



Hampton, Virginia ~ May 7 - 12, 2006

Bay Reflections



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

Wednesday, May 10, 2006

The Golden Age Games — Getting Better Every Year!



Donald Mullett from New Haven, Conn.

This week in Hampton, the National Veterans Golden Age Games celebrates its 20th year of competition, camaraderie and good will. The first event was held in Albany, Ga., in 1985, with the intention of holding the event every two years. After skipping a few years (1986 and 1989) the Games have been held consistently every year since.

Several of our competitors are long time participants in the Golden Age Games, having participated in 15 or more of these events. A few of them recently shared their views. Air Force veteran Donald Mullett of New Haven, Conn., has competed in all 19 past Games. A past George Ganji Inspiration Award winner, Mullett believes that the competitive spirit is in his genes. He still swims twice a week and practices table tennis with his neighbors. For the past 30 years, Mullett has stayed in shape by teaching ballroom dancing. He competes in the 85+ age group and just celebrated his 90th birthday. (About those genes, if you watched the U.S. Olympic Hockey Team in Turin, Italy, this past winter, you may have seen Mullett's niece, Katie King, who scored 20 goals.) When asked what he enjoys most about the Golden Age Games, Mullett said, "I enjoy getting together with all the veterans I've met through the Games and meeting all the new ones, too. The Games just get better every year."

Another Air Force veteran, Shirley Chapman, 70, of Chicago, Ill., has participated in 15 prior Games and was a volunteer for four years prior to competing. Chapman

said, "What I most enjoy is the camaraderie. It's like a family reunion. I look for the older veterans first and then for the newer ones." Chapman competes in bowling, nine-ball, croquet and horseshoes. Although he has medaled in all of these events at one time another, he said, "Even if I don't win, I'm still a complete winner when I attend. The Games keep you physically fit in body, mind, soul and spirit. It takes a lot of concentration to compete." Chapman offers this advice to first timers, "Keep coming back; it gets better every year!"



Shirley Chapman from Chicago, Ill.



Donald Kraft from Northport, N.Y.

For Robert Baker, 72, of Ovid, N.Y., this week also marks the 16th time the Air Force veteran has been to the Games. For Baker, his greatest enjoyment is two-fold – "the food and competing with others," he said, without mentioning which comes first. "The Games are a part of my life, and I love to meet new folks." Baker competes in the wheelchair division in bowling, shuffleboard and dominoes.

His advice to potential competitors is simple. "Practice!" he said. "Practice makes perfect."

"Medals aren't important, *competition* is important," said Donald Kraft, a Navy veteran from Northport, N.Y. "Even if you lose, you're still a winner," he said, but quickly noted that he still likes winning medals, too. Kraft should know, having won more than 50 in his 16 years of competition. To stay in shape, Kraft swims year round, six

See "Better," continued on page 2

Legacy of the Games—VA's Commitment to Health and Fitness

Don't know much about history... If you don't know much about the National Veterans Golden Age Games, it's time to learn!

Now in its 20th year, the Games demonstrate VA's historic involvement in programs that benefit our nation's older veterans. Many events that are part of the current competition began as recreational activities at VA hospitals and nursing home care units. The national trend toward health promotion and disease prevention among seniors inspired the concept of an organized event for veterans, age 55 and better.



National Veterans Golden Age Games Director Dewayne Vaughan talks about the Games with James Henry of Tynsboro, Mass.

In 1985, the first National Veterans Golden Age Games were held in Albany, Ga. It was considered a real success when 115 veterans participated as competitors. Today at Hampton, that number has

reached 594 veterans competing, up from 515 last year at Oklahoma City, making it the largest of VA's four national rehabilitative events for the second year and the largest in this event's 20-year history.

According to Dan Hoffmann, Director of VA Network 6, co-host of this year's Games, "the legacy of the National Veterans Golden Age Games is VA's historic commitment to serve the needs of our veterans—not only their medical needs, but their physical and emotional needs as well. The Games showcase the *esprit de corps*, courage and capability of our older veterans. They represent the finest traditions of our nation's armed forces and reflect VA's continued dedication to caring for those we serve so proudly – those who have served this nation."

Dewayne Vaughan, National Director of the Golden Age Games, began his involvement as a coach in 1987 and then served as regional coordinator in Bonham, Texas. Now based in Washington, DC, he has full time responsibility for the annual event. One significant change he has seen is "the good physical condition these veterans are in now. In earlier years, many veterans just couldn't compete in some of the events. Today, veterans are staying more active."

As to why Hampton was selected as the site for this year's Games, Vaughan notes, "they had a great package,

outstanding staff, and a really big military community here in this area. Just this morning, I saw some Army personnel from Ft Monroe at the swimming event—they were really taking their volunteer responsibilities seriously."

Vaughan's father retired after 36 years of Army service only to be called back to active duty for two more years during Operation Desert Storm. With that military family background, "I really appreciate our veterans and doing what I can to support them," he said.

Vaughan underscores that "all the competitors are winners here." In addition, they love the camaraderie and seeing people from their active duty days."

Vaughan says that long after he departs as National Director, he'll volunteer. "I want to leave this event knowing it's in good shape as the only adaptive senior sports program in the nation. Over our history, we've adapted to allow non-ambulatory and visually impaired veterans to compete. I'm very proud of what we've done and will continue to do. I want to thank the staff at Hampton and all the volunteers—as I told them going into this, 'it's the hardest work you'll ever do, but it's also the most fun you'll ever have.'"

By Dave Rainey, VISN 6

"Better," continued from page 1

days a week, and walks up to a mile every day. His regimen for life must be working, for at 76 years of age he takes no medication. He said that the Games have changed over the years. For instance, competitors no longer know who they will compete against or what the times were for winners. Also, what used to be the pentathlon is now several different events instead of one. Kraft's advice to newcomers: "Try your best. If you don't medal this year, come back next year – and wear a dark shirt, your medals will show up better in the pictures!"

There are many other veterans here this week who have competed in numerous past Golden Age Games. A few who come to mind are Andy Onifer, Beverly Smith, Irv Czosek, Houston Brumit, Ira Walton, and lots of others. When you talk with them, they all seem to echo a central theme – the Golden Age Games just keep getting better! Whether this is your 18th time at the National Games, your 10th or your first, we hope the 20th National Veterans Golden Age Games will bring you wonderful memories for years to come.

By Terry Presenza, Hampton VA Medical Center

Veterans Canteen Bingo Tonight!

Just like the *Price is Right* (well, almost), this year's VCS Bingo Blowout is filled with fabulous prizes. This year's grand prize is a Dell laptop computer with a GE six cubic foot refrigerator as another top prize. The entire prize list is valued at more than \$5,000!



Due to the large number of competitors, we have two locations for the VCS Bingo. The locations have been divided by states. Please report to the following location for Bingo according to your assignment. **Be sure to wear your competitor vest to be eligible for the door prizes!**

Hampton Holiday Inn, Regency Ballroom

Alabama	Michigan
California	Missouri
Colorado	Nevada
Connecticut	North Carolina
Georgia	Pennsylvania
Iowa	Texas
Kansas	Virginia
Maryland	Washington, D.C.
Massachusetts	West Virginia

Clarion Hotel, the Hampton Room

Alaska	New York
Florida	Oklahoma
Idaho	Oregon
Illinois	South Dakota
Indiana	Washington
Louisiana	
Maine	
New Jersey	

Did You Know?

Commemorating 75 years of service

During the week of the Clinic, we have been running this daily column to highlight historical facts about VA, in commemoration of VA's 75th anniversary year.

In 1948, VA operated 125 hospitals with 102,200 beds. One-third of VA patients had service-connected disabilities. At end of year, 20,700 veterans deemed eligible for VA medical care awaited hospital admission. In 1949, VA staffed and equipped seven hospitals to specialize in treatment of spinal cord injury (SCI) patients. There were 1,400 paraplegics in VA hospitals. Today, VA has 23 SCI regional centers and 135 SCI primary care teams or support clinics at non-SCI local VA medical centers, treating nearly 44,000 veterans.

Wear Your Colors Tomorrow – Red, White & Blue Day!



Undecided what to wear tomorrow? We hope to give you some ideas! As a special show of patriotism, choose to wear red, white and blue! Lazarus Mosley of the Hampton home team demonstrates how to do so at left.



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

Your stories are inspiring to all of us. If you have an appointment scheduled, for the VHP today be sure to arrive on time. You are making history!



National Veterans Golden Age Games Director Dewayne Vaughn, Co-Chair and National Public Affairs Coordinator Jenny Shafer Tankersley, and Hampton Mayor Ross Kearney enjoy the Sponsor's Dinner at the Air and Space Museum on Monday evening.



Tom Harvey, special assistant to the secretary, is escorted by Maria Lowe, special guest escort, during the Sponsor's Dinner on Monday evening.

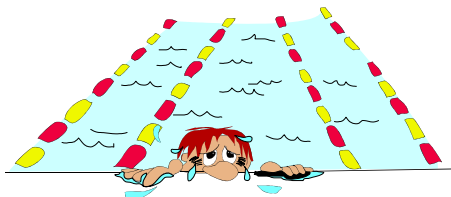


Alvin Ward from Highland, Calif.

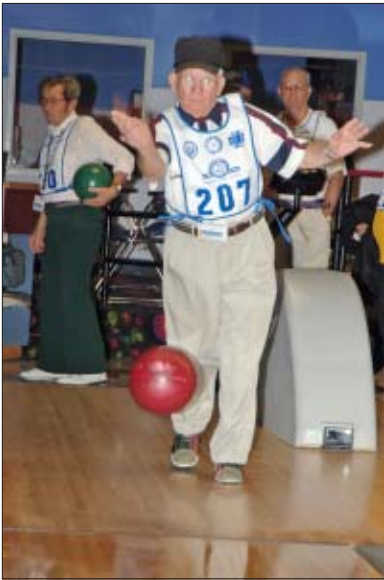
Swimming
Competition
Takes Off
with a
Splash!



Adrienne Mohamed from Alhambra, Calif.



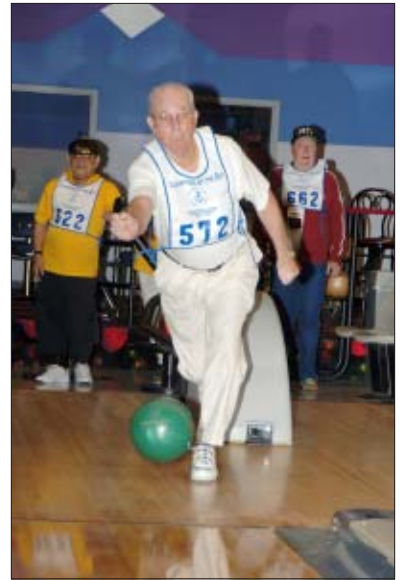
Manny Saldivar from Whittier, Calif.



The Strikes Start Rolling during Bowling Competition

Houston Brumit, Denison, Texas, bowls them over during competition. A past Gangi winner, Brumit is competing in his 13th Games.

Stanley Tomaszewski, Laurinburg, N.C., has no time to spare during competition.



Donald Ingeman, Kansas City, Mo., strikes while its hot.



Frank Toolan, Martinburg, N.J., takes over the alley.



Harold Hoffstaetter, Carrollton, Va., show Bo Derek his bowling techniques.



Alternate Activities



Today's Theme is Nautical

Nauticus



Nauticus is a spectacular maritime-themed science center with exhibits such as: a petting

lagoon, a simulated tidepool with Chesapeake Bay inhabitants, a weather deck, and the National Oceanic & Atmospheric Administration (NOAA's) Science on a Sphere.

While there, you can participate in a navy battle aboard Navy Aegis-class destroyers in the Aegis theater or match wits with America's best ship designers on the eve of World War II in the Design Chamber - Battleship X.

The Treasures of NOAA is the special exhibit this month, with four intriguing sections – Coast & Geographic Survey, Weather Service, Fisheries, and Marine Sanctuaries.

USS Wisconsin



Berthed at Nauticus, the Battleship Wisconsin is one of the largest battleships ever built by the U.S. Navy. She was commissioned

in April 16, 1944, and saw service in World War II, the Korean War, and Operation Desert Storm. The Wisconsin measures a majestic 887 feet, 3 inches long, with a beam of 108 feet, 3 inches in length. She displaces 45,000 tons of water and can reach speeds of 33 knots.

Explore her deck through a self-guided or audio tour that will take you back in time to experience the ship that earned five battle stars during World War II and one star during the Korean War. She also received the Navy Unit Commendation for service during the first Gulf War.

Statistics of the Games

Number of participants registered: 594

Number of women: 38

321 veterans in the Games have seen combat

103 of these veterans were wounded in combat

Conflict numbers:

Vietnam 214

Korea 49

World War II 31

Gulf War 5

Branches of service:

Army 302

Navy 133

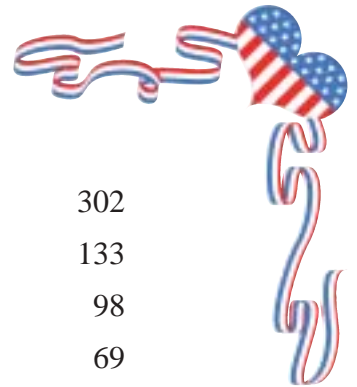
Air Force 98

Marine 69

Coast Guard 9

National Guard 6

Army Air Corps 13



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 20th 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



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.



Wednesday, May 10, 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, English Muffins, Bagels, Cream Cheese Margarine, Jellies

Hot Station

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

Cold Stations

Assorted cereals, 2 % Milk, Fat Free Milk

Lunch Menu

Entrees

Sliced Flank Steak Teriyaki, Baked Salmon with Lemon Dill Butter, Rice, Peas and Broccoli, Rolls and Desserts

Salad Bar

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

Cold Deli Station

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

Hot Sandwich Speciality Station

Hamburger, Cheeseburger, Chicken Sandwich

Dinner Menu

Entrees

Chicken Picata, Roast Beef with Hunter Sauce, Red Skinned Potatoes, Corn, Vegetable Medley, Rolls

Salads

Mixed Green Salad with dressings, Fruit Salad, Caesar Salad, Seafood Salad

Desserts

Pies, Cakes, Yogurt, Fresh Fruit in Season



Schedule of Events

Wednesday May 10, 2006

8 a.m. – 5 p.m.	Croquet Darling Stadium
8 a.m. – 5 p.m.	Horseshoes Hampton VA Medical Center
8 a.m. – 5 p.m.	Dominoes Clarion – Hampton Ballroom
8 – 11:00 a.m.	Nauticus Norfolk, VA
Noon – 3:30 p.m.	USS Wisconsin Norfolk, VA
3 – 4:30 p.m.	Medal Ceremony Hampton Holiday Inn in Tent
6 – 9 p.m.	Coaches' Reception Fort Monroe – Chesapeake Room
7 – 9 p.m.	VCS Bingo Holiday Inn and Clarion Inn
9 p.m. – Midnight	Dance Hampton Holiday Inn Atrium



Wheelchair Repair

Wheelchair Repair will be located at the Hampton Holiday Inn, Peninsula Room. Repair hours are: Wednesday and Thursday — 8 a.m. – 4 p.m.; and Friday — 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.



Transportation

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

7 a.m. – 5 p.m.	Croquet — Darling Stadium and Horseshoes — Hampton VAMC (30 Minute Continuous Shuttles)
7 a.m. – 5 p.m.	Dominoes (Golf Carts)
6:30 – 9 p.m.	Coaches Reception Fort Monroe
9 p.m. – Midnight	Dance Hampton Holiday Inn Atrium (Golf Carts)



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!



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.



Weather

Mostly Sunny
High 73° / Low 62°

Sponsored by

