



Armed Forces Retirement Home

# Communicator

-VOLUME V NUMBER 2

ARMED FORCES RETIREMENT HOME

FEBRUARY 29, 2008



George Wellman (right) helps fellow resident Philip Cagle with a computer problem. When not volunteering in Social Services, George spends time with friends and enjoys walking everyday.

## Resident has winning theme for fitness theme

# He's a winner!

By Mary Kay Gominger

It was an exciting day when AFRH resident George Wellman got news that his slogan was selected as the theme for this year's 15th Annual National Senior Health & Fitness Day, which is May 28, a day set aside to focus attention on the importance and fun of regular physical activity for older adults. National Senior Health & Fitness Day is the nation's largest health promotion event for older adults. His entry was chosen from among thousands of contest entries.

"I heard about the contest from Jerry in the fitness center and sent in my ideas," George said. "I thought it was a local contest until they called me and said I had made the final three and they wanted my photo and bio. I found out then that the National Senior Health & Fitness Day was a nationwide event.

"Next thing I know, they called and said my entry had won. I was glad I had taken the time to send in my suggestion," he said.

George's slogan – "Fitness...A Lifetime Investment!" is not just a fancy phrase he dreamed up, he actually lives it. George walks about three miles a day, everyday. He also stays busy doing volunteer work on the first floor of the Scott build-

ing in social services.

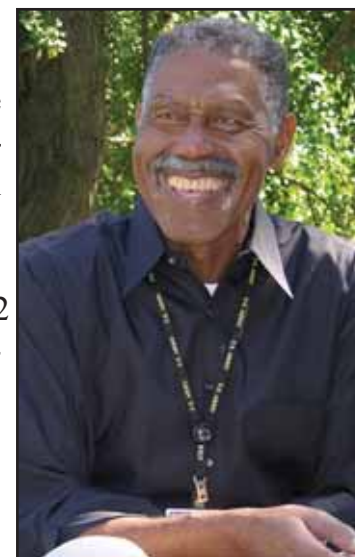
"I do whatever they need me to do," George said. "It might be escorting someone to a doctor's appointment out in town or setting up meetings for the Pentagon JAG team that comes in every other week to meet with residents. I do a lot of admin work too."

George retired from the Army after 22 years of service. His field was military intelligence. He also worked overseas in the Army Post Office for over 10 years. George joined his fellow veterans at the AFRH in June 2006 and has enjoyed living here.

"After being in the Army all those years and working for the Army, this feels just like an extension of that," George said. "I like it here. Everything is just fine."

George won \$250 for his winning entry. What will he do with his winnings?

"I think I will buy a new pair of walking shoes," George said with a chuckle. "It's about time for a new pair."



**"Fitness...  
A  
Lifetime  
Investment!"  
George Wellman**



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## Drilling 75 feet down - the new AFRH-begins



### *Knee deep in mud*

In Gulfport, at the AFRH site, Mark Stacey with Berkel & Co. aligns the drill rig where an auger cast pile is being installed. When the crew is finished, 2,200 piles will be in place - ready to support the 660,000 gross square foot building that at its completion in 2010 will be the new AFRH facility. On October 25, 2007, the former building, severely damaged by Hurricane Katrina, was demolished to make way for the new building.

The official ground breaking ceremony will be held on Monday, March 3. See page 3 for details of the ground breaking and for an update on the Gulfport AFRH construction project.



**Lincoln Cottage opens**  
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## Notes from the Resident Advisory Council



It never fails to amaze me. I get suggestions and requests for assistance every-day from the residents of the home. And then I ask these same people to put it in writing and sign the form and they disappear. Oh

well, just to inform all our residents again - the current RAC agreed that all requests for assistance **must be signed** by the person making the request. If this basic step is not taken - **no action will be taken on the request.** This is to make sure the request is given to the proper person.

The council has approved the appointment of Mr. Phillip Cardinalis to serve as the Ombudsman for the LaGarde building residents. For the present he will take care of all floors of the LaGarde while action is taken to obtain at least three other people to assist on specific floors of the LaGarde. Any of you who do go to LaGarde on a regular basis might consider filling one of the open positions. You are needed.

Again I send out a call for residents to take on the job as a floor representative for the RAC. This is a job that offers you the opportunity to serve the residents on the floor you reside on and to see that their desires are given to the Committee itself. The floor representative is the kingpin in the RAC.

Without the floor representatives, things take that much longer to accomplish. The RAC still needs members on the 2nd and 4th floor of the Scott Building and the 7th Floor of the Sheridan Building. I am also calling for at least two members on each floor and will be working toward that goal in the coming month. I ask that you give careful consideration if asked, to becoming a floor representative for the RAC.

You may have noticed the change in the appearance of the Weekly Bulletin. The change was mentioned at the Jan. 20, 2008 RAC meeting and Mr. Nelson Jamison took the lead in meeting with the proper staff members who worked on the changes and then made them happen. It may interest you to know that the number of pages that the bulletin has published has been almost one-half of what used to be published. Thanks also to Ms. Angela Karabatsos, Resident Services who types up the Bulletin. These small changes add up to large savings over time. That is the way I like to see things happen. Changes you might not notice right away add up to savings over time.

Thanks to the Mr. William Fowler and the Food Service Committee for setting up a menu tasting by our food supplier on Feb. 13. This event was well attended and we have been assured that several of the items tasted will soon appear on our menus.

Also on the 13th of February the RAC Committee (all Committee Chairpersons, and Floor Representatives) took part in the Red, White, and Blue Luncheon with members of the Military Coalition. This event held in the Dining Facility offered us an opportunity to meet with members of several of the organizations that deal with issues of importance to residents of the home and to find out about some of the organizations themselves.

One change that is being made by the RAC is that of having a pre-meeting of the council about one week prior to the normal meeting date to firm up the agenda and we can talk about items that might not have been mentioned prior to the meeting but have come up at meetings that the floor representatives have held with residents. Finally the most important thing is that we have a chance to talk about the issues and solve and problems before the regular council meeting.

Just a reminder, the next RAC meeting is March 12 at 9:00 a.m. in the Mediation Room located in the Scott Building.

## AFRH COMMUNICATOR

Phone: 1-800-422-9988

Web site: [www.afrh.gov](http://www.afrh.gov) Email: [sheila.abarr@afrh.gov](mailto:sheila.abarr@afrh.gov)

Sheila Abarr-*AFRH Public Affairs Specialist, Marketing*  
Mary Kay Gominger-*Public Affairs Specialist*  
Charles T. Jones, Jr.-*Photographer*  
John Bowery-*Photographer, Writer*

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### Serving Washington, D.C. and Gulfport, Mississippi



## Become a resident today!

**AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.**

#### Eligibility:

**Military veterans from each service branch can live at AFRH.**

**The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer), are eligible to become residents of the Retirement Home:**

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or
- Female veterans who served prior to 1948.

**To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.**

**Visit us on the web at: <http://www.AFRH.gov>**

## Employee receives 50 year pin for federal service

**"...The first 20 years were the hardest, after that it was a piece of cake..."**

Margie Asper of Security was honored on February 10, 2008, for 50 years of federal service. She has been at the AFRH since April 1965.

Before going to work, Margie graduated with honors from Maryland Medical Secretarial School, now Hagerstown Business College. Staff members of Walter Reed Army Medical Center personally visited the school and chose her for employment, which she accepted in the autumn of 1957, as Ward Secretary, until July 1958, when she left employment to travel with her parents to California.. She returned to Walter Reed in the autumn of 1958, this time as Secretary to the Chief of Neurosurgery where she worked until March 1965.

After a short break in service, she accepted employment at the U.S. Soldiers' Home in April 1965 as Retirement Clerk and also served as Secretary to the then Governor of the Home, General Wade H. Haislip (USA, retired, four star general who served as Vice Chief of Staff of the US Army) since there was no established position as his Secretary. Since General Haislip was a good friend and mentor of General Dwight D. Eisenhower (USA Retired), she prepared many documents for General Haislip to present to General Eisenhower who was hospitalized at Walter Reed at the time. General Eisenhower always expressed his gratitude to the typist!

Margie also assisted the Estates Clerk and when that position became available, she served as Legal Instruments Examiner until November 2004, when she accepted her present position as Security Assistant.

Over the years Margie has seen many changes throughout the

Home, such as the installation of the salad bar with greater variety of foods in the dining room and the construction of the passageway between the Scott and Sheridan buildings, as well as the relocation of the post office from the Sherman building to the Sheridan building. She sees the changes as a benefit to the residents by not having to go outside in inclement weather to reach those facilities..

Margie said, "It's a great privilege and honor to work at AFRH-W. I was told the first day I came that we are committed to carrying out the mission of the Home. The first 20 years were the hardest, after that it was a piece of cake! I am blessed to have the health to work. The residents never forget the least little bit of assistance you give to them."



**AFRH employee Margie Asper uses the computer to make an ID for a new resident. Margie has worked at AFRH for 43 years**

## Message from the Chief Operating Officer



As the month of February comes to a close and the days begin to lengthen ever so slightly we know spring is right around the corner. In addition to

looking forward to brighter days and warmer temperatures, we also have several key events to look forward to in the month of March.

Mr. David R. Watkins has been hired as the new director of the Washington campus and he will join us on March 17, 2008. He comes to us with many years of experience managing Continuing Care Retirement Communities (CCRCs) and senior retirement centers as well as a vast background in large campus oversight, strategic planning, personnel management, and business and marketing planning. He worked in the capacity of Executive Director of a retirement home in Indianapolis, Indiana, since 2005 and was the facilities director for many years of a company with 13 CCRCs throughout the United States.

Mr. Watkins is a Navy veteran and in 2005 worked with the military in the civilian capacity as a Foreign Language Specialist, training Army, Air Force and National Guard troops before deployment to Iraq, Afghanistan

and Middle Eastern countries. His familiarity with the military will make his transition to the AFRH team an easy one and we look forward to welcoming him and making him feel a part of our community.

As we welcome a new Director to our home we are also bidding farewell to our Chief Financial Officer, Steve McManus. His contributions over the last six years have been invaluable. As an organization we have overcome many obstacles, including surviving and now thriving after Hurricane Katrina struck and closed our Gulfport facility. As a result of his leadership, the financial future of AFRH has never looked brighter. We wish him the best of luck in his new job.

In Gulfport we will reach another milestone next week with an official groundbreaking ceremony on Monday, March 3 at 10 a.m. The foundation of the new facility has already started to take shape as nearly 1,000 of the 2,200 cement pilings for the foundation are in place. This ceremony marks the partnership between AFRH and GSA, Jacobs Engineering, SFCS and Yates Construction. After a slow start we can watch as the building goes up and I think we'll all agree that the end result will be well worth the wait.

Discussions about the Scott building renovation, a \$70 million dollar project planned for 2010, are well underway and ongoing. It will be challenging to make this a seamless transition as the spaces in Scott are an integral part of our daily lives at AFRH, but we will do the very best we can to make

the improvements needed for you and our future veterans as comfortable and accommodating as we can. Communication, both to you and from you is crucial during this time and our goal is to ensure that you are aware of what changes will happen in what time-frame. We will use the AFRH website ([www.afrh.gov](http://www.afrh.gov)), weekly bulletins, Town Hall and RAC meetings, Ch-99, flyers and the *Communicator* to keep information coming to you. I urge you to use your RAC represen-

tatives to give us your input, suggestion or feedback. Together we can keep this a thriving community for our veterans - now and well into the future.

Tim Cox

Visit [www.afrh.gov](http://www.afrh.gov) for the latest information and updates about AFRH

### Partnering for Success



The COO along with other AFRH staff members and partnering groups will continually meet for discussion about the Gulfport and Washington campus construction projects.

## Gulfport Update

### Partnering session held for AFRH Gulfport Project team

By Mary Kay Gominger

The AFRH-Gulfport Project Team gathered in Biloxi, Miss., on Feb. 6 to participate in a Partnering Session. During the all day session, a group of 24 key people from seven organizations involved in the design/build phase of the new AFRH facility got together to identify the team's mission and vision statement and discuss common values and goals of each organization. The session also included establishing team roles and responsibilities and exercises designed to enhance communications between the team members.

Jacobs Engineering, the construction managers for the project, was the sponsor for the Partnering Session.

### Ground Breaking ceremony set for Monday, March 3

The official ground breaking ceremony for the new AFRH-Gulfport facility will be held this Monday, March 3. Officials from the Mississippi Congressional delegation to include Senators Thad Cochran and Roger Wicker, Congressman Gene Taylor, Leslye Arsht, Deputy Under Secretary for Defense for Military Community and Family Policy, GSA Administrator Lorita Doan, AFRH Chief Operating Officer Tim Cox and Gulfport Mayor Brent Warr will be onsite to witness this historic event as well as current and former residents and staff. Project team members will also be in attendance as well as local military officials.

The new facility is scheduled to be completed in July 2010. According to Steven Smith, the GSA Project Manager, it will include the following: "The new 660,000 gross

square foot retirement home will include accommodations for 584 residents, controlled parking for approximately 400 vehicles; surface parking for an estimated 150 vehicles including boats and oversize vans/buses; and complete landscaping of the entire site including new walking paths, recreation and outdoor areas. The building will be designed to resist the effects of a hurricane category five event. The main building will include private rooms including private bath and shower, living area, sleeping area, kitchenette and storage for personal belongings; Dining Room, Multi-Purpose Rooms, Meditation Rooms, fitness and recreation areas to include bowling alleys; resident shop/activity areas; a Wellness Center that offers dental, vision, and physical care programs; library; meeting rooms; bank; post office; convenience shopping; a pool and a Hall of Heroes to recognize the residents, our nation's heroes."



AFRH Architect Joe Woo (left) and GSA Gulfport Project Manager Steven Smith discuss the design of the new Gulfport facility at a Team Partnership Session held in Biloxi on Feb. 6.

## Conversation with the Chief Financial Officer



### Farewell Message from our CFO

This will be my last CFO article for the *Communicator*. As many of you know I have accepted employment at the Federal

Labor Relations Authority (FLRA) to begin in March. Like AFRH, the FLRA is an Independent Agency of the Federal Government. I will miss AFRH, my co-workers and the many residents I have had an opportunity to share and experience life with over the past six years. One of the Gulfport

residents who is now in San Angelo, shared a poem with me entitled "Friends." The poem highlights the many bonds you experience and feel as part of the "military family."

How true those words are. These feelings are real and I have experienced many of them with you.

My time here has been both rewarding and challenging. Being the CFO for the Agency and serving as the Interim Director of Gulfport Campus have provided experiences that have enriched both my professional and personal life. I leave here knowing the Trust Fund is healthier; a new facility in Gulfport is

**"...I leave here knowing the Trust Fund is healthier; a new facility in Gulfport is being built; and the programmed renovation/renewal of our oldest dormitory, the Scott building, is on track for 2010..."**

being built; and the programmed renovation/renewal of our oldest dormitory, the Scott building, is on track for 2010. Just like the renewal of the Gulfport Campus, the Scott renovation/renewal provides many opportunities to enhance life for the residents, as well as, promote efficiencies for the Trust

Fund's continued growth. There is a lot of work ahead, but the rewards are well worth it. Over the past two months, I have had an opportunity to be a guest speaker at Resident Advisory Committee (RAC) meetings.

Hopefully your RAC representative has shared our conversation with each of you. We discussed the need for renovation/renewal of the Scott; the benefits; and things we are considering to improve quality of life for our residents through this project. Both RAC meetings were taped and aired on C99 and can be aired again if there is enough interest.

They often say you must step out of an organization to grow. The FLRA offers an opportunity for my continued professional growth and service to the government. Thank you for your support and friendship over the past six years. Please know I will miss each of you and hope our paths cross again. Until then, I wish each of you healthy and prosperous future. I will miss all of you!

Steve McManus

## From the Acting Director



By Charles Dickerson

It has been a very productive time in the winter months at AFRH. We were happy to announce the new HomeFree

Wireless Alert System has been activated on campus. The units with pull cords in individual rooms and common areas when activated will send an alarm to Security to summon help immediately. Some of you have already tested the system and have given me feedback on how fast this new system gets a response from Security. The pendants utilize wireless monitoring units that have been strategically placed on the campus grounds and when wearing the pendant and activated can pinpoint the exact location and send assistance. The pendants are offered to each resident in Independent Living at no charge; please visit the Admissions Office to reserve your pendant.

I am also pleased to announce the continuation of our partnership with AAFES with the grand re-opening of the Scott Lounge near the end of March. The newly painted and decorated AAFES lounge will be open from 5 p.m. to 10 p.m., seven days a week, serving liquor, beer and wine and pub

snacks, i.e. chips, pretzels, nuts etc. During the daytime the Lounge will be used by Recreation for Bingo, Bunco, Ice Cream Socials and many more fun filled recreation programs and Volunteer Services events.

I hope you have also noticed the many new donations to AFRH. Many residents have been enjoying games of chess and backgammon in front of the new beautiful fireplace in the Scott Canteen area while sitting in the newly painted Dining Room area. The Sheridan Lobby has comfy blue leather recliners with another new fireplace to enjoy some quiet time and on the other side of the lobby with maroon overstuffed recliners, a new wall mounted plasma television is available for everyone's enjoyment.

While we wait for spring and warmer weather, it is nice to enjoy the indoors in pleasing surroundings and enjoy friends and good conversations. I hope all of you are ready for spring and the many barbeques and outdoor activities we are already planning.

### SuperBowl fans watch the game



Residents gather around the big screen in Scott to watch the big game. Rec Services sponsored snacks for the sports enthusiasts.

## Chaplain's Corner

### Spiritual Strength

On Monday, February 18, the Lincoln Cottage celebrated its inaugural opening with appropriate "pomp and circumstance". After this date, the public will begin its investigation and guided touring of this Presidential Residence. The Lincoln Cottage is the home in which Abraham Lincoln spent about one quarter of his presidency. This was indeed his "home away from home" - the White House; his sanctuary from the tremendous pressures of the Civil War and the natural stresses of the office.

The Cottage was then for President Lincoln what Camp David is now for our current presidents. This home gave Lincoln and his family an opportunity to get away from the political wrangling of his day and provided a relaxed respite from the downtown setting while he still carried out the duties of his office. It is said that the president perhaps wrote at least one draft of the Emancipation Proclamation while residing in the Cottage.

One of the many things that I admired about Abraham Lincoln was his incredible spiritual strength and clear thinking during the dark days of the Civil War. The question remains for me, "Where did he get his strength from?" I believe this incredible strength came from his walk with God.

Much has been written and debated about Lincoln's religious beliefs, but it cannot be disputed that he attended church regularly. While he was president, Lincoln worshiped at the New York Avenue Presbyterian Church, where he had his own seat when he

came on Sundays. In fact, you can still see the designated seat if you visit this church today.

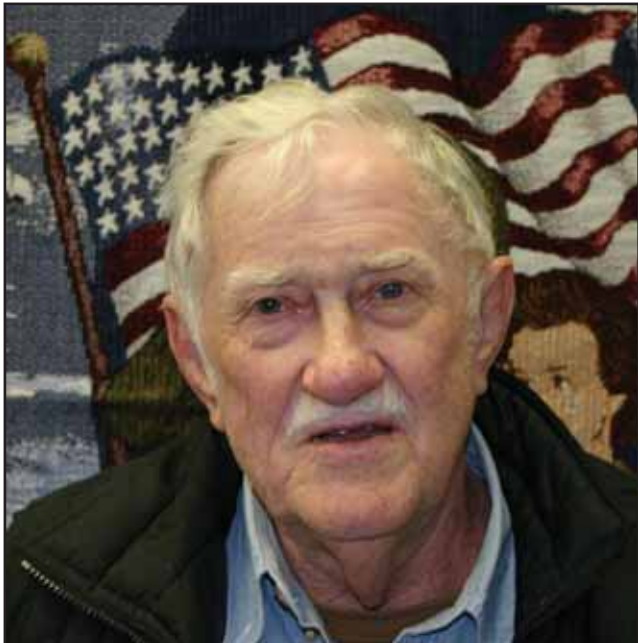
If Abraham Lincoln found a sustaining strength in attending church and in his walk with God during these most public and private difficult times, you too can have that sustaining power from God in your life. God loves you and cares about your problems no matter how great or small they may be. He wants to help you through your difficult moments. Wherever you choose to worship, whether at AFRH or beyond the Eagle gates, or if you do not traditionally worship, there is a listening ear or a friendly face here to help you through your situations.

I have chosen to use this time to invite you to visit us regularly in the Chaplains' Office (or even to invite us to sit down with you in the dining facility). The Chaplains and the volunteers are available not only to lend a helping hand whenever we can physically and spiritually, but also to provide you with whatever resources we may have at our disposal.

Chaplain Ronald K. Austin

***"Wherever you choose to worship, whether at AFRH or beyond the Eagle gates, or if you do not traditionally worship, there is a listening ear or a friendly face here to help you through your situations."***

## Welcome Aboard



**Name:** David K. Greene  
**Branch of Service:** USMC  
**Entry Date:** June 1947  
**Separation Date:** April 1972  
**Rank:** E-7  
**War Theaters:** Korea and Vietnam



**Name:** Charles E. Bryant  
**Branch of Service:** USA  
**Entry Date:** June 1950  
**Separation Date:** July 1970  
**Rank:** E-7  
**War Theaters:** Korea and Vietnam



**Name:** Anthony Costanza  
**Branch of Service:** USA  
**Entry Date:** August 1948  
**Separation Date:** September 1968  
**Rank:** E-8  
**War Theaters:** Korea



**Name:** Ernest Best  
**Branch of Service:** USAF  
**Entry Date:** September 1950  
**Separation Date:** October 1971  
**Rank:** E-6  
**War Theaters:** Korea and Vietnam



**Name:** Joseph Binette  
**Branch of Service:** USA  
**Entry Date:** August 1948  
**Separation Date:** July 1969  
**Rank:** E-7  
**War Theaters:**



**Name:** Ray Ross  
**Branch of Service:** USAF  
**Entry Date:** March 1957  
**Separation Date:** March 1977  
**Rank:** E-7  
**War Theaters:**



**Name:** Richard McKinney  
**Branch of Service:** USN  
**Entry Date:** January 1959  
**Separation Date:** June 1977  
**Rank:** E-7  
**War Theaters:** Vietnam

### Musical performances coming to AFRH during in March

- March 7 - Eden Prairie High School Choir from Minnesota, 1 p.m.
- March 8 - Bakersfield High School Wind Ensemble from California, 10 a.m.
- March 10 - Limestone College Community Chorus from South Carolina, 1:30
- March 18 - Westside High School Concert Band from Arkansas, 1 p.m.
- March 25 - Navy Country Current Band, 6 p.m.
- March 27 - Waunake High School Band from Wisconsin, p.m.

*Performances are in the Scott Theater.*

# Helping others to make a difference

Members of the FealGood Foundation toured the AFRH and visited with residents last month while they were in the DC area.

The primary mission of the FealGood Foundation, a non-profit organization, is to spread awareness and educate the public about the catastrophic health effects on 9/11 first responders, as well as to provide assistance

to relieve these great heroes of their financial burdens placed on them over the last five years. A secondary goal of the Foundation is to create a network of advocacy on 9/11 healthcare issues. They stress that, "We not only advocate for Ground Zero workers, but show others how they can advocate for themselves and help others through grassroots activism.



The FealGood Foundation presents Chuck Dickerson, Chief, Resident Services, with a commemorative poster.



Foundation members from New York City pass out stuffed animals for resident adoption.

**Don't miss the  
Wheel of Fortune Game Show  
Monday, March 24  
1:00 p.m. in Scott Theater**



Bonnie Giebfried (left) spends time with Willa Farrell in the Bowling Center.

## By the book



### Military Trivia

Well, here I am again and am wondering if all of you have really retired and are only concerned with bowling,

golf, sports results and the best time to do your laundry.

Got one hit on the question of the month. A lady, former (Gulfport resident)

cited a resolution to Congress by President Woodrow Wilson to cite General Pershing for his exceptional performance in France during WWI. What Congress did was much like they had done some twenty years earlier for Commodore George Dewey. They created the rank of "General of the Armies" and declared that the Army would never create an equal nor higher rank. After Commodore Dewey destroyed the Spanish fleet at Manila Bay, they created the rank of "Admiral of the Navy" with the same caveat. So, technically, as soon as the ranks of "General of the Army" and "Fleet Admiral" were created in WWII, it boosted Dewey and Pershing to SIX STARS!

I'm a retired (really tired) Navy Chief and an avid historian of the Naval Service. The Naval Service including the UNITED STATES MARINE CORPS (Semper Fi) and

the U.S. COAST GUARD, going back through the Life Saving Service, Lighthouse Service, Revenue Marine, etc. I remember when we used to call Coasties "Shallow water sailors" but no more. Today, those suckers, both genders, are out there amongst them! The Naval Service has a proud and glorious history that should never be forgotten!

I received an e-mail from an old shipmate of mine, an MACM, called a republican's nightmare. It talked about Hillary being elected President, naming Bill Vice President, then resigning as president, putting Bill back in the driver's seat. Bill then names her vice president and they float along like that until next election time when Bill resigns Putting her back in the driver's seat. She gets reelected and they do the same rigamarole again.

That would all be legal. What do you think about that?

For the question of the month. Can you name the men who wore the five star clusters in WWII? Some never left Washington but the others were out there amongst them.

For any comments, you may also use miles717@bellsouth.net. I'll not use any names, so you can really unload on me. I'd sure like to get some discussion going. So until next month, "Tally Ho, the fox!!!"

*Miles Medaris*

## Red, White and Blue luncheon hosted



**Left** - Ed Swift (left), a member of the Military Coalition (TMC), has lunch in the AFRH dining room with Henry Pike and other residents during the Red, White and Blue luncheon held on February 13.

Twelve members of TMC attended the luncheon, which is held at the AFRH quarterly. The Military Coalition is comprised of 35 organizations representing more than 5.5 million members of the uniformed services--active, reserve, retired, survivors, veterans - and their families.

**Below** - Stephen Neal gives members of TMC a brief tour of the AFRH as they are on their way to the dining hall.



## *Black History Month at AFRH - a series of events*

Black History Month was celebrated at AFRH with a month full of events and activities that highlighted the important people and events in the history of African Americans.

February has been designated by the federal government as Black History Month and is a time to commemorate African Americans who have changed the world.

A special thanks to all staff members, residents and special guests that made this month a very educational and entertaining recognition of the African American heritage.



Frank Goldsmith reaches out to Naila Kenya as she speaks about the life of Maya Angelow.



Clarence Stone is impressed with Alexis Liggins, a student at Tri-Community, as she portrays Bessie Coleman in the living history display in the Scott Lobby.

### **The 2008 Black History Theme: Carter G. Woodson and the Origins of Multiculturalism**



Guest speaker Colonel McDaniel, US Army retiree, flew 51 combat missions over North Vietnam and was shot down and captured on July 26, 1966. He remained a prisoner of war until his release on February 12, 1973.

## *Capturing our residents' history*



Last month AFRH welcomed the crew of the Pentagon Channel. Here, AFRH resident Gwene Hendly, USA retired, is interviewed by MC1 Lizandra Murray. Petty Officer Murray included Gwene in a segment featuring Black History Month, Women's History Month and Valentine's Day.

### **Born in 1908**

## *Resident receives special recognition for 100th birthday*

*By Steven Briefs*

On Wednesday, February 13th Mr. Marshall Phillips celebrated his 100th birthday. He was born in Birmingham, Alabama, in 1908. In 1941 at the age of 33 he was drafted into the Army and became a Military Policeman. He was assigned to the 12th Army Air Corps in North Africa and the 15th Corps, 97th Bomber Group in Italy. As a Military Policeman in North Africa one of his responsibilities was for guarding the planes of the Tuskegee Airmen. Mr Phillips takes great pride in that honor.

Mr. Phillips served 23 years in the Army and along with many citations he also was award the Army Commendation Medal.

After his retirement from the military,

Mr. Phillips moved with his family to New Jersey where he opened a shoe repair shop which he operated for 38 years.

At his party Mr. Phillips was honored with a birthday card from the White House signed by President and Mrs. Bush, a certificate from the Office of Aging, a certificate from the Veterans Affairs office of Washington D.C., a certificate from Councilman Harry Thomas from Ward 4 and a beautiful gold medallion from the Mayor of Washington's office. There were also other gifts from family and well wishes from friends who came to celebrate this occasion with Mr. Phillips.

Mr. Phillips was touched by everyone's kind words and encouragement.



Marshall Phillips displays the gold medallion he was presented from the Mayor of Washington in honor of his 100th birthday. He also received a card from the President.

## Presidents Day celebrated with a trip to Mount Vernon

**By Phyllis Bradford, resident writer**  
*(Editor's Note: Forty residents boarded a Recreation Services sponsored bus on Monday morning, February 19, and traveled into Virginia to Mount Vernon, the estate of George Washington.*

*The estate, gardens and farm of Mount Vernon totaled some 8,000 acres in the 18th century. Today, roughly 500 acres of this historic estate have been preserved 16 miles south of Washington, D.C., on the banks of the Potomac River. Visitors can see 20 structures and 50 acres of gardens as they existed in 1799.)*

What threatened to be a rainy day turned out to be a warm sunny day for our trip to Mount Vernon on Presidents Day. Unfortunately, not only was admission free for AFRH residents, but it was also free for all others, so we were part of a crowd and didn't get to see everything we wanted; for instance some of us didn't wait in line to go into the Mansion, where George and Martha Washington lived. We opted to see the slave quarters and Reynolds Museum and Education Center instead of walking the other way to the farm area.

A highlight of the morning was the Patriotic Salute on the Bowling Green in the front of the Mansion. The demonstration was performed by the U. S. Army Military District of Washington, featuring the U. S. Army 3rd Infantry, the Old Guard Fife & Drum Corps and the Commander-in-Chief's Guard.

Some AFRH residents were fortunate to be at Washington's Tomb earlier for the Presidential wreath laying conducted by the President's representative, Major General Richard J. Rowe, Jr., Commanding Officer, U. S. Army Military District of Washington,

Ft. McNair, Washington, D.C. This program featured our Frank Ward, who was decked out in his Scottish kilt and played several songs on his bagpipe. It was reported that he did a beautiful job.

Lennie Kuhn, Harold Fillyaw, and I were privileged to be befriended by a Waldorf, Maryland resident, Joe Dulcey, who has worked as a mechanical engineer for the Department of Defense for 33 years. Presently he works at a nearby Navy base and is a frequent visitor to Mount Vernon, as well as a seasoned student of history. He was very helpful to us and told us several anecdotes about the Washington's, including one about Mrs. Washington being so upset at the time of her husband's funeral ceremony that she watched it from a small window high above the front door of the Mansion. He also told us about George Washington, telling the people in charge of Mount Vernon at the time to let the British, who were outside on the Potomac, burn the Mansion rather than give them food.

One of the great things about the Washington, D. C. area is its friendly, interesting people, like Joe Dulcey. Our tour of Mount Vernon left me with a desire to visit it again on a less crowded day.

Mount Vernon welcomes an average of 1,000,000 visitors each year and is the most popular historic estate in America and is open 365 days a year.



This resident is all smiles as he walks the grounds of George Washington's estate. Forty residents toured Mount Vernon on a Recreation sponsored trip.



Some residents sit in rockers on the front porch of the Mansion and enjoy the sunny weather and warm temperatures of the day.



One of the highlights of the residents' trip to Mount Vernon was watching the Patriotic Salute on the Bowling Green in front of the Mansion, performed by the U.S. Army 3rd Infantry, the Old Guard Fife & Drum Corps and the Commander-in-Chief's Guard.

### Mardi Gras 2008

## Let the good times roll

**By Lorenzo Tribbett II**

The 3rd Annual Mardi Gras celebration was held on February 1st, 2008. The fun and festive evening began with the traditional AFRH Mardi Gras Parade, led by Melodie Menke as Grand Marshal and her cast of volunteers kicked off the festivities throwing tons of beads and candy to residents and their guests. They were followed by this year's King, Charles Gibbs (97 years young), and Queen, Catherine Bowie (youthful 95), in their Mardi Gras decorated carts.

Everyone in attendance enjoyed the music, food, wine and spirits provided by Recreation and Food Services. Residents also enjoyed a surprise giveaway of Mardi Gras glasses and special beads to wear for years to come.

Recreation Services would like to thank all volunteers and staff for their time and help in making this a

fantastic event.

A special thanks to Dolly Smith in place of Irene Smith as (Krewe Captain of the NAMACS), NAMACS Krewe Corrine Robinson, GiGi Malone Frances Scott, Mary Nelson, Willa Farrell, Rosemary Tully, Michele Bailey, Melodie Menke, Cathie Reid, Ashleigh Wesche and Howard University ROTC for their endless support for this event.

In closing, "Laissez les bons temps roulez!" English translation: "Let the good times roll!" until next year.



Above - Mardi Gras King Charles Gibbs (seated left) and Queen Catherine Bowie have royal seats at the 2008 AFRH Mardi Gras celebration. Standing are (left) Matt Kayson and Keith Turner.

Left - Balloons, beads, and tables of green and purple are in abundance at the Mardi Gras celebration held on February 1.

**After a seven year restoration, President Lincoln's Cottage opens**

## *Hidden historic treasure offers new insights into life of Abraham Lincoln*

*By National Trust for Historic Preservation*

On February 18, 2008, President Lincoln's Cottage at the Soldiers' Home celebrated its grand opening ceremony, giving Americans an intimate, never-before-seen view of Abraham Lincoln's presidency and family life. Designated a National Monument by President Clinton in 2000, President Lincoln's Cottage served as Lincoln's family residence for a quarter of his presidency and is the most significant historic site directly associated with Lincoln's presidency aside from the White House. President Lincoln's Cottage is located on the grounds of the Armed Forces Retirement Home in northwest Washington, D.C. and has been restored by the National Trust for Historic Preservation. It is now open for public tours.

"Moving President Lincoln's Cottage out of the shadows and into the spotlight it deserves is one of the most exciting and rewarding things we've ever done," said Richard Moe, president of the National Trust for Historic Preservation. "Lincoln used the cottage as a welcome retreat from the pressures of wartime Washington, a quiet spot where he could relax with his family. But it was also a place where he conducted important business, met with his generals and members of his Cabinet, and did much of the thinking that shaped the Emancipation Proclamation. No other place offers more insight into the Lincoln presidency – and the character of Lincoln the man."

Until now, President Lincoln's Cottage had been virtually unknown outside of academic and historic circles. This quiet retreat, just over three miles from downtown Washington, was the Camp David of its day, serving as an escape for Presidents Buchanan, Lincoln, Hayes and Arthur. But it was the time that Lincoln spent here that gives the site its vital place in American history. In addition to developing his policy of



**Members of the 150th Pennsylvania Volunteer "Bucktails"-Company K from Meadville, PA (Lincoln's presidential guard) on the front porch of Lincoln's Cottage.**

emancipation here, Lincoln plotted Union wartime strategies. He also decided to include the 13th Amendment abolishing slavery in the Republican platform of 1864 while staying at the Cottage. Life at the Soldiers' Home offered Lincoln both a respite from some of the pressures of war, and direct contact with the soldiers he met on his daily commute between the White House and the Cottage.

"At the Cottage, President Lincoln reviewed strategies and crafted the speeches, letters and policies that inspired a war-weary north to fight on for a republic that would redefine the rights of liberty and the pursuit of happiness to include both races," said Frank Milligan, Director of President Lincoln's Cottage. "Lincoln's ideas on liberty and equality are complex and nationally significant stories that need to be conveyed with impact."

To explain the complexity of Lincoln's

policies and presidency, visitors will find a carefully balanced tour experience that respects the architecture, maximizes the historical ambiance of the President's beloved Cottage, and incorporates techniques that enhance the learning experience while clarifying the Lincoln legacy. Visitors will tour the Cottage in small groups with tour guides expertly trained to explain the nuances of Lincoln's presidential ideas. These guides bring to life stories that actual visitors recorded after their encounters with the President at the Cottage. Drawing on letters and photographs and using audio and visual enhancements, guides will invite visitors to feel at home and "hear" the voices of the President, Mrs. Lincoln and their guests.

The Robert H. Smith Visitor

Education Center at President Lincoln's Cottage, located in a restored 1905 building adjacent to the Cottage, presents exhibitions telling the story of wartime Washington, the Lincoln family's discovery of their country retreat at the Soldiers' Home, and Lincoln's role as Commander-in-Chief. A special exhibitions gallery features rotating displays of Lincoln-related artifacts. In Pursuit of Emancipation, opening February 18, 2008, includes a signed copy of the Emancipation Proclamation, the pen Lincoln used to sign it, the inkwell he used to draft it, and a signed copy of the 13th Amendment. The Visitor Education Center is the first building at a National Trust for Historic Preservation site to receive Leadership in Energy and Environmental Design (LEED) Certification from the U.S. Green Building Council.

The restoration of President Lincoln's Cottage and the establishment of the Robert H. Smith Visitor Education Center took seven years and cost over \$15 million. Major donors to the project include Robert H. Smith, the U.S. Congress, United Technologies Corp., Save America's Treasures, Matthew and Ellen Simmons, the National Endowment for the Humanities, AT&T Foundation, 1772 Foundation, Gilder Lehrman Institute of American History, D.C. Commission on the Arts and Humanities, Goldman Sachs, John F.W. Rogers, Mark Taper Foundation, Tectron Inc., Winnick Family Foundation, Civil War Preservation Trust, Linda B. Bruckheimer, HGTV, Kiplinger Foundation, National Park Service, PEPCO and Tourism Cares/Trip Mate Insurance.

For more information on President Lincoln's Cottage, visit [www.lincolncottage.org](http://www.lincolncottage.org).

**Members of the 150th Bucktails, outfitted in uniforms and weapons of the era, sit on the steps of Lincoln Cottage and talk about life during the days of Abraham Lincoln.**



**Ride on Abraham performs at the opening ceremony of the Lincoln's Cottage at the Soldiers' Home. Lincoln's Cottage has been renovated and is now open to the public for touring.**



**Marie Townsend glances through a few pages while Erin Carlson-Mast, a NTHP staff member, explains what types of books might have been in the Lincoln Cottage library.**



**On the grounds near the Lincoln Cottage, members of the 150th Bucktails display a camp life reenactment from the Lincoln era.**