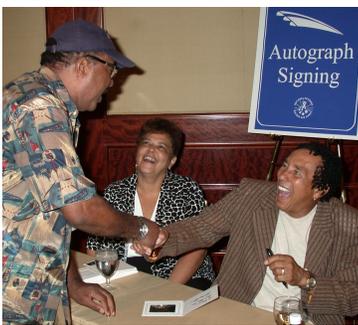


The 2002 Games results will be posted daily near the information desk on the Plaza Level.



Smokey Robinson, musical entertainer, visited with veterans and wished them well in the competition.

Presented by the
Desert Pacific Healthcare Network

Hosted by the
VA Greater Los Angeles Healthcare System

Co-sponsored by the:



Veterans of Foreign Wars



Department of Veterans Affairs

California Fever

by: *Cindy Butler,*
VA San Diego Healthcare System

“We have the largest team in the history of the Golden Age Games,” said Larry Wong, Los Angeles’ team coach since 1996, and this a member of the Golden Age Games local steering committee. The Los Angeles team this year has 90 participants and the San Diego team has 16 participants. Meet two of California’s fantastic participants who represent the spirit of the Games: Adrienne Mohammed and Tom Starr.

If you haven’t met Adrienne Mohammed, you’re in for a real treat. Just attend any of the events and you’ll soon notice this 70-year-old Navy veteran cheering the loudest or competing the hardest. Originally from New Hampshire, this Navy Wave enlisted in 1953 in Boston, Mass.

When asked why she keeps coming back to the Games, a warm smile comes across her face. “No one can participate in just *one*.” Mohammed’s drive and enthusiasm are only part of her “spitfire” personality. She loves

the Games so much she’s been telling her comrades and friends about the Games. “I ask them what’s the use of sitting around – get up and start living,” stated Mohammed.

Another golden star from the California contingent is Tom Starr. “I love to dance,” says Starr, 86, and a resident of the Veterans Home of California in Chula Vista. By Monday, he had already been spotted on the dance floor “cutting a rug” at the Games. Since dancing is not an official event at the Games, he is competing in swimming, nine ball, horseshoes, and dominoes. As a novice to the Golden Age Games, Starr first heard about the event from one of his friends at the Veterans Home.

A native Californian, Starr was born in Lenmore, Calif., in a family of six sisters and three brothers. He served in the Marines in WWII, and was married for 58 years. “He’s having the time of his life at the LA Games,” stated Ellen Berman, San Diego’s team coach.

Contribution by Marianne Davis,
VA Greater Los Angeles Healthcare System



Mohammed



Starr

Locations

Command Center
Constellation I
Plaza Level
Lost & Found
Constellation I
Plaza Level
Media Center
Constellation II
Plaza Level
HP Internet Cafe
Encino Room
California Level
Coaches' Room
Bel Air Room
Information Booth
Lobby Area

The Daily Wave is also available on the Golden Age Games Web site at www.va.gov/vetevent/gag/2002.

Medical Assistance and Wheelchair Repair are in Suite 702

The Taste of Sisterly Gold is All So Sweet

Navy veteran Su Carroll of Martinsburg, W.Va., had two good reasons for traveling thousands of miles to this year's Golden Age Games – to defend her gold medal victories in swimming and to reunite with her sister whom she had not seen for 20 years.

The two were reunited Sunday and time just seemed to melt away. Her younger sister, Beatriz Escandor of Los Angeles was in the stands rooting for Su during the women's swimming competition. Home, family, work, and distance had kept them apart for two decades.

"A gold this year would taste even better with my sister in the stands," Carroll said.

Carroll was easy to spot at the swim competition, as she always swims with her glasses on.

"I keep them on so I can see the finish line," she said.

This strategy worked to her advantage again, with Carroll defending her title and winning first place in her age category for the 50-yard freestyle swimming. It's not clear if the credit goes to the strategy of wearing her glasses, the moral support provided by her sister Beatriz, or a combination of



Beatriz and Su

the two, this year's gold was an especially sweet victory for Carroll.

With the swimming competition out of the way, the sisters will continue catching up while Su waits for the other events she is scheduled to compete in this week.

A Seasoned Competitor

By: Barbara Fallen, VA Desert Pacific Healthcare Network

At 88 years old, Fredric Weaver is a seasoned competitor. Competing in the Golden Age Games for the 12th time, he is focusing his efforts on the shuffleboard competition. He has also competed in dominoes, croquette, and checkers in past years. His best Games were in Riverside in 1996 and Leesburg in 1998 where he won bronze medals in shuffleboard. He attributes his successful participation in the Games to his coach for the past six years, Mirian Franklin, a recreation therapist from the VA Greater Los Angeles Healthcare System. "She cools me down when I get antsy," he said with a big smile.

As a WWII Army veteran from California, Weaver participates in the Games "because I get a chance to meet different people." His motto is "do the best you can."



Weaver

Swinging Seniors!

by: Jack Tankersley, Volunteer

Amid the peaceful trees and lush fairways, golfers “teed it up” in friendly competition at the Rancho Park Golf Course, Monday morning.

Among the 72 participants, was Frank Rubino, an Army veteran from Batavia, N.Y.



Rubino

This is Rubino’s third year competing in the Games and he was particularly excited about playing golf here in a State where you can find some of the world’s greatest golf courses.

Rubino, who is also competing in nine ball, says he keeps coming back to meet new friends,

visit the friends from past games and enjoy the competition.

Overheard giving some local knowledge of the course to some fellow competitors, Allen Weiss, an Army veteran from the Los Angeles area, explained he didn’t mind giving out tips about the course, “we’re all on the same team,” Weiss said. He pointed out the trouble to the right of number one fairway advising them to play to the left side. Weiss said the best advice he had received came from his caddy. He had 150 yards to the green and asked his caddy if a seven iron would be enough club. The caddy answered without hesitation, “Sure, eventually.”



Weiss

Golfers, not unlike fishermen, always have a tall tale that they’re more than eager to share; so, listen up throughout the week, you’re sure to hear plenty!

A Word of Inspiration

My fellow Golden Agers, it is wonderful to be here with all of you at these 16th National Veterans Golden Age Games. I want to share with you the words Andrew Carnegie, founder of Carnegie Steel Corp. in Pittsburgh, Pa., shared with his workers many years ago: “If the mind can conceive it, and the heart will believe it, then we can achieve it.” We all can achieve harmony if we heed these words, while participating in these wonderful Games this week.

Best Wishes to all of you!

*Andrew Onifer,
participant from Bonham, Texas*

Caring for the Caregiver Finale Tonight

by: Annie Tuttle

VA Loma Linda Healthcare System

Professional and family caregivers: Tonight is your last chance to attend the Caregivers Workshop. Join us in the Director’s Boardroom, Mezzanine Level, from 7 to 9 pm. Open to all, this is the first time the workshop is being held at the Golden Age Games. Staff from the U. S. Administration on Aging and the Rosalynn Carter Institute for Human Development in partnership with VA will be presenting information for those who provide care and support to those at home.

The workshop will highlight the importance of caregiving, define responsibilities and tasks, and provide tips for caregivers to stay healthy.

Presenters will also help caregivers find and access other community resources.

Wednesday's Activities

- 6:30 am - 2:00 pm **Deep Sea Fishing**
Van departs from Century Plaza Hotel
- 8:00 am - 10:00 am **Dominoes (60-64; 70-74)**
Century Plaza Hotel/California Showroom
- Table Tennis (55-59; 80 plus)**
Century Plaza Hotel/California Showroom
- 9:00 am - 3:00 pm **Getty Museum/Rodeo Drive**
Bus departs from Century Plaza Hotel
- 9:00 am - 4:00 pm **Universal Studios**
Bus departs from Century Plaza Hotel
- 10:00 am - 12:00 pm **Dominoes (65-69)**
Century Plaza Hotel/California Showroom
- Table Tennis (75-79)**
Century Plaza Hotel/California Showroom
- 1:00 pm - 2:30 pm **Dominoes (55-59; 80 plus)**
Century Plaza Hotel/California Showroom
- Table Tennis (60-64; 70-74)**
Century Plaza Hotel/California Showroom
- 2:30 pm - 4:30 pm **Dominoes (75-79)**
Century Plaza Hotel/California Showroom
- Table Tennis (65-69)**
Century Plaza Hotel/California Showroom
- 4:00 pm - 5:30 pm **Award Presentations**
Century Plaza Hotel/Olympic I Ballroom
- 7:00 pm - 9:00 pm **Caregiver Workshop**
Century Plaza Hotel/Director's Board Room
- 7:00 pm - 9:00 pm **Mexican Fiesta**
Century Plaza Hotel/Los Angeles Ballroom



TODAY'S WEATHER

Partly Cloudy
80/64

MENU

Breakfast: Served 6 am - 8 am
Seasonal Fruit
Bacon
Scrambled Eggs
Cottage Fries
Croissants/Breads/Bagels
Coffee/Tea/Milk/Juice

Lunch: Served 11 am - 1:30 pm
Fruit
Health Bar
Italian Meat Sandwich
Soda or Water

Dinner: Served 4:30 pm - 6:30 pm
Salad
Potatos & Vegetables
Pot Roast
Assorted Rolls
Bread Pudding
Coffee/Tea/Milk

Breakfast will be served at the Los Angeles Ballroom.
Lunch will be served at the Los Angeles Ballroom and offsite.
Dinner will be served at the Plaza Level patio.

Transportation Schedule

Deep Sea Fishing/Marina Del Rey

Van Departs Return to Hotel
6:00 am 2:00 pm

Universal Studios

Bus Departs Return to Hotel
9:00 am 4:00 pm

Getty Museum

Bus Departs Return to Hotel
9:00 am 2:00 pm

Departures from Century
Plaza Hotel's lobby.

Veterans Oral History Project

VA and VFW are partnering with the Library of Congress to preserve, in your own words, your stories and experiences through the Veterans Oral History Project. Bill Brough, from VA, will continue video interviews today outside the Media Center on the Plaza Level between 9 am and 3 pm.