



Monday, August 11, 2003

Red, White and Blue Day

The Public Affairs Team members handed out beads, flag keychains and pencils to those participants dressed in Red, White and Blue, courtesy of the Leadership VA Alumni Assn.



Hosted by the
**Togus VA Medical/Regional
Office Center**

Co-sponsored by the:



Veterans of Foreign Wars



Department of Veterans Affairs

A League of Her Own

by: Pam Howell,
VISN 6, Durham, N.C.

Marilyn Hilliard, 71, a retired school teacher from Butler, Pa., has always been an athlete and even a bit of a ‘jock.’ As a child, she was considered a tomboy, much to the dismay of her parents. “Women like me are competing now because we were denied it when we were younger,” said Hilliard. Although she prefers team sports, she traveled to Maine to compete in the Games on her own. Much to her surprise, Hilliard won a Gold medal in the 70-74 category of the pentathlon and quarter-mile bicycle events.



Hilliard

Although this is her first year at the Golden Age Games, it’s not the first time she’s won the

Gold. A regular competitor in Pennsylvania’s Senior Games and the U.S. Senior Olympics, her team has won Bronze, Silver and Gold in basketball and track.

Hilliard describes herself as a very energetic, athletic person who picked the pentathlon because it has five events. “My backyard is full of divots from discus and shotput practice,” laughs Hilliard. She didn’t even own a bicycle, until she bought one to train with.

Hilliard is an Army veteran who served as an administrative sergeant during the Korean War.

Self-determination, drive and stamina seem to run in Hilliard’s family. Her mother, 94, lives at home where she takes no medication and still shovels snow. You might say that women like these are truly in a league of their own.

Brothers Competing

by: Dick Spicer, Volunteer
VAMC Togus, Maine

Chances are good that you will run into one of the Johnston brothers at this year's Games. Not only are they competing in several different events and age groups, but attending the alternative activities.

Dale (Haskell) Johnston is the oldest brother at 67, attending his fifth Games. He looks forward to "getting together with the guys and getting reacquainted." Haskell says, "If you win, fine. If you don't win, just have fun. The Games give us all a chance to be 18 again."

Virgil Johnston, 63, is attending his first Games, thanks to his older brother's encouragement. Virgil says, "He may be older and bigger than me, but I am better looking and smarter. So far as the Games, I'm having a really good time, and I can't believe how friendly everyone is."



L-R: Haskell and Virgil Johnston

Like most brothers, Virgil said, "they hunted together, fished together, and fought together as boys." They have remained close, and live within 75 miles of each other. Haskell lives in Pine Flat, Calif., while Virgil resides in Madera, Calif.

At this year's Games, Haskell is competing in horseshoes, croquet, and dominoes. Virgil's events are shuffleboard and croquet.

So, if you see the Johnston brothers, say, "hello." If you don't know which brother you are talking to, just call him "Butch" as that is what they call each other.

Remember When

by: Connie Gilbert, Volunteer
VAMC Washington, D.C.

How many of these do you remember?

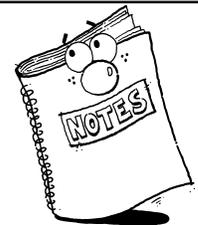
- Wax Coke-shaped bottles with colored sugar water inside.
- Home milk delivery in glass bottles with cardboard stoppers.
- Telephone numbers with a word prefix (Raymond 4-601).
- Howdy Doody and the Peanut Gallery.
- Metal ice cube trays with levers.
- Beanie and Cecil.
- The Fort Apache play set.
- Washtub wringers.

Oops

In reference to our "Wall of Heroes" article in the August 9 issue, Sherry Kempton's name was inadvertently misspelled. She is the director for the medical team at the Games. Our apologies.

Educational Workshops

Monday, August 11



"Hearing Loss in Veterans"

5:45 p.m. to 7 p.m.

Barrows Hall

Shuttle service from the green and white tent, starting at 5:30 p.m.

For: Golden Age Games Participants

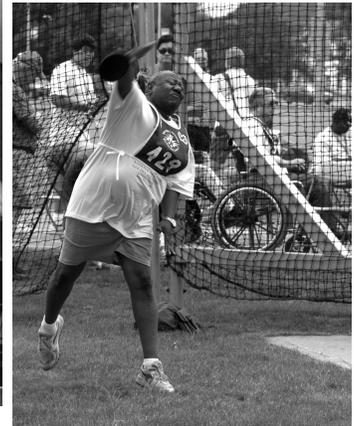
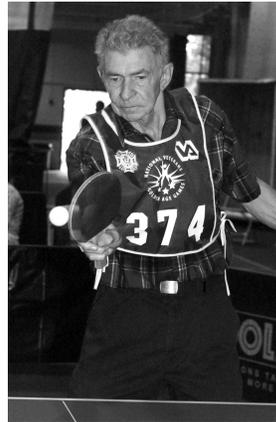
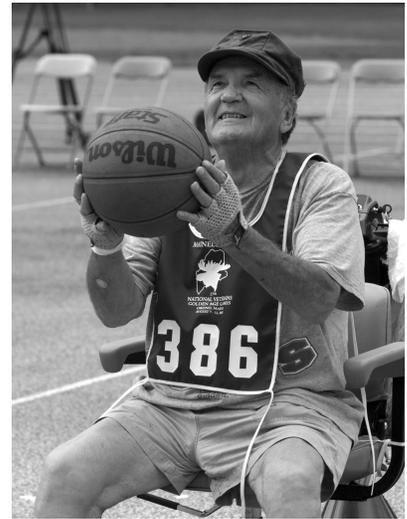
"Planning Physical Activity for Individuals with Chronic Cardio-Respiratory and Metabolic Health Conditions...Part II"

7:00 p.m. to 9:00 p.m.

Memorial Union, Bangor Room

For: Golden Age Games Staff

Giving Their All



Nine-Ball

“My opponent was a nice gentleman, until he put the nine ball in.” — Marilyn Hilliard, Butler, Pa.

“The ragin cajun has enjoyed every bit of it. The volunteers and the people from Maine are great!” — Donald Bourque, Temple, Texas

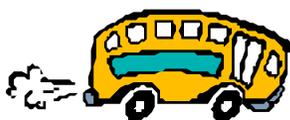
“I didn’t have much time to practice, but I enjoyed the match. We are all one big happy family.” — Leo Hawkins, Bonham, Texas

Quotable Quotes

Today's Schedule

8:00 a.m.	Golf (all ages)	Bangor Municipal Golf Course
8:30 a.m.	Croquet (60-64 & 70-74)	UMaine Mall
9:00 a.m.	Bowling/Ambulatory (70-74 & 75-79) Bowling/Visually Impaired/Wheelchair (65-69)	Family Fun Bowling Center Sports Arena Bowling Alley
10:00 a.m.	Croquet (65-69 & 80+)	UMaine Mall
10:30 a.m.	Bowling/Ambulatory (55-59) Bowling/Visually Impaired/Wheelchair (55-59 & 60-64)	Family Fun Bowling Center Sports Arena Bowling Alley
1:00 p.m.	Croquet (55-59 & 75-79) Bowling/Ambulatory (65-69) Bowling/Visually Impaired/Wheelchair (75-79 & 80+)	UMaine Mall Family Fun Bowling Center Sports Arena Bowling Alley
2:30 p.m.	Bowling/Ambulatory (60-64 & 80+) Bowling/Visually Impaired/Wheelchair (70-74)	Family Fun Bowling Center Sports Arena Bowling Alley
7:00 p.m.	Comedy Night	Under the Tent
9:00 p.m.	Disco	Under the Tent

Alternate Activities



L.L. Bean Shopping

Buses leave from the Orchard Parking Lot at 8:00 a.m., returning at 4:00 p.m.

Schooner Ride (ambulatory only)

Buses leave from the Orchard Parking Lot at 8:00 a.m., returning at 2:00 p.m.

Today's Weather

Partly Sunny with
Chance of Late Showers
Low 64° High 80°



Meals/Hilltop Commons

Breakfast: 6 a.m. to 8:30 a.m.

Scrambled Eggs, Cholesterol-free Eggs, Sausage/Egg & Cheese Biscuit, Egg & Cheese Biscuit, Blueberry Pancakes, Potato Ovals, and Sausage Patties.

Lunch: 11 a.m. to 2 p.m.

Clam Chowder, Assorted Pizza, Vegetable Saute with Garlic and Herbs, Pesto Chicken Sandwich, Grilled Cheese, Spinach, Fries, Bread and Dessert.

Dinner: 4:00 p.m. to 6:45 p.m.

Yankee Pot Roast/Gravy, Turkey Tetrazzini, Moo Shu Vegetable Burritos, Baked Potatoes, Peas, Vegetable, Bread, and Dessert.