala, Rice, Broccoli, Green Beans, Assorted Rolls

##### Salads

Mixed Green Salad with choice of dressing  
Fruit Salad, Spinach Salad, Ambrosia Salad

##### Desserts

Assorted Pies and Cakes, Yogurt, Fruit



# Schedule of Events

**Thursday, May 11, 2006**

- 8 a.m. – 5 p.m.                      Nine Ball  
Hampton Roads Convention Center-  
Exhibit Hall A
- 8 a.m. – 5 p.m.                      Shuffleboard  
Hampton Roads Convention Center-  
Exhibit Hall A
- 8 a.m. – 5 p.m.                      Table Tennis  
Hampton Roads Convention Center-  
Exhibit Hall B
- 8 – 11:30 a.m.                      Yorktown Victory Center  
Yorktown, Va.
- 11:30 a.m. – 3 p.m.                  Victory River Boat Cruise  
Norfolk, Va.
- 3 – 4:30 p.m.                      Medal Ceremony  
Hampton Holiday Inn-Tent
- 6:30– 9 p.m.                      Bass Pro Shop  
Hampton, Va.
- 7 – 9 p.m.                      Race Walk Exhibition  
Darling Stadium
- 9 p.m. – Midnight                  Dance  
Hampton Holiday Inn Atrium



## Transportation

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

- 7 a.m. – 5 p.m.                      Nine Ball, Shuffleboard, Table Tennis  
Hampton Roads Convention Center  
(30 Minute Continuous Shuttle Buses)
- 6:15 – 9 p.m.                      Race Walk Exhibition  
Darling Stadium  
(30 Minute Continuous Shuttle Buses)
- 9 p.m. – Midnight                  Dance – Holiday Inn (Golf Carts)



## Lost and Found

Need to find that lost umbrella?  
Check with the staff in the  
Williamsburg II Room  
at the Holiday Inn  
between 8 a.m. and 5 p.m.



## Wheelchair Repair

Wheelchair Repair will be located at the Hampton Holiday Inn, Peninsula Room. Repair hours are: Thursday from 8 a.m. – 4 p.m. and Friday from 8 a.m. – 2 p.m. If assistance is needed outside of the designated hours, please call (757) 254-6051 (between 8 a.m. and 8 p.m.).

## Durable Medical Equipment

The following items will be available as needed: crutches (forearm and underarm), canes, walkers, wheelchair gloves, disposable nebulizers, wheelchairs (manual and electric), scooters and wheelchair parts. Please stop by the Hampton Holiday Inn hotel, Peninsula Room or call (757) 722-9961 ext. 3649 for further assistance.



## Bay Reflections

Want to submit a story idea for the **Bay Reflections**? The Public Affairs Team will be preparing news releases, writing articles for the daily **Bay Reflections**, and working with the news media to publicize the events of this week.

If you have ideas for news stories, photographs or something you'd like to see in the **Bay Reflections**, stop by the Media Center located in the Holiday Inn, Hampton Rooms I and II. We'd love to hear from you!



## Weather

**60% Chance  
of Rain  
High 72° / Low 54°**

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