



Hampton, Virginia ~ May 7 - 12, 2006

Bay Reflections



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

Monday, May 8, 2006

Local Veterans Welcome You to the Games!



The Hampton Team: (Front row, seated) Harold Hoffstetter, Hal Saunders, Hugh Austin and Rosa Thompson. (Left to right, standing) Webster Rose, Ed Hazlewood, John Romeo, Patrick O’Keeffe, Melvin Williams, Frank Dixon, David Kelley, Thomas Hofler, John Hamlette, Nabor Mercado, Clarence Braxton, Donald Reid and Charles Wynder.

Looking for gold? You’ll surely find it here in Hampton. For the past 19 years these veterans have been waiting for the Games to come to Hampton. Now in it’s 20th year, the Games are here, and they are ready to capture the gold.

“The Hampton team has really been ‘talking up’ the Tidewater area and I’m very excited that the Games are being held in my home state,” said Thomas Hofler, U.S. Marine Corps veteran.

The twenty-two veterans representing the Hampton team would like to

extend a warm welcome to all veterans and their families, coaches, staff and volunteers.

“I think it is great that we have this opportunity to show everyone the birthplace of our nation and the southern hospitality Virginia has to offer,” said Clarence Braxton, a U.S. Army veteran. “This is a wonderful way for the local community to honor our nation’s military veterans and see what being active does for seniors.”

Charles Wynder, a U.S. Army veteran, is excited that the Golden Age

Games are being held in Hampton because this area is a great place to share in friendly competition with fellow veterans as “Champions by the Bay.”

The team looks to each other for support and inspiration. Each has their own challenges, but is motivated to include wellness and fitness in their everyday lives.

The Hampton Team welcomes everyone to the great state of Virginia. Let the Games begin!

By Kristi Nuckols, Hampton VA Medical Center

Participant Spins A Legacy of Service for Others

“To whom much has been given, much is required.”

These words are more than a quote from the Bible for 65-year-old Charles Wynder. They are his mantra - his driving force to stay active, to give back and to leave a strong legacy of service with his family and friends.

“In spite of some personal, unfortunate life experiences, I feel that I have been blessed.” Wynder said. “Everywhere I lived as an adult I have tried to make my community a better place. As my children grew and matured, teaching

them the importance of compassion and helping others who are less fortunate was important to me. Showing them how was more effective than telling them. Being a positive role model to them reinforced my desire to give back.”

The spirit of giving was strong this past year with most Americans who wanted to assist victims of the gulf coast riddled by Hurricane Katrina and other storms. Many of

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“Legacy of Service” continued from page 1

us donated money and blood. Wynder has given that and a bit more.

“Right after the storms hit I donated blood. But I wanted to make a contribution in a more direct way that would also help veterans. I worked with the VA Medical Center in Hampton to set up a special account to help fund gulf coast veterans’ participation at the Golden Age Games.”

Wynder started the account with \$500 and then solicited assistance from 40 veteran service organizations, businesses and local municipalities. He spoke to civic groups and appealed to the public through several news releases.

“I want these gulf coast veterans to feel what I’ve felt. Helping them get here is important to me because the Games are a life-altering experience. We come together to renew old acquaintances and experience true camaraderie in an atmosphere of fun and friendly competition. The Games are very special and therapeutic.”

An alumnus of the last five Golden Age Games, he has claimed 11 medals for his hometown. This year he is competing in two biking events, and two swimming, but says his true passion in exercise is biking. His reward is a strong cardiovascular system.

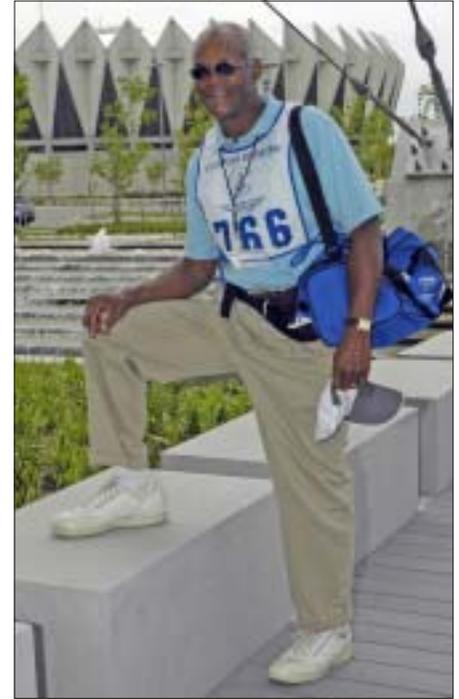
“Some mornings I open my eyes and just pray for rain,” he said. “But living is a constant process of deciding what to do. For me following my schedule works. I listen for rain, and sometimes I think I can miss this one morning. But it’s just a fleeting moment. I look out and see it’s clear and I’m on my way. If it truly is raining, I’m disappointed because I feel like I’m missing the day.”

Wynder is up at 5 a.m. and on his bike by 5:30 a.m. ready for his eight mile ride usually in 32 minutes. “There probably are better exercises, but biking is what I enjoy. I set my goal each morning to go as fast as I can as far as I can. It sometimes seems punishing to myself while I’m doing it, but each mile gets me closer and closer to my goal. That’s why I do it.”



Wynder believes his legacy to his children is demonstrating community stewardship and care for others. And it appears to be working since they are all very strongly involved with community and family activities. “Their accomplishments and volunteering make me feel my time on earth is well spent. Hopefully this will continue to my grandchildren too. So far it seems to be. I’m very proud of them and their service.”

By Jeanne Riffe, VA EES, St. Louis, Mo.



Charles Wynder, Williamsburg, Va.

Special Birthday Wishes



If you have the opportunity to meet the following competitors during the week, please wish them an extra-special happy birthday! The Public Affairs team would like to invite those of you celebrating birthdays this week to stop by the Media Center between the hours of 8:30 a.m. and 5p.m. to pick up a birthday surprise. The Media Center is located at the Hampton Holiday Inn, Hampton 1 and 11 Rooms (across from the dining facilities). We hope your day is a memorable one!

Tuesday, May 9, 2006

Gene Berbaum

Wednesday, May 10, 2006

Frank Nepi

David Owens

Thursday, May 11, 2006

Gary Edmonds

Donald Anthony

Ronnie Carpenter

Earle Smith

Friday, May 12, 2006

Bob Sandoval

Konrad Burgert

Bo Derek Shares Passion for America's Veterans

Actress and humanitarian Bo Derek is among the many special guests attending this year's Golden Age Games. As honorary chairperson of VA's National Rehabilitation Special Events, Derek is meeting with competitors and cheering them on during her visit to the Games today and Tuesday.

Nearly three decades after starring in the hit movie, "10," Bo Derek has proven that true beauty is deeper than a person's external appearance, devoting her time to supporting animals, caring for other people and doing her part to serve America's veterans.

Derek is no stranger to veterans. Her father was a radio operator during the Korean War and both her stepfather and her late husband, John Derek, were also veterans. Her love for the armed forces inspires her to perform the duties as national honorary

chairperson with passion and ease. In 2002, the Special Forces Association named Bo Derek honorary Green Beret, one of only four other Americans who have been so honored. She was recognized for her efforts on behalf of America's men and women in uniform as well as our nation's military veterans.



Look for her tomorrow at the different Games activities. She will be distributing medals at tomorrow's medal presentation ceremony held in the medal tent located outside the Holiday Inn. Be sure to say hello – she would love to stop and visit.

Did You Know?

Commemorating 75 years of service

In recognition of VA's 75th Anniversary, some more historical facts...

On July 21, 1930 President Herbert Hoover signed an executive order establishing the Veterans Administration. The new agency consolidated the previously independent Veterans' Bureau, the Bureau of Pensions and the National Homes for Disabled Volunteer Soldiers into one organization. Then on March 15, 1989 President Ronald Reagan signed legislation that marked the elevation of the Veterans Administration to cabinet level, renaming it the Department of Veterans Affairs.

VETERANS HISTORY PROJECT

Veterans History Project interviews continue through Friday, May 12, in the Quality Inn, Room 113, but you must schedule an appointment.

This historic project is meant to honor our nation's veterans by creating a lasting legacy of their military experience. Regardless of branch or period of service, age, military career, or experience, all veterans are invited to share it with our VHP program staff this week during the Games.

Each participant will receive a VHP tote, a DVD copy of your interview and a VHP challenge collector's coin before leaving the event.

Interview times are daily from 8 a.m. to 5 p.m. and Friday, May 12, until 3 p.m. If you were unable to make an appointment during registration and would like to participate in the VHP, stop by the Quality Inn., Room 113 at the top of each hour to see if there are appointments still available.



Jerry Beightol of Martinsburg, W.Va., and Wilson Reeves, Long Island, N.Y., enjoy dinner Sunday evening.



Carl Blush of Boise, Idaho; Gary Gillen of Mountain Home, Idaho; and Caryl Robbins of Nampa, Idaho, are ready for the week of competition.



Registration lines in the Hampton Roads Convention Center



Teammates John Murphy of Leominster, Mass., and Gary Edmonds of Bedford, Mass.





Taking a break from standing in line during registration.



Media Center volunteer Fran Burke from Houston, Texas helps William Reed from Chicago, Ill., complete his registration.



Robert Paredes from Chicago, Ill., speaks with Gail Bonham during registration.



Media Center staff Harriet Singleton and Jeannie Miserandino laugh with Irv Czosek of Libertyville, Ill.



Media Center photography team leader Gene Davies takes a photo of Robert Walway from Londonderry, N.H.



Alternate Activities



Take a trip back in history — Visit Colonial Williamsburg and Jamestown



Visit **Colonial Williamsburg**, where America began and history lives, even today! Originally settled in 1690, Williamsburg was the first planned city, laid

out in 1699 as a model capitol. A visit to Colonial

Williamsburg is a step back in time. See the reconstructed Governor's Palace, Raleigh Tavern, or any of the exhibition buildings along with a hundred gardens as historical interpreters convey the life and excitement of life during the country's colonial period.



Colonial **Jamestown** offers a wealth of activities for exploring the first permanent English settlement in North America.

During your trip to Jamestown you will learn about Jamestown, the landing site of the 107 colonists who arrived in three small ships under

Captain John Smith, and Pocahontas, who married tobacco entrepreneur, John Rolfe. Tour the original 17th century church tower and reconstructed 17th century Jamestown Memorial Church. You can also take a walking tour through the original settlement along the scenic James River, and even meet a 17th century personality!



Hometown News at the Games

For many years at the National Veterans Golden Age Games, the public affairs team has operated a "Hometown News" program to let your local newspapers know about your participation in the Games. Through this effort, we prepare an individual news release for any veteran requesting one, which is placed on the Games Web site later in the week to make it available to your local media. For anyone who asked for a news release, we hope to have them posted on the Web site by Wednesday or Thursday (see www.veteransgoldenagegames.org on the "[Competitor Information](#)" page.) All week, our photographers will also be taking action photos of as many competitors as possible. If you requested a news release, our goal is to have your best photo on the Web site by the time you leave. We also hope to provide you with one 4x6" print of that photo, along with a copy of your personal news release.

The Web site makes your information much more accessible to local media in your area. We will also be calling hundreds of media outlets all week to let them know that you are here and competing in the National Veterans Golden Age Games. Unfortunately, we can never guarantee that a story will run, but we do our best to make the information available to local media throughout the country.

Don't forget to check out the Games Web site when you get home so you can see your news release and photo, along with your event results. Also, please help us spread the word to the newspapers and other media back home about this great story – all about you!



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 will be located in the Holiday Inn Hotel, Jamestown Room. Snacks will available Monday through Friday from 7 a.m. – 5 p.m.

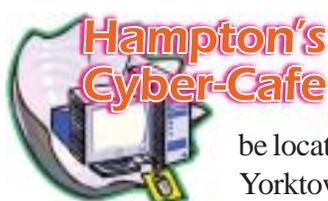


The medical volunteers are committed to helping all participants maintain their optimum levels of wellness. Staff will be available to assist with urgent needs in an on-site clinic at the Holiday Inn through May 13 at Noon. Medical suite staff will triage veterans if needed 24 hours a day, in Room 4109 on the first floor of the Holiday Inn. Medical and nursing staff will be on-site at all Games venues; you will 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 email or go surfing...the Internet that is! The Cyber-Café will be located in the Holiday Inn, Yorktown Room. The café will be open daily through May 13th from 7 a.m. – 10:30 p.m.



Monday, May 8, 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

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

Broiled Cod Fish, Beef Lasagna, Red Skin Potatoes, Carrots, Green Beans, Assorted Rolls and Desserts

Salad Bar

Garden Salad with Assorted Dressings, Yogurt, Fruit,

Fruit Salad, Potato Salad, Soup of the Day

Cold Deli Station

Turkey, Ham, Roast Beef, Cheddar, Swiss, Mozzarella

Breads and Sandwich Rolls, Condiments

Hot Sandwich Station

Hamburger, Cheeseburger, Fried/Grilled Chicken

Dinner Menu

Entrees

Chicken Marsala, Beef Stroganoff, Pasta Broccoli, Vegetable Medley, Assorted Rolls

Salads

Mixed Green Salad with choice of dressing

Fruit Salad, Caesar Salad, Seafood Salad

Desserts

Assorted Pies and Cakes, Yogurt, Fruit



Schedule of Events

Monday, May 8, 2006

7:30 a.m. – Noon	Colonial Williamsburg Williamsburg, VA
8 a.m. – Noon	Late Registration Hampton Holiday Inn, Williamsburg 1
8 a.m. – Noon	Golf Woodlands Golf Course
8 a.m. – 5 p.m.	Checkers Clarion Hotel, Hampton Ballroom
11 a.m. – Noon	Golf Clinic Woodlands Golf Course
Noon – 6 p.m.	Jamestown Settlement Jamestown, Virginia
2 – 5 p.m.	Bicycling Fort Monroe
6:30 – 9 p.m.	Bass Pro Shop Hampton, VA
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: Monday — 10 a.m. – 4 p.m.; Tuesday to 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.



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!



Transportation

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

7 a.m.	Golf & Golf Clinic Woodlands Golf Course
Noon	Return from Golf & Golf Clinic
1 – 5 p.m.	Bicycling Fort Monroe (30 Minute Shuttles)
7 a.m. – 5 p.m.	Checkers (Golf Carts)
6 – 10 p.m.	Sponsor's Dinner Hampton Air and Space Center

Alternate Activities — Departure Times

Please check in at the Alternate Activities table located in front of the Holiday Inn 30 minutes before your trip is scheduled to depart.

7:30 a.m. – Noon	Colonial Williamsburg
Noon – 4 p.m.	Jamestown Settlement
6:30 – 9 p.m.	Bass Pro Shops (Continuous Shuttles)
9 p.m. – Midnight	Dance – Holiday Inn (Golf Carts)



Weather

**Rain, Thunder and Wind
High 59° / Low 54°**

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