

THE 2002 GAMES RESULTS WILL BE POSTED IN THE DAILY WAVE



Lee Williams, Antioch, Calif., enjoying the Hawaiian Luau on Saturday night.

## The Ulmens: A Father and Son Team Share First Time Experience

by: Annie Tuttle

VA Loma Linda Healthcare System

There are over 500 very special participants at this year's Golden Age Games, but two hold a very special distinction. The Ulmens are a father and son team who are attending the Games for the first time. Bernard Ulmen, 95, is a WWII Army veteran and John Ulmen, 66, is a Navy veteran. Bernard travels between his son and daughter's homes living in Wisconsin, Arizona, or California.

"Adrienne Mohamed, a veteran competing in the Games, is the best salesperson for the Games," John said. "She was persistent in her quest to have dad and I attend this year's games." John met Adrienne during physical therapy at VA West LA following his back surgery. "I called dad and said, 'let's give it a try' and here we are!"

Both Ulmens have been active in sports throughout their lives. Bernard played baseball for the Army and semi-pro ball for his employer, the Los Angeles Railway. Bernard talked about his favorite sports, "I used to play tennis and square dance. Now I walk instead."

Bernard served in the tank corps with General Patton and was part of the first wave that hit the beaches of Normandy. He was one of 12 children. Seven of his brothers served in WWII.



Bernard and John Ulmen

John holds the appointment of Honorary Council for Guatemala serving as a liaison between the U.S. and Guatemala. His duties include helping travelers, coordinating medical care and assisting with legal concerns. This honor was bestowed by the Guatemalan president, following John's work on natural disaster relief projects.

John said, "It is a privilege for us to be here together. VA has been good to us, providing my college education, our medical care, and now the opportunity to participate in the Games."

Presented by the  
Desert Pacific Healthcare Network

Hosted by the  
VA Greater Los Angeles Healthcare System

Co-sponsored by the



Department of Veterans Affairs



Veterans of Foreign Wars

## Location! Location!

**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



## California Sun

Although you may not feel the California Sun. Don't be fooled by the mild Los Angeles weather. It's important to take precautions to protect yourself while you are participating in the outdoor events. Here are some tips to keep in mind:

- Drink plenty of water both before and during your event.
- Wear sunscreen and a hat whenever possible.
- Stay in the shade as much as possible before your event.
- Bring a towel to dry off and a clean shirt to change into so that you can stay dry.
- Wear loose, light-colored clothing, preferably cotton.

Water Stations  
will be at all  
Event Sites

## Golden Age Games on the Web

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## Medical Assistance Suite 702



Medical Assistance • 24 Hours Daily • Sunday - Saturday  
Look for the medical staff in their RED T-Shirts.

**Wheelchair Repair** is available from 7 am to midnight  
daily in the Malibu Room on the California level.

In the event of a life threatening emergency, dial hotel  
operator to call 911.



# Spot Light

## - On The Street - Why do you come to the Golden Age Games?



Gladys Brolik,  
California

*"I am interested in hooking up with any of the game participants that may have also served in the Weather Squadron."*

Gladys was the only women who served in the 8th Weather Squadron, Westover, MA. (Air Force 1948-1951)

*"This is my first time at the Games and I have had so much fun. I was encouraged by my friends, and now teammates, to participate."*

Jacqueline will be competing in croquet, dominoes, checkers, and nine ball this week. (Navy 1945)



Jacqueline Ainsworth,  
California

*"I come to compete, enjoy the companionship and have a good time."*

Reverend Cheers stated that the Games are very important to him. One year he had to miss the Games due to illness, which made him very sad.



Calvin Cheers,  
Illinois



Dorothy Davis,  
California

*"This is my third times at the Golden Age Games and I have loved each and every one of them."*

Dorothy is 85 and is our oldest woman veteran competing. (WAVES 1942-1945)

*"I love to participate, compete, and just have a good time."*

Richard will be competing in bowling, shuffleboard, and table tennis. (Navy 1956-1962)

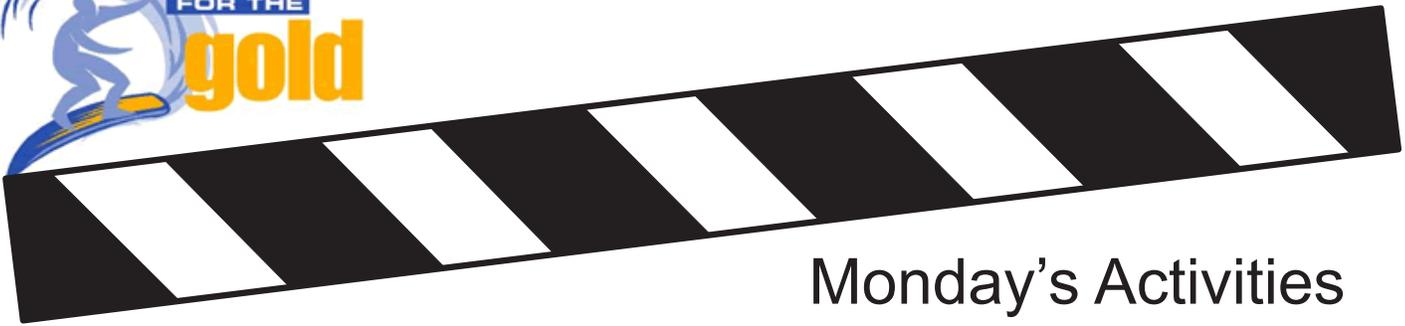


Richard Ickes,  
Illinois



Johnny Kizer,  
Texas

*"I come to the Games for the camaraderie with fellow veterans."* Johnny looks forward to competing in shuffleboard, dominoes, and nine ball. (Army 1966-1967)

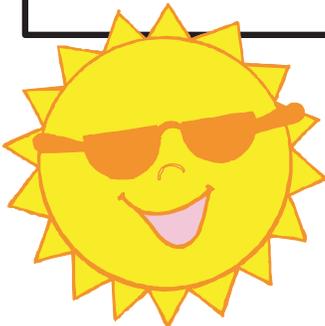


## Monday's Activities



8 am - 12 noon	Golf - all divisions Pentathlon - all divisions (shot put, discus, softball hit, basketball free throw, air guns)	Rancho Park Golf Course Brentwood School
9 am - 3 pm	Long Beach Activities	Bus departs Century Plaza Hotel
10 am - 2 pm	Marina Del Rey Mini Cruise	Van departs Century Plaza Hotel
11 am - 2:30 pm	Elks BBQ Lunch/Entertainment	McArthur Baseball Field
11 pm - 4 pm	Swimming - all divisions	Westwood Recreation Center Pool
5 pm - 11 pm	Angels vs. Detroit Game	Bus departs Century Plaza Hotel
5 pm - 6:30 pm	Sponsors Reception	Wadsworth Theatre
7 pm - 9 pm	Care Giver's Workshop	Hotel's Director Board Room
7 pm - 8:30 pm	USO Show	Hotel's Westside Room

Buses and Vans will depart from the Century Plaza Hotel's Lobby.



**TODAY'S  
WEATHER**

**SUNNY**

## MENU

**Breakfast: Served  
6:00-8:00**

Juice  
Seasonal Fruit  
Grits  
Sausage  
Cottage Fries  
Donuts/Breads/Rolls  
Coffee/Tea/Milk

**Lunch: Served  
6:00-8:00**

Elks BBQ and  
Entertainment  
  
At McArthur  
Baseball Field  
VAMC West  
Los Angeles

**Dinner: Served  
4:30-6:30**

American Field Salad  
Macaroni Salad  
Meatloaf  
Vegetables  
Baked Rolls  
Assorted Cakes  
Coffee/Tea/Milk

Breakfast and Dinner will be served at the LA Ballroom.

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