



# **2007 National Veterans Golden Age Games Registration Package**

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DEPARTMENT OF VETERANS AFFAIRS  
Michael E. DeBakey VA Medical Center  
2002 Holcombe Boulevard  
Houston TX 77030

January 11, 2007

In Reply Refer To: 580/00

Dear 2007 National Veterans Golden Age Games Competitors:

On behalf of Michael E. DeBakey VA Medical Center (MEDVAMC) and the South Central VA Health Care Network, it is my honor and pleasure to invite you to participate in the 21st National Veterans Golden Age Games (NVGAG) taking place in Houston, August 27-31, 2007.

Houston is a unique and special place to host the Games because it captures the spirit of Texas with its exciting blend of vibrant cultures, dynamic business and medical community, wide variety of popular sports activities, and many great local restaurants and attractions. Our city's warm climate encourages year-round recreation, but participants in the 2007 NVGAG will primarily compete in indoor, air-conditioned venues such as the spacious George R. Brown Convention Center.

We would like to express our appreciation for the support and generosity of the 2007 NVGAG sponsors: the Department of Veterans Affairs, the Veterans Canteen Service and Help Hospitalized Veterans.

Enclosed please find the 2007 NVGAG registration packet. Because incomplete applications will be returned, you may wish to have your local VA Recreation Therapy staff or coach help you fill it out. If you have questions or need more information, please contact the 2007 National Veterans Golden Age Games office toll-free at 877-GO NVGAG (877-466-8424).

Whether this is your first National Veterans Golden Age Games or you are an annual competitor, we look forward to seeing you at the 2007 National Veterans Golden Age Games - *Heroes in Houston!*

Sincerely,

A handwritten signature in black ink, appearing to read "Edgar L. Tucker", is written over a horizontal line.

EDGAR L. TUCKER  
Medical Center Director



# NATIONAL VETERANS GOLDEN AGE GAMES

Office of the Director  
National Veterans Golden Age Games  
50 Irving St, NW  
Washington, DC 20422

January 22, 2007

Dear 2007 National Veterans Golden Age Games Applicants:

The staff and volunteers of the Michael E. DeBakey VA Medical Center are working hard in preparation for your visit to Houston, Texas on August 27 through 31, 2007. They are currently negotiating with some of the most impressive competition venues we have ever used; these include the George R. Brown Convention Center, the University of Houston and numerous park and athletic facilities in the Houston area.

For only the second time in the history of the National Veterans Golden Age Games all competitors and staff will be staying and eating at one hotel, the beautiful 977-room Hyatt Regency in downtown Houston. VA staff in cooperation with the city of Houston has done everything possible to roll out the red carpet. You will truly see Texas hospitality at its best.

Many of you may be wondering what type of weather you can expect in late August in southeast Texas. As a native Texan; I assure you it can be high 80s to low 90s with high humidity. The staff at the DeBakey VA Medical Center is being very creative with your athletic event schedule as they are moving every possible outdoor athletic event to the comfort of an air conditioned climate. Your exposure to the heat and humidity will be kept at a minimum. Your safety and comfort is their top priority.

I want to congratulate our 2006 veteran qualifiers that are now training and practicing for the 2007 Senior Olympics in Louisville, Kentucky this coming summer. As I was preparing this letter over 50 veterans had indicated they were planning on attending. We are proud of you for representing your fellow veterans and the National Veterans Golden Age Games.

Best of luck to all of you with your practice and training. We look forward to welcoming all of our "Heroes in Houston" at the 21<sup>st</sup> National Veterans Golden Age Games this August.

Sincerely,

DEWAYNE C. VAUGHAN  
Director  
National Veterans Golden Age Games



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# Master Schedule

*Please note: Times for Alternate Activities include travel time to and from the activity.*

## **Sunday, August 26, 2007**

All Day Arrivals

### Alternate Activity

All Day RE/MAX Ballunar Liftoff Festival at NASA

## **Monday, August 27, 2007**

### Competitor Events

8am - 5pm Registration and Health Fair, George R. Brown Convention Center

4pm - 5pm Coaches Meeting, Hyatt Regency Hotel

### Alternate Activities

8am - Noon Houston Arboretum and Nature Center

8:30am - 1pm Space Center Houston (NASA)

12:30pm - 5pm Battleship Texas/San Jacinto Battlefield Tour

12:30pm - 5pm Houston Museum of Natural Science

### Evening Program

7pm - 9pm Opening Ceremonies, George R. Brown Convention Center

9pm - Midnight Live Band/Dance/Popular Music, George R. Brown Convention Center

## **Tuesday, August 28, 2007**

### Competitor Events

8am - Noon Golf, Memorial Park Golf Course

8am - 5pm Checkers, Hyatt Regency Hotel – Regency Ballroom

8am - 11am Bicycling, George R. Brown Convention Center

7pm Badminton Exhibition (tentative), George R. Brown Convention Center

### Alternate Activities

8am - 4pm Moody Gardens, Galveston

12:30pm - 7pm Kemah Boardwalk

8am - Noon Houston Texans NFL Tour

## **Wednesday, August 29, 2007**

### Competitor Events

8am - 5pm Croquet, Memorial Park Croquet Court (tentative location)

8am - 5pm Dominoes, Hyatt Regency Hotel – Regency Ballroom

8am - 5pm Horseshoes, George R. Brown Convention Center

7pm Swimming, University of Houston

# Master Schedule (Continued)

*Pease note: Times for Alternate Activities include travel time to and from the activity.*

## **Wednesday, August 29, 2007 (Continued)**

### Alternate Activities

8am - Noon Houston Zoo  
8am - 2:30pm Battleship Texas/San Jacinto Battlefield Tour  
12:30pm - 4:30pm Downtown Aquarium

### Evening Entertainment

9pm - Midnight Casino Night, George R. Brown Convention Center

## **Thursday, August 30, 2007**

### Competitor Events

8am - 5pm Table Tennis, George R. Brown Convention Center  
8am - 5pm Shuffleboard, George R. Brown Convention Center  
8am - 5pm Nine Ball, George R. Brown Convention Center

### Alternate Activities

8am - 4pm Moody Gardens, Galveston  
8am -12:30pm Houston Museum of Fine Arts  
1pm - 6pm Space Center Houston (NASA)  
Noon - 4:30pm Houston Texans NFL Tour

### Evening Entertainment

7pm - 9pm Bingo Night, George R. Brown Convention Center

## **Friday, August 31, 2007**

### Competitor Events

8am - 2:30pm Bowling, Emerald Bowl  
8am - 11am Air Rifle, George R. Brown Convention Center  
8am - 11am Shot Put, George R. Brown Convention Center  
8 am - 11am Discus, George R. Brown Convention Center

### Alternate Activities

7:30am - Noon Ship Channel Boat Tour  
9:30am - 3:30pm Kemah Boardwalk  
9:30am - 3:30pm Downtown Aquarium

### Evening Program

7pm - 9pm Closing Ceremonies, George R. Brown Convention Center  
9pm – Midnight Hawaiian Luau, George R. Brown Convention Center

## **Saturday, September 1, 2007**

All Day Departures

## General Information

**WHO MUST REGISTER:** All competitors, coaches, support staff, and volunteers must register. Each individual registering must complete a separate registration form.

**ELIGIBILITY:** All veterans, ages 55 or older, who currently receive inpatient or outpatient care from the U. S. Department of Veterans Affairs.

**REGISTRATION DEADLINE:** Completed registration packets must be postmarked on or before:

**JUNE 1, 2007**

**PLEASE RETURN COMPLETED PACKETS TO:**

National Veterans Golden Age Games (NVGAG)  
Administration Subcommittee  
Michael E. DeBakey VA Medical Center  
2002 Holcombe Blvd.  
Houston, TX 77030

Registration is limited to 600 competitors on a first-come, first-served basis. If your packet is incomplete, you will be contacted to re-submit missing documents. This will delay your registration. Please enlist the help of your coaches before mailing your packet.

**NO LATE REGISTRATION PACKETS WILL BE ACCEPTED**

**GAME EVENTS:** All competitors must enter at least **two** but no more than **four** events. Complete the Event Selection Form B in the registration packet. Events include bicycling, bowling, checkers, croquet, dominoes, golf, horseshoes, nine ball, shot put, discus, 10-meter air rifle, shuffleboard, table tennis, and swimming.

**EVENT RULES:** Event rules are available on the Internet at:  
[http://www1.va.gov/vetevent/gag/2006/2006Rules\\_Revised12\\_1\\_05x.pdf](http://www1.va.gov/vetevent/gag/2006/2006Rules_Revised12_1_05x.pdf)

**CLASSIFICATION:** All age classifications will be determined by the competitor's age as of **August 28, 2007**. There are seven age classifications:

**55-59      60-64      65-69      70-74      75-79      80-84      85+**

Competitors will compete by gender in the following events: **Bicycling, Bowling, Horseshoes, Shot Put, Swimming, and Discus**

## General Information (Continued)

**CLASSIFICATION:** Non-ambulatory competitors will have a separate division in the following events:

<b>Table Tennis</b>	<b>Swimming</b>	<b>Horseshoes</b>
<b>Nine Ball</b>	<b>Bowling</b>	<b>Shot Put</b>
<b>Shuffleboard</b>	<b>Discus</b>	

Visually impaired competitors will have a separate division in the following events:

<b>Bowling</b>	<b>Horseshoes</b>	<b>Shuffleboard</b>
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**AIR TRAVEL:** Competitors should plan to arrive and depart from the William P. Hobby Airport (HOU) or the George R. Bush International Airport (IAH). Both airports are approximately 30 to 45 minutes from the hotel.

**HOTEL:** Hotel reservations and payment are the responsibility of the traveler. Specific hotel information can be found in the **Lodging Information** section of this registration packet.

**TRANSPORTATION:** The Games' organizers will provide transportation for arrivals on **Sunday, August 26, 2007** between the airports and hotel. Representatives of the Games will greet you at the airport. Transportation for all National Veterans Golden Age Games sponsored events and activities will also be provided from the hotel. If traveling by air, check with your local air terminal for the latest update on Transportation Security Administration (TSA) requirements regarding carry-on items. Competitors traveling with oxygen will need to make arrangements with the airlines regarding the transport of oxygen. Coordination of oxygen services are the responsibility of the competitor.

Transportation will be provided to the airports for departures on **Saturday, September 1, 2007**.

**WEATHER:** Houston's weather in August is usually hot, humid, and sunny with occasional showers. Temperatures average from the high 90s during the day and mid to upper 70s at night. The hotel rooms and areas for indoor events are all air conditioned. Items to consider bringing include a light jacket, umbrella, sweater, hat, swimsuit, sunscreen (**SPF 30 or higher recommended**), insect repellent, sunglasses, and appropriate clothing for hot temperatures.

**MEDICAL:** Medical assistance will be provided 24 hours a day as part of the 2007 National Veterans Golden Age Games, *Heroes in Houston*. Sick call and emergency medical treatment will be available at the **Hyatt Regency Hotel**. First aid and patient stabilization will be provided at the events and activities. Ambulances will be called if emergency care is needed. **Medical assistance is not intended for pre-existing conditions.** Competitors must bring with them enough medication and medical supplies to last throughout the Games. There are no provisions for providing replacement medications and medical supplies.



## General Information (Continued)

- PERSONAL DOCUMENTS:** As whenever you travel, it is recommended you include all of your health and insurance information as part of your personal travel documents
- CONFIRMATION OF REGISTRATION:** Once your completed application has been received and accepted by the 2007 Games office, a letter of confirmation will be sent to you. Included with the confirmation letter will be a form for you to complete regarding your travel itinerary. The travel itinerary form must be returned by **July 15, 2007**.
- WALL OF HEROES:** The National Veterans Golden Age Games traditional "Wall of Heroes" will continue at the Houston games! If you have not already submitted a photograph of yourself for this display, please send one in with your registration packet. Photos should depict competitors (preferably in military uniform) and be 4"x6" or 5"x7" in size. Please note that Wall of Heroes photographs will not be returned.
- MISCELLANEOUS:** Arrival date is Sunday, August 26, 2007. Dinner will be provided on Sunday evening. Registration for the Games and events will be on Monday, August 27, 2007 from 8am to 5pm. Opening Ceremonies are at 7pm on Monday, August 27, 2007.

**For more information, contact the 21st NATIONAL VETERANS GOLDEN AGE GAMES Office:**

Lawrence Manzanera and Kathy Salazar (NVGAG)  
Co-Chairs, Administration Subcommittee  
2007 National Veterans Golden Age Games  
Michael E. DeBakey VA Medical Center  
2002 Holcombe Blvd.  
Houston, Texas 77030

By email at:

Lawrence.Manzanera@va.gov

Kathy.Salazar@va.gov

By phone at:

Toll Free: 1-877-GO-NVGAG (1-877-466-8424)

**PLEASE FEEL FREE TO MAKE ADDITIONAL COPIES OF THIS REGISTRATION PACKET**

## Lodging Information

**Lodging:** The 2007 National Veterans Golden Age Games, *Heroes in Houston*, will be held in Houston, Texas. Competitors, families, and coaches will be lodged at the Hyatt Regency Houston (Americans with Disabilities Act compliant). All lodging costs are the responsibility of the participating competitors, coaches and support staff.

After receipt of your completed registration packet, you will receive a letter of confirmation with further instructions for making hotel reservations. You will be responsible for making your reservations by contacting the hotel at the number below. Please specify your need for a handicap accessible room, if applicable, when completing your reservations. **THE HOTEL WILL NOT ACCEPT RESERVATIONS PRIOR TO YOUR RECEIPT OF YOUR LETTER OF CONFIRMATION.**

**Hotel Rate:** Hyatt Regency Houston – 1-800-233-1234, \$95.00 per room

**Credit Cards:** The following credit cards will be accepted by the Hyatt Regency: American Express, VISA, Diners Club, Carte Blanche, Discover, J.C.B., Master Card, Enroute, and NOVA. VA accepts the following credit cards: Master Card, VISA, American Express, and Discover.

**Reservation Deadline:** **July 29, 2007, 5pm**, Central Standard Time

**Meals:** Breakfast, lunch, and dinner will be served at the Hyatt Regency Houston.

Meals are furnished at no cost to all 2007 NVGAG veteran competitors. Meals will be available beginning with dinner on arrival day, Sunday, August 26, 2007 and concluding with breakfast on departure day, Saturday, September 1, 2007. The menus will accommodate special diets including diabetic, vegetarian, etc. **Other special diet requests are to be in writing and should accompany the registration packet.**

Coaches, support staff, and family members may purchase meal tickets by the day or week. See Form H – Non-Competitor Meals.

Tickets are required for all meals and will be issued upon arrival.

**Transportation:** Travel to and from the airport and events will be provided. If you need wheelchair/scooter assistance, please notate on the Registration Form to ensure proper transportation can be arranged.

# Competitor Registration Checklist

Please ask your coach or medical center staff to review this checklist with your attached forms prior to mailing.

**REGISTRATION DEADLINE IS JUNE 1, 2007**

Name: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

## COMPETITOR FORMS

- Competitor Application (Form A)
  - Event Selection (Form B)
  - Hometown News Release Questionnaire (Form C)
  - Waiver and Release of Liability / Publicity Release (Form D)
  - General Medical Information (Form E)
    - Current EKG Report
    - Current Medication Profile
  - Alternate Activities (Form F)
- 

**Make Checks / Money Orders for Alternate Activities payable to: Michael E. DeBakey VA Medical Center. On the memo line, please note: 2007 NVGAG Account GPF 9033. Your check/money order must be included with your registration packet.**

**REGISTRATION DEADLINE IS JUNE 1, 2007**

**COMPETITOR INFORMATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Male  Female Social Security Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Your Age as of August 28, 2007: \_\_\_\_\_

DIVISION:  Ambulatory  Wheelchair  Visually Impaired (Legally Blind)

If you are a member of a Veterans Service Organization, indicate that organization \_\_\_\_\_

Please indicate your t-shirt size:  Small  Medium  Large  XL  XXL  XXXL

Primary VA Medical Center: \_\_\_\_\_

Team Coach: \_\_\_\_\_

Telephone number of Team Coach: \_\_\_\_\_

Your Street Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_

Day Phone: ( ) \_\_\_\_\_ Evening Phone: ( ) \_\_\_\_\_

**WHEELCHAIR/SCOOTER INFORMATION** (Please provide the following information about your wheelchair and/or scooter. This information can be obtained from your Prosthetics Department.)

Manufacturer: \_\_\_\_\_ Model/Make: \_\_\_\_\_ Serial Number: \_\_\_\_\_

Type:  Power  Manual Frame Type:  Rigid  Folding

Camber: \_\_\_\_\_ Weight: \_\_\_\_\_ Overall Width: \_\_\_\_\_

Seat Height: \_\_\_\_\_ Seat Width: \_\_\_\_\_ Seat Depth: \_\_\_\_\_

Front Wheel/Caster Type:  Wheel  Caster Height: \_\_\_\_\_ Width: \_\_\_\_\_ Tire Size: \_\_\_\_\_

Back Wheel/Caster Type:  Wheel  Caster Height: \_\_\_\_\_ Width: \_\_\_\_\_ Tire Size: \_\_\_\_\_

Wheelchair/cart Inspected by: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

***It is your responsibility to have your wheelchair/scooter inspected by a VA prosthetic specialist and/or designee before arrival at the Games to insure that your equipment is in good working order.***

Do you have a service dog?  Yes  No

**ASSISTIVE EQUIPMENT-** All competitors are encouraged to bring their own assistive equipment (shower benches, commode chairs, etc.). A limited number of such equipment will be available on a first-come, first-served basis during the Games. Please indicate the items needed along with style, model numbers, etc., and we will try to accommodate you: \_\_\_\_\_

**You must plan to bring any medications you take and any assistive equipment you use.**

Name \_\_\_\_\_  Male  Female

Age (as of August 28, 2007):  55-59  60-64  65-69  70-74  75-79  80-84  85+

**Check at least two, but not more than four events.** When competitors are scheduled for two events with conflicting times, attend the bracketed events first. Otherwise, the competitor will be disqualified for failure to report for the event on time. Bracketed events are designated with an \*. DO NOT schedule conflicting events!

Division Classification- I will be competing in the following Division (Check only one):

- Ambulatory  Wheelchair  Visually Impaired (Legally Blind)

**When you register in one division, you must register for all events in that division.**

## TUESDAY, AUGUST 28

### Golf: Ambulatory Division

- 8:00 AM – 12 Noon  
All Golfers must bring their own clubs.

### Bicycling: Ambulatory Division

- 8:00 AM ¼ Mile  
 9:30 AM ½ Mile  
(Appropriate foot attire must be worn)

Note- You may **not** compete in both Bicycling and Golf.

### \*Checkers: All Divisions

- 8:00 AM 55-59 & 65-69  
 10:00 AM 80-84 & 85+  
 1:00 PM 60-64 & 75-79  
 3:00 PM 70-74

### Badminton Exhibition:

7:00 PM Ambulatory Division

## WEDNESDAY, AUGUST 29

### \*Croquet: Ambulatory Division

- 8:00 AM 60-64  
 9:30 AM 70-74  
 10:30 AM 80- 84 & 85+  
 1:00 PM 75-79  
 2:00 PM 65-69  
 3:00 PM 55-59

### \*Dominoes: All Classifications

- 8:00 AM 55-59 & 75-79  
 10:00 AM 60-64 & 70-74  
 1:00 PM 80-84 & 85+  
 3:00 PM 65-69

## WEDNESDAY, AUGUST 29 (Cont.)

### \*Horseshoes: All Divisions

- 8:00 AM 80-84 & 85+  
 9:30 AM 65-69  
 10:30 AM 75-79  
 1:00 PM 55-59  
 2:00 PM 70-74  
 3:00 PM 60-64

Note- Dominoes competitors may **not** compete in Croquet or Horseshoes. Horseshoes and Croquet competitors may **not** compete in Dominoes.

### Swimming:

Ambulatory & Wheelchair Divisions

7:00 PM All Age Groups

Note- You may select no more than two swimming events which will count toward 2 of the total of 4 events that you may compete in.

- Freestyle 25 yard  
 Freestyle 50 yard  
 Backstroke 25 yard  
 Backstroke 50 yard

## THURSDAY, AUGUST 30

### Table Tennis:

Ambulatory & Wheelchair Divisions

- 8:00 AM 60-64  
 9:30 AM 80-84 & 85+  
 10:30 AM 75-79  
 1:00 PM 70-74  
 2:00 PM 55-59  
 3:00 PM 65-69

## THURSDAY, AUGUST 30 (Cont.)

### Shuffleboard: All Divisions

- 8:00 AM 70-74  
 9:30 AM 55-59  
 10:30 AM 65-69  
 1:00 PM 60-64  
 2:00 PM 80-84 & 85+  
 3:00 PM 75-79

### Nine Ball:

Ambulatory & Wheelchair Divisions

- 8:00 AM 55-59  
 10:00 AM 60-64 & 75-79  
 1:00 PM 65-69, 80-84 & 85+  
 2:30 PM 70-74

Note- Nine Ball competitors may **not** compete in Shuffleboard or Table Tennis. Shuffleboard and Table Tennis competitors may **not** compete in Nine Ball.

## FRIDAY, AUGUST 31

### Bowling: All Divisions

Starts at 8:00 AM; Ends at 2:30 PM

- Ambulatory  
 Wheelchair  
 Wheelchair Adaptive  
 Visually Impaired

### Shot Put:

Ambulatory & Wheelchair Divisions

- 8:00 AM – 11:00 AM

### Discus: Ambulatory & Wheelchair Div.

- 8:00 AM – 11:00 AM

### Air Rifle: Ambulatory & Wheelchair Div.

- 8:00 AM – 11:00 AM

*Because of the growing numbers of competitors, we cannot prepare a news release on your participation in the Games if you do not fill out this form completely. This form gives us the specific information we need to prepare a news release to distribute to media outlets where you live. We have simplified it as much as possible, so it is very easy to fill out. If you have any questions, please call Jenny Tankersley Ballou (757) 728-3450.*

1. Your Name: \_\_\_\_\_
2. Date of Birth: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_
3. Please confirm your branch of service.
 

<input type="checkbox"/> Army	<input type="checkbox"/> Army Air Corps	<input type="checkbox"/> Navy	<input type="checkbox"/> Marine Corps
<input type="checkbox"/> Air Force	<input type="checkbox"/> Coast Guard	<input type="checkbox"/> National Guard	<input type="checkbox"/> Other _____
4. If you are a peace time veteran, where and when did you serve? \_\_\_\_\_
5. a. Did you ever serve in combat?  Yes  No
   
b. Where did you serve in combat?
 

<input type="checkbox"/> World War II (European Theater)	<input type="checkbox"/> Korean War	<input type="checkbox"/> Gulf War
<input type="checkbox"/> World War II (Pacific Theater)	<input type="checkbox"/> Vietnam	<input type="checkbox"/> Other _____
- c. Were you injured in combat?  Yes  No
- d. Were you ever held as a POW?  Yes  No If yes, where? \_\_\_\_\_
6. Are you a member of any other Veterans Service Organizations (VSO)?  Yes  No
   
If Yes, which Veterans Service Organization? \_\_\_\_\_
7. What VA Medical facility do you represent (city and state)? \_\_\_\_\_
8. a. Do you want us to prepare a news release about your competition in the National Veterans Golden Age Games?  Yes  No **If you marked "no," please know that you will not receive photos from the Games. Complete 8b and sign below. You are done with Form C.**
  
b. **All event results will be posted on the Games Web site by competitor name unless you check the "no" box here.**

<input type="checkbox"/> No (Your results will not be posted; sign below)
---
- c. If you marked "yes," to a news release in 8a, please provide the following information, sign below, and complete questions 9-12.
 

<input type="checkbox"/> I give permission for my phone number to be included in my news release posted on the Games Web site
<input type="checkbox"/> I do not want my phone number listed on my news release. Media may contact me through the Games Public Affairs Coordinator, Jenny Tankersley Ballou.

All competitors: Please sign here so that we can comply with your wishes, as stated above.

(Signature) \_\_\_\_\_

If you want us to prepare a news release for you, please complete questions 9-12.

9. What are the nearest DAILY and WEEKLY newspapers to your home? (If you don't know the name, please give the closest large city, or the county that you live in.)

_____	_____
Name (Please print)	City
_____	_____
Name (Please print)	City
_____	_____
Name (Please print)	City

10. **YOUR QUOTE FOR THE NEWS RELEASE:** (This is mandatory.) All we need are a few thoughts from you telling us such things as how you feel about the Games, what NVGAG competition has done for your life, how many times you've competed, what you have looked forward to the most, why staying active is important, what you hope to achieve, favorite event etc. Just give us a few ideas and we'll take it from there  
*[Remember, without a quote, we will not be able to produce a release!]*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

11. Which years have you participated in the NVGAG:

- |                               |                               |                               |                               |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| <input type="checkbox"/> 1985 | <input type="checkbox"/> 1987 | <input type="checkbox"/> 1988 | <input type="checkbox"/> 1990 |
| <input type="checkbox"/> 1991 | <input type="checkbox"/> 1992 | <input type="checkbox"/> 1993 | <input type="checkbox"/> 1994 |
| <input type="checkbox"/> 1995 | <input type="checkbox"/> 1996 | <input type="checkbox"/> 1997 | <input type="checkbox"/> 1998 |
| <input type="checkbox"/> 1999 | <input type="checkbox"/> 2000 | <input type="checkbox"/> 2001 | <input type="checkbox"/> 2002 |
| <input type="checkbox"/> 2003 | <input type="checkbox"/> 2004 | <input type="checkbox"/> 2005 | <input type="checkbox"/> 2006 |

12. Please describe your favorite Games memories.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

***Thank you!***

**RELEASE OF LIABILITY (Read before Signing)**

In consideration of being allowed to participate in the 2007 National Veterans Golden Age Games, related events, and activities, I, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in these Games is significant, including the potential for serious bodily injury, including death, and property damage. I KNOWINGLY AND VOLUNTARILY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, and assume full responsibility for my participation.
2. I willingly agree to comply with the stated and customary terms and conditions for my participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
3. I, for myself and on behalf of my guardians, executors, heirs, assigns, personal representatives, and administrators, HEREBY RELEASE, HOLD HARMLESS, COVENANT NOT TO SUE, AND FOREVER DISCHARGE, the United States Government; the Veterans of Foreign Wars; their officers, directors, officials, members, agents, and employees; and any and all sponsoring agencies, sponsors, advertisers, owners, and lessors of premises used to conduct the Games, related events, and activities; and, officials, volunteers, and other participants of the 21st National Veterans Golden Age Games, from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any and all injury, disability, death, or loss or damage to person or property.
4. I consent to medical treatment in the case of emergency. I agree to assume full responsibility for payment of any and all fees incurred as a result of such medical treatment.

I HAVE READ THIS ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature: \_\_\_\_\_ Date Signed: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name(Please Print): \_\_\_\_\_

**IN CASE OF EMERGENCY, NOTIFY:**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

Relationship: \_\_\_\_\_

**RELEASE OF INFORMATION**

I voluntarily and without compensation authorize pictures and/or voice recording(s) to be made of me by or on behalf of VA, Veterans Canteen Service, Help Hospitalized Veterans, US military publications, and other magazines, veterans' publications, newspapers, and broadcast media, etc., while I am a participant in the 21st National Veterans Golden Age Games. I authorize any or all of the above to publicize and/or display such photographs and recordings, or to provide such photographs and recordings to others of their choosing for display, without notice or payment of any royalty, fee, or other compensation of any character to me for the use of my picture and/or voice. I understand that the said picture(s) and/or voice recording(s) are intended to publicize and give recognition to the National Veterans Golden Age Games. Also, I authorize storage of my registration and event data in the electronic media for data management and publicity purposes.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I also authorize contact information (i.e., my telephone number) to be published on the National Veterans Golden Age Games Web site.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## Medical Clearance Instructions for Competitors

You must be seen by your VA Primary Care Provider to be medically cleared to participate in the Games.

Reminder: We will not provide routine medical care, replacement medications, replacement equipment or replacement supplies for pre-existing conditions. You must bring enough medication and medical supplies to last throughout the games. Any medication or medical supplies provided on site will be charged back to your medical facility. We will not refill any narcotic prescriptions.

Participants using oxygen must have their sponsoring VA Medical Center coordinate oxygen services, including supplies, with a local oxygen provider.

We will provide medical assistance 24 hours a day at the Triage Clinic in the Hyatt Regency. We will also provide first aid and medical stabilization at the events and activities. Ambulance care will be provided as needed.

When you check-in for the Games, you must tell us if there have been any significant changes in your health since you completed your application. These include:

- Changes in medication
- Admissions/Hospitalizations
- New diagnosis, problems, or conditions

We need current addresses and phone numbers for:

- You
- Next of Kin
- Emergency Contact Person
- Your Primary Care Provider
- Sponsoring Facility Point of Contact

Have your VA Primary Care provider complete the enclosed General Medical Information/Medical Form (Form E) enclosed in this packet.

***A physician, nurse practitioner or physician assistant must fill out and sign this form.***

Dear Provider: Pending your approval, your veteran patient plans to participate in various athletic events and/or games which may be strenuous and/or dangerous depending on his/her condition. Additionally, should your veteran patient require personal ADL assistance, please understand this will not be provided by the Michael E. DeBakey VA Medical Center(MEDVAMC) and would be a reason not to clear him/her unless he/she is accompanied by a caregiver.

**All fields require an answer. If any question does not apply to this patient please indicate "NA."**

Veterans Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
Last First

SSN: \_\_\_\_\_ Veteran's Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

**PLEASE REVIEW PATIENT DEMOGRAPHICS FOR ACCURACY BEFORE YOU COMPLETE THIS FORM**

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

PROBLEM LIST (Active Problems): \_\_\_\_\_  
\_\_\_\_\_

I have reviewed the above active problems and confirm that this list is current. Yes No

All Active Medications: \_\_\_\_\_  
\_\_\_\_\_

I have reviewed the above medications and the veteran is taking them as directed. Yes No

LAST ADMISSION: \_\_\_\_\_

Allergies: \_\_\_\_\_

Vision: Is the Veteran visually impaired (legally blind)? Yes No

Hearing: Is the veteran hearing impaired? Yes No

Tetanus Toxoid Date: \_\_\_\_\_ Please update Tetanus if not within 10 years. Yes No \_\_\_\_\_

PPD date: \_\_\_\_\_ within 12 months: Yes No

If positive, send current x-ray report: Yes No

Can he/she take his/her own medications? Yes No

**Please advise veteran of their responsibility for bringing enough medication for the trip and the week.**

**MEDVAMC WILL NOT PROVIDE NARCOTIC REFILLS FOR ANY REASON.**

The cost of any medical expenses and/or medications will be charged back to the veteran or the veteran's originating facility.

Veteran's Name: \_\_\_\_\_

**Special Needs:**

Does the veteran need assistance with the following ADLs?

- a. Ambulation Yes No      b. Transfer Yes No      c. Feeding Yes No  
 d. Grooming Yes No      e. Toileting Yes No

Is the veteran incontinent of urine? Yes No      Is the veteran incontinent of bowel? Yes NoIf the veteran uses a wheelchair, can he/she ambulate short distances without assistance? Yes No

Durable medical equipment or special assistive devices the veteran will be using: \_\_\_\_\_

Is the veteran on portable oxygen? Yes No      If yes, Rx: i.e., 2L/min. \_\_\_\_\_

List special needs: (e.g. feeding tube, tracheotomy, catheter, mobility, bowel and bladder care, etc.)

List those needs that the veteran requires assistance with: \_\_\_\_\_

Behavioral Needs: \_\_\_\_\_

Cognitive Needs: \_\_\_\_\_

What activity restrictions do you recommend? \_\_\_\_\_

**Event Participation:** The veteran is physically capable of participating in these aerobic events:

- a. Bicycling Yes No      b. Badminton Yes No      c. Swimming Yes No

Please select Yes or No by the events the patient can or cannot participate in:

- |           |  |              |  |              |  |
|-----------|--|--------------|--|--------------|--|
| Air Rifle | <input type="checkbox"/> Yes <input type="checkbox"/> No | Bowling      | <input type="checkbox"/> Yes <input type="checkbox"/> No | Checkers     | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Croquet   | <input type="checkbox"/> Yes <input type="checkbox"/> No | Discus       | <input type="checkbox"/> Yes <input type="checkbox"/> No | Dominoes     | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Golf      | <input type="checkbox"/> Yes <input type="checkbox"/> No | Horseshoes   | <input type="checkbox"/> Yes <input type="checkbox"/> No | Nine Ball    | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Shot Put  | <input type="checkbox"/> Yes <input type="checkbox"/> No | Shuffleboard | <input type="checkbox"/> Yes <input type="checkbox"/> No | Table Tennis | <input type="checkbox"/> Yes <input type="checkbox"/> No |

In your opinion, can the veteran make the trip and participate in the National Veterans Golden Age Games?  
Yes NoDoes the veteran have an Advanced Directive: Yes No**Provider's Signature:** \_\_\_\_\_**Please provide a telephone number and a pager number where you can be reached August 26-September 1, 2007:** \_\_\_\_\_

Name: \_\_\_\_\_

I am a (circle one): **Competitor**                      **Coach/Staff**                      **Family Member/Guest**

Please check the appropriate box related to the activity in which you would like to participate. Please ensure these activities do not conflict with your event schedule. The planning committee must receive your payment no later than **July 29, 2007** in order to ensure your reservation(s).

**\*\*Costs listed are for admission only. Individual purchases, including food, are on your own.\*\***

**\*\*Payment for alternate activities is non-refundable.\*\***

Date	ACTIVITY	Cost	TIME
<b>Sunday, August 26, 2007</b>			
<input type="checkbox"/>	RE/MAX Ballunar Liffoff Festival at NASA	\$2.00	All Day (Shuttle buses at scheduled intervals)
<b>Monday, August 27, 2007</b>			
<input type="checkbox"/>	Space Center Houston (NASA)	\$10.00	8:30am - 1pm
<input type="checkbox"/>	Houston Arboretum and Nature Center	\$7.00	8am - Noon
<input type="checkbox"/>	Battleship Texas/San Jacinto Battlefield Tour	\$7.00	12:30pm - 5pm
<input type="checkbox"/>	Houston Museum of Natural Science	\$5.00	12:30pm - 5pm
<b>Tuesday, August 28, 2007</b>			
<input type="checkbox"/>	Moody Gardens, Galveston	\$18.00	8am - 4pm
<input type="checkbox"/>	Kemah Boardwalk	\$2.00	12:30pm - 7pm
<input type="checkbox"/>	Houston Texans NFL tour	\$2.00	8am - Noon
<b>Wednesday, August 29, 2007</b>			
<input type="checkbox"/>	Houston Zoo	\$5.00	8am - Noon
<input type="checkbox"/>	Battleship Texas/San Jacinto Battlefield Tour	\$7.00	8am - 12:30pm
<input type="checkbox"/>	Downtown Aquarium	\$12.00	12:30pm - 4:30pm
<b>Thursday, August 30, 2007</b>			
<input type="checkbox"/>	Moody Gardens, Galveston	\$18.00	8am - 4pm
<input type="checkbox"/>	Houston Museum of Fine Arts	\$5.00	8am - 12:30pm
<input type="checkbox"/>	Space Center Houston (NASA)	\$10.00	1pm - 6pm
<input type="checkbox"/>	Houston Texans NFL Tour	\$2.00	Noon - 4:30pm
<b>Friday, August 31, 2007</b>			
<input type="checkbox"/>	Ship Channel Boat Tour	\$2.00	7:30am - Noon
<input type="checkbox"/>	Kemah Boardwalk	\$2.00	9:30am - 3:30pm
<input type="checkbox"/>	Downtown Aquarium	\$12.00	9:30am - 1:30pm

Are you able to board a bus/van without using a wheelchair/scooter?  Yes  No

## Alternate Activity Descriptions

**Battleship Texas/San Jacinto Battlefield Tour-** The primary purpose of the 1,200-acre site is to commemorate the Battle and to preserve the Battleground on which Texan troops under General Sam Houston achieved the independence of Texas by defeating a Mexican Army led by General Antonio Lopez de Santa Anna on April 21, 1836. The Texas Parks and Wildlife Department's San Jacinto Battleground State Historic Site consists of the Battleground, Monument and **Battleship TEXAS**. It is located within minutes of downtown Houston and a short distance to the beaches of Galveston Island. Millions of visitors come to this area each year to enjoy the mild coastal climate and cultural and sports activities. Students and visitors alike are most fortunate to be able to experience history first hand through living history at the San Jacinto Battleground and Battleship TEXAS State Historic Sites. [http://www.tpwd.state.tx.us/spdest/findadest/parks/san\\_jacinto\\_battleground/](http://www.tpwd.state.tx.us/spdest/findadest/parks/san_jacinto_battleground/)

**Downtown Aquarium-** Houston's first public aquarium was designed to entertain the masses. The \$38-million world-class complex, perched on the redeveloped 400 block of Bagby, boasts 500,000 gallons of visible underwater tanks with more than 200 species of marine life--and that's just skimming the surface. At this classy carnival, expect rides and amusements for the entire family. The Shark Voyage is a highlight. Ride the 100-foot Diving Bell Ferris wheel for an incredible view of the city, or the aquatic carousel if you'd rather be grounded. See educational exhibits of themed underwater environments like the Rainforest. Quell your hunger at the Marina Matinee cafe or Aquarium restaurant; quench your thirst at the Dive Lounge. <http://www.aquariumrestaurants.com>

**Houston Arboretum and Nature Center-** The Houston Arboretum & Nature Center (HANC), one of the first nature education facilities for children in the state of Texas, provides services to nearly 200,000 visitors annually. The Houston Arboretum & Nature Center is a 155-acre non-profit urban nature sanctuary located on the western edge of Memorial Park. It is managed by the HANC Board of Directors and staff under an agreement with the City of Houston Parks and Recreation Department. Visitors can enjoy over 5 miles of nature trails, including forest, pond, wetland and meadow habitats. The grounds are open daily 8:30 am - 6:00 pm. The Discovery Room, inside the building, offers hands-on interactive exhibits, microscopes, touch screens and more for learning about the habitats and plant and wildlife found at the Center. [www.houstonarboretum.org](http://www.houstonarboretum.org)

**Houston Museum of Fine Arts-** The museum galleries are filled with artworks representing every era of history. Throughout the year, our permanent collections showcase magnificent examples of art from antiquity to the present, and this spring and summer our special exhibitions also span the entire time line. The primary mission of the MFAH is to bring the history of art to all people. As art evolves, we will keep pace by expanding our facilities and our collections--for a look at highlights of recent acquisitions, please visit the "New to the Collections" section of the Web site. <http://www.mfah.org/main.asp?target=home>

**Houston Museum of Natural Science-** The Houston Museum of Natural Science is a multi-level venue for all ages. The museum highlights the earth's wonders through Wortham IMAX Theatre, Cockrell Butterfly Center and Burke Baker Planetarium. There are 9 permanent exhibits that feature everything from diamonds to dinosaurs. <http://www.hmns.org/>

**Houston Texans NFL Tour-** Want to see how an NFL star trains in state of the art facilities and also see a beautiful stadium that hosted the Super bowl in 2004? Well, here's your chance! On this tour you will have a chance to see most all of the Reliant Park campus including an external view of the Houston Astrodome. You will also see first class training equipment and facilities, press box areas, and various other parts of the infrastructure that makes up the NFL machine that so many of us **don't** get to see during the Sunday broadcasts. Who knows, maybe we'll see one of Houston's world class athletes during the visit!?! <http://www.houstontexans.com>

**Houston Zoo-** The Houston Zoo provides a fun, unique, and inspirational experience fostering appreciation, knowledge, and care for the natural world. The Zoo is made up of moving parts. It is essentially a small city. We have over 4,500 permanent residents, our animals, for which we provide housing, meals, medical care, and yes, even education! In addition, we have 1.5 million guests each year; they enjoy refreshments, perhaps a meal, some pleasant conversation, and entertainment. Our dedicated staff ensures our Zoo is up and running for the safety and well being of our residents and guests. [http://www.houstonzoo.org/About\\_the\\_Zoo/Index.aqf](http://www.houstonzoo.org/About_the_Zoo/Index.aqf)

## Alternate Activity Descriptions (Continued)

**Kemah Boardwalk-** The Kemah Boardwalk is an amusement area in Kemah, Texas. Modeled after the seashore boardwalks common in the northeast beach towns, the main attractions of the 35-acre complex are its many restaurants overlooking Galveston Bay, recreational sailing, and rides for the whole family. Activities include shopping and midway games, as well as a miniature train that traverses the entire area. Additional attractions include a 36-foot carousel and a 65-foot Ferris wheel. <http://www.kemahboardwalk.com/>

**Moody Gardens, Galveston-** Looking for island fun? Work or play, this tropical destination is ideal for families and groups alike. Water your imagination and travel the oceans of the world at the Aquarium Pyramid®. Step into the Rainforest Pyramid® with thousands of tropical plants, exotic fish and birds. Explore the mysteries of science at the Discovery Pyramid®, and take a rocking and rolling ride through the universe at the Ridefilm Theater. Get in the middle of the action at the 4D Special FX Theater®. See spectacular images leap from the screen of our six-story IMAX®3D Theater and visit beautiful Palm Beach (seasonal). <http://www.moodygardens.com/>

**RE/MAX Ballunar Liff Festival-** This unique weekend of fun takes place at NASA/Johnson Space Center. The NASA/Johnson Space Center site transforms into the location of the RE/MAX® Ballunar Liff Festival. It is a one-of-a-kind tribute to human flight - from the beauty of mass hot air balloon ascensions to the high-tech world of modern space flight. Visit this exciting and educational family-oriented event at NASA/Johnson Space Center and enjoy hot air balloon competitions, evening balloon glows, skydiving exhibitions, commercial exhibits, concession booths, food from local restaurants, arts & crafts exhibits, entertainment and various aviation equipment displays. <http://www.ballunarfestival.com/>

**Ship Channel Boat Tour-** Get ready for an unforgettably spectacular waterborne tour of one of the busiest ports in the world aboard the Port of Houston Authority's free public tour boat! Named for the legendary military commander who led the fight for Texas independence from Mexico and later statehood, the M/V Sam Houston offers free leisurely 90-minute round-trip cruises along the Houston Ship Channel. Embarking from the port's Sam Houston Pavilion, visiting sightseers can enjoy passing views of international cargo vessels, and operations at the port's Turning Basin Terminal. Measuring 95 feet in length and 24 feet in width, the boat carries a maximum capacity of 100 passengers with air-conditioned lounge seating and additional standing room on the boat's rear deck. <http://www.portofhouston.com/samhou/samhou.html>

**Space Center Houston (NASA)-** Space Center Houston is a place where people can experience space -- from its dramatic history and exciting present to its compelling future. Space Center Houston is the only place on Earth that gives guests an out-of-this-world journey through human adventures into space. Space Center Houston's unparalleled exhibits, attractions, special presentations and hands-on activities tell the story of NASA's manned space flight program. SCH is the only place in the world where visitors can see astronauts train for missions, touch a real moon rock, land a shuttle, and take a behind-the-scenes tour of NASA. At Space Center Houston, guests can understand the past, experience the present, and be a part of the future of the space program. <http://www.spacecenter.org/>

# Non-Competitor Registration Checklist

REGISTRATION DEADLINE IS JUNE 1, 2007

Name: \_\_\_\_\_

## NON COMPETITOR FORMS

- Non-Competitor Application (Form G)
- Non-Competitor Meals (Form H)
- Alternate Activities (Form F)

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**Make Checks/Money Orders for meals and/or alternate activities payable to: Michael E. DeBakey Medical Center. On the memo line, please note: 2007 NVGAG Account GPF 9033. Your check/money order must be included with your registration packet.**

REGISTRATION DEADLINE IS JUNE 1, 2007

Please check only one:  Coach  Support Staff  Family/Significant Other

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: ( ) \_\_\_\_\_ Evening Phone: ( ) \_\_\_\_\_

E Mail Address: \_\_\_\_\_

What VA medical center do you represent? \_\_\_\_\_

Do you use a wheelchair or scooter?  No  Yes

**In Case Of Emergency, Notify:**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

Relationship: \_\_\_\_\_

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**For coaches only**, does your team have a name?  No  Yes

Name of Team: \_\_\_\_\_

Please list of your team member's names:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**For coaches and support staff**, please indicate your t-shirt size:

Small  Medium  Large  XL  XXL  XXXL  Other

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**Release of Picture/Information:** I voluntarily and without compensation authorize photograph(s), video(s), and voice recording(s) to be made of me by or on behalf of the Department of Veterans Affairs (VA), the Veterans Canteen Service, Help Hospitalized Veterans, US military publications, community media outlets, etc., while I am attending the 21<sup>st</sup> National Veterans Golden Age Games. I authorize any or all of the above to publicize and/or display such photographs and recordings, or to provide such photographs and recordings to others of their choosing for display, without notice or payment of any royalty, fee, or other compensation of any character to me for the use of my picture and/or voice. I understand that the said picture(s) and/or voice recording(s) are intended to publicize and give recognition to the National Veterans Golden Age Games. Also, I authorize storage of my registration and event data in the electronic media for data management and publicity purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_



Name: \_\_\_\_\_

Meals are furnished for all competitors. Coaches, support staff, family members, and others may purchase meal tickets at the costs listed below.

Please tell us which meals you would like to purchase:

<input type="checkbox"/>	<b>ALL MEALS, ALL DAYS</b>		<b>\$341.00</b>
<input type="checkbox"/>	Sunday, 8/26/07	Dinner Only	\$32.00
<input type="checkbox"/>	Monday, 8/27/07	Three Meals	\$59.00
<input type="checkbox"/>	Tuesday, 8/28/07	Three Meals	\$59.00
<input type="checkbox"/>	Wednesday, 8/29/07	Three Meals	\$59.00
<input type="checkbox"/>	Thursday, 8/30/07	Three Meals	\$59.00
<input type="checkbox"/>	Friday, 8/31/07	Three Meals	\$59.00
<input type="checkbox"/>	Saturday, 9/1/07	Breakfast Only	\$14.00
	<b>TOTAL:</b>		<b>\$_____</b>

Method of payment:  Check  Money Order

Please make payment to: Michael E. DeBakey VA Medical Center, Houston  
In memo area, please note:  
**Meals/Alternate Activities 2007 NVGAG Account GPF 9033**

**Non-Competitor Alternate Activities**

**Please refer to Form F, page 20**