

Congressmen tour AFRH-Gulfport

The AFRH-G hosted two Congressmen on Saturday, April 22. Congressman Ike Skelton (Missouri) and Mississippi Congressman Gene Taylor spent the morning touring the facility and meeting with staff and active duty clean up volunteers (see page 8). For Congressman Skelton, this was his first visit to the Mississippi Gulf Coast since Hurricane Katrina.



Alumni meet - Resident Don Welch (right) greets Congressman Skelton in the lobby. Don and Congressman Skelton both attended Wentworth Military Academy in Lexington, Missouri.

Jerry Williamson, left, AFRH-G Campus Ops, explains to Congressman Ike Skelton (far right), ranking member of the Armed Services Committee, and his staff, the destruction Hurricane Katrina caused on the infra-structure of the building and the progress of recovery that has been made since that time. Also pictured is AFRH Public Affairs Officer Sheila Abarr.



Time well spent, pages 8,9



Health Fair, page 15



Ladies evening social, page 22

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and length.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



Laugh Trak Going the Distance

“Amtrac Info”



The standard distance between rails in this country is 4 feet, 8 1/2 inches (U.S. standard railroad gauge). That's an exceedingly odd number.

Why is that gauge used? Because that's the way rails were built in England, and the U.S. railroads were built by English expatriates.

Why did the English build them like that? Because the first rail lines were built by the same people who built the pre-railroad tramways, and that's the gauge they used. Why did the tramway builders use that gauge? Because they used the same jigs and tools that were used to build wagons, which had that wheel spacing.

Okay, why did the wagons builders use that wheel spacing? Well, if they tried to use any other spacing, the wagons would break on the old, rutted, long-distance roads that had that spacing.

So, who built these old rutted roads? The first long-distance roads in Europe were built by Imperial Rome for the benefit of their legions. The initial ruts, which everyone else had to match for fear of destroying their wagons, were first made by Roman war chariots. Since the chariots were made by Imperial Rome, they were all alike in the matter of wheel spacing.

Thus, the U.S. standard railroad gauge of 4 feet, 8 1/2 inches derives from the original specification for Imperial Roman army war chariots. Specs and bureaucracies live forever.

So, the next time you are handed a specification and wonder what horse's backside came up with it, you may be exactly right. The Imperial Roman chariots were made to be just wide enough to accommodate the back-ends of two war horses.

Anonymous Thanks to Kilroy for passing this information on to us. She got it from her brother, who got it from a friend, who saw it on his e-mail – so we know it must be accurate!

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers 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 either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

●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 following office:

AFRH at 1-800-422-9988, or write to AFRH Admissions Office, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Message from the Chief Operating Officer



Spring is finally here, and its' also time for spring cleaning. A few hours devoted to tidying up your living space and eliminating excess clothes, newspapers, receipts, etc., will certainly create a more relaxing environment. Like most pack rats, we tend to keep things for years and years only to decide one day how foolish we are for letting these items occupy our time and living space.

Do you have paper receipts and bills dating back months and years? Maybe its time to get rid of them. And what about all those magazines – maybe you should go through each of them one last time and clip what is valuable and dispose of the rest. Regarding clothing – have you worn that piece of clothing in the last year? Will you ever wear it again? If your answer is “maybe” or “no” do yourself a favor and get rid of it now. On a

larger scale, do you have a vehicle in the parking lot that you haven't used lately? Is it costing you more to insure it and keep tags on it than the benefit you derive from it? If so, it may be time to get rid of it.

Sometimes we let clutter get out of control and we begin to feel overwhelmed. It seems like we can't get our surroundings in order. One successful technique is to set aside a certain period of time each day and eliminate a small amount of clutter or excess paperwork each day until its under control. If you start today, you will be finished before you know it – your room will look better and you'll definitely feel better.

If you need assistance with where to start, please see our social work department for help.

Timothy Cox

Bench clearing on the grounds - - - - - - not on the diamond



Above - Chettra Heng, along with fellow employees, cleaned 43 benches around the Home grounds.

Right: Home resident Henry Lindley enjoys the warm weather and sunshine on one of the freshly cleaned benches in front of the Scott building.



Office of the Director



“A time of renewal”

During April of each year we celebrate events that characterize a time of renewal. Many celebrate and observe major religious holidays; the Easter services, the Jewish Passover. We recall tragedies in April, the death of William Shakespeare in England, the sinking of the Titanic, and, on a less tragic note, the suicide in Germany of Adolph Hitler. We observe the month of Remembrance for many individuals killed in the concentration camps in Europe, and we are grateful for the liberation of the camps survivors by many of our members at AFRH, the American troops.

Each of these above events reflects an occasion of restoration from the difficulties

of the past, a new start in preparation for a brighter future.

In the present times we are active in cultivating our garden planting season, and preparing for movement of residents personal effects from Gulfport to Washington, for their protection from the next season's hurricanes.

We will be refurbishing the Scott Building lobby and other public areas, and will be shortly launching a Day Club in the King Health Center for Alzheimer's residents.

Our responsibility for you continues through the above developments and our gratefulness to all of you at the AFRH for all that you have done. You have created the victories for this great country and allow us to celebrate a brighter future.

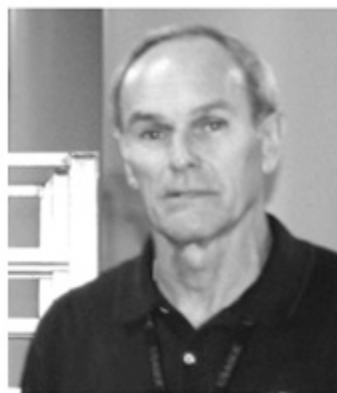
Ben Laub

Defense Intelligence Agency acknowledges a great tour guide



SRA Reuben Vera (left) along with SSGT Julian Cubides (right) present AFRH resident and volunteer tour guide Mike Longwell (center) with a certificate of appreciation for his professionalism and informative tour he conducted with DIA.

Office of the Ombudsman-Washington



What do the youngsters of today think about veterans?

Have you ever wondered what the youngsters of today know or think about veterans? With all that is going on in the world we hear all kinds of stories and see all kinds of things on TV. But, I have encountered a group of seventh graders

that have put letters together to veterans with a very remarkable amount of respect and honor for all veterans. They were undergoing a week long Social Studies project to better understand what Veterans Day was all about and who veterans really are. I think you will agree with me that the teacher of their Social Studies class did a terrific job in getting the youngsters interested enough to write from the heart as these kids have done. This project started out as a day long lesson, but took on a life of its' own and became a week long study of Veterans Day. The students are the ones that made the suggestion to go from an essay on the importance and significance of veterans to a letter to veterans. I think you will agree that their idea was indeed a sound one, as the letters attest to.

It has been my good fortune to have had the opportunity to read a stack of very interesting stories written by a seventh grade Social Studies class from Selbyville Middle School of Selbyville, Delaware. A few of these fine tributes to veterans are copied in this edition of the Communicator to give you a flavor of what our

younger generation thinks of all veterans.

I would like to thank H/R Lanier Phillips for sharing these with me. He has afforded all of us the opportunity to read these inspiring letters. These are very profound heartfelt stories written by these young people. This is just a small sampling of the letters, but the theme remains the same throughout all of them. I hope you enjoy them as much as I have.

Al Mori

Dear Veterans,

**I wrote a poem to show how inspiring you are.
There is not enough thanks
For all you have done
You're fighting so we can have freedom and fun
To go to Iraq takes bravery and guts
More than just taking the injuries and cuts
Living everyday through war in Iraq
Praying each day that you will come back
To me you truly are a star
But not the kind that ride in a really long car
You're the kind I look up to through day and night
Because you are a hero willing to fight
P.S. thanks a lot**

**Sincerely,
Erin Brenan**

See "Veterans" page 11

Office of the Director



The weather is beautiful; wish you were here seems an appropriate invitation at this time of the year to visit the Mississippi Gulf Coast and the Armed Forces Retirement Home-Gulfport. Even with such wonderful weather, trying to capture images on paper so that you might see and feel that connection, it just does not seem quite enough. There is nothing that seems to connect us so quickly, so immediately, as the experience of loss. Our continued loss here in Gulfport is for each of you, but, as staff, we take tremendous solace in knowing that you are looking after each other and that you have a caring staff of employees in DC that feel the same way.

On a more positive note, in short, the Mississippi Gulf Coast is recovering by paying attention to the past and to the experiences of other beloved places. One need not

be Pollyanna to suggest that the new Mississippi coastline may ultimately be better than the old one. There are a number of very important transformations taking place on the coast, or are in the planning stages to happen, within the next year or two along the coast. CSX has agreed to sell their property, with more negotiation to come. The railroad tracks that run the length and breadth of the coast-line, most probably, will change ownership with the coastal communities becoming the proud proprietors of approximately 70 miles of track. During the post Katrina planning sessions conducted earlier in the year, the communities that dot our coast-line lobbied for right-of-ownership of the railroad property. Of the 20 – 25 freight trains that travel the coast-line, other than Amtrak, not one of these trains stopped along the 70 mile stretch of coast-line. It might be “pie-in-the-sky” thinking, but there are tentative plans to run a trolley system along the existing rail, and, also, to help alleviate traffic congestion along Highway 90, there would be a couple lanes of vehicu-

lar traffic paralleling the tracks. Sounds wonderful, we will see!

Keesler Medical Center is pushing all the right buttons and the medical center is planning to be fully operational in October of this year. The Biloxi VA is making great strides in bringing back their entire medical operation and the coastal hospitals are all coming back bigger and better than before the storm. This is tremendous news for our military community.

With all this said, the Mississippi Gulf Coast is still years away from returning to any real sense of normalcy. With the small steps being made, we may be sure that the post-Katrina Mississippi Gulf Coast will differ radically from the one we knew before the storm. And indeed it should. As Charleston’s inspired mayor has shown in his own lovely antique city, the Mississippi Gulf Coast will be rebuilt with love and style.

Again, we miss ya’ll very much and please continue to support each other and remember we will “keep the light on” in Gulfport for each of you.

Robert Locke

Leisure & Wellness in full swing with activities

Golf Course News

By Matt Kayson

On Saturday, April 1, 21 residents and associate members met at the golf course to kick off the 2006 season. After a review of the rules and course etiquette, all played a nine hole skins game. Residents Jo Soboleski and Hobert Smith each won a skin, while Commander Tim Burns also won a skin.

This coming Saturday, April 29, all resident golfers and associate members are invited to play in the 4-Ball Stroke Play event (2-person teams, each golfer plays his/her own ball and the better of the two scores counts as the team’s score on each hole). Sign up at the golf shack, or call ext. 3050 to join us for fun, food, and prizes. Start time is 12 p.m.

Beginning on Wednesday, May 10, Golf Pro Matt Kayson will be offering twice per month free clinics at the golf course. Beginner sessions will be at 9 a.m. while intermediate and more experienced golfer clinics will be at 10 a.m. The clinics will run through the month of August. Check the

monthly recreation calendar for future dates.

Bowling Bash

By Jerry Carter

The Marines from Henderson Hall joined in on a Bowling Bash held on St. Patrick’s Day.

This event took place in the Sheridan Bowling Center and pins were flying. Tom Carras and Walter Stevens kept the Marines on their toes by bowling high-3 games 529 and high game of 182. Recreation Services would like to thank the volunteers working in the Bowling Center for helping make this event a success and the Marines from Henderson Hall for visiting

Diamondbacks take to the diamond

By Jerry Carter

The AFRH Diamondbacks Resident/Employee softball team kicks off the season on Monday, May 8th. At 6 p.m. we will be taking on Children’s National Medical Center Bears at Avondale Park in Hyattsville, Maryland. This year’s DC Community League consists of eight teams, each competing for the 2006 Trophy. The teams participating are: Providence Hospital

PainKillers, Children’s National Medical Center Bears, Hospital for Sick Children, National Cathedral Flying Buttresses, Leadership Institute Campus Leadership Program, British Embassy, and the Blue Cross/Blue Shield Mother Duckers. Coach Carter anticipates a fun-filled and spirited season for the Diamondbacks.

Show your support and spirit by wearing green and gold to our home opener on June 14th.

The Wheel of Fortune Game Show

By Keith Turner

This year’s Wheel of Fortune game show brought over 50 residents out to either watch or play the fun-filled, mind working, popular TV game show. The third place winner was Ana Marie Anderson who played beautifully with her aggressive style of play. The second place winner was Charles Beebe who really enjoyed himself with his style of play. Our Grand Champion was Ernie Fowler who used a “speed” type style of play by wasting no time when his turn came around. Congratulations to Ernie Fowler, our 2006 Semi-Annual Champion.

Tradition of serving runs deep in Barker family

By Mary Kay Gominger

Most of us, by the time we are at least 30, have been audience to our elders, mostly grandparents, aunts and uncles, as they recount endless stories about the 'good ole days' and the way things used to be when they were growing up. Our residents here at AFRH have amazing stories to share. Earlier this month, I interviewed James Barker. He's been a resident here for over two years. James' story goes like this...

James comes from a large family, having five brothers and two sisters. Back in those days, a lot of kids had jobs and contributed their earnings to the household. James had such a life.

At the age of 10, James had his first job as a newspaper delivery boy. He had a route, which he walked, delivering 400 papers before school and doing the same in the evening. The route took him about an hour and a half. He made \$1 a day.

"For every four papers I delivered, I made a penny," James said with a laugh. "Minimum wage was only like



James Barker along with five of his brothers all served in the U. S. military.

.50 an hour back then. The dollar I made everyday was good money. As soon as I collected it, I turned it over to my mother."

At age 12, James moved up the career ladder and went to work at the bowling alley. The pay was somewhat better and James certainly didn't miss the cold Pennsylvania winters walking his paper route. Things were looking up.

When he got out of high school, he decided to do what four of his older brothers had already done. He joined the military.

Five of the six sons, including James, served in the military during the Korean War. The youngest son, too young to serve during that time, later served and retired from the Air Force. If you're not counting, that's six of six sons serving in the military.

The Barker family lived in Pennsylvania.

"I remember reading about a survey done in 1955. They found out in that survey that Pennsylvania had more active duty personnel than any other state. There wasn't a whole lot of work in the state back then and the military was a job and a way out," James recalled.

"I remember my dad encouraging me to join.

'What else will you do if you stay here?'"

In the Army, James served in both Korea and Vietnam. He was, in fact, on the last flight out of Vietnam, with his family.

"On April 29, 1975 – I remember the day very well. I was in Vietnam trying to get my family out....and we did, we caught the last flight out," Barker said.

James eventually retired from the Army.

He has two sons that have continued the Barker tradition and served in the military. One son, in the Army National Guard, served in Iraq last year and the other is in the Army in Afghanistan now.

"I don't know if having their dad and all their uncles in the military influenced their decision to join or not," James said. "I never pushed the idea, they joined on their own."

Now, at age 74, James is taking it easy at the AFRH.

"I travel back to Pennsylvania occasionally to visit family and take some trips but for the most part I just hang out here and take it easy," James said.

A well-deserved retirement for certain and a good story to pass on to today's youth. There is certainly much to be learned about 'the good ole days.'



Everyone needs...

...To continue the learning experience

By John Colburn

“Live and learn.” How often have you heard that?

Well, for the past several weeks I must really be living, because I’ve really been learning.

As a part of the Healing Waters Fly Fishing Project I’ve been teaching fly tying to four servicemen at Walter Reed Army Medical Center in Washington, DC. That’s no big thing in itself; I’ve taught quite a few fly tyers over the years.

What makes this class different and a real learning experience is that three of the men lost their left arms in action in Afghanistan and Iran. They were taking the tying class as a part of their occupational therapy to learn fine motor skills with their new artificial arms and hands. The fourth did not lose an arm, but his right elbow and hand had been badly wounded by an Improvised Explosive Device in Iraq and has very little movement and almost no sensitivity. Fortunately, the three with artificial arms were right-handed while the one with the wounded right arm was left-handed. That would simplify things I thought.

The first class was held, and the learning began. Oh yes, the students did learn, but I probably learned more, much more. That class involved just the basics: the

fly tying tools and their uses, placing the hook in the vise, tying the thread on the hook, and doing a whip finish, either with the Materelli whip finish tool or with the fingers. The video from the DVD set, Basic Fly Tying with Marve Nolte, demonstrating the procedures, was projected on the wall, giving the students a clear view of the good clear demonstration.

“...the motivation and determination of these guys is something to see...”

The simple acts of adjusting the vise, placing a hook in it, and starting the thread on the hook—simple acts for us “temporarily able” folks—required special techniques because of the different types of prosthesis and an almost inert right hand. With the help of Sandy Burk, we were able to make adaptations that got the basics done.

Then came the whip finishing. The three with prosthesis were soon able to use the whip finish tool, but the southpaw was having trouble with it. So I had him try the two-fingered whip finish. That was even worse, so I tried to demonstrate it for him.

I had been using the two-fingered whip finisher for more than 50 years, but only with my right hand. After about 15

minutes of fumbling and failure, I tied a left-handed whip finish! After seeing me do it several times, the student tried it and soon was able to tie a whip finish with two fingers. With that success, the class was dismissed.

The motivation and determination of these guys is something to see. They know that besides learning something useful, they are developing the fine motor skills that will help them do many other things with their prosthesis and wounded arm and hand. They are also involved in the fly fishing part of the Healing Waters Project so they will be able to use the flies they tie on their fishing trips in the Spring.

I am probably learning more than the students. Besides learning to do a left-handed whip finish, I am learning to make other adaptations to compensate for the prosthesis and the wounded limbs. I’m also learning that the plans I made about teaching the class were only a very rough guide. The class will take longer than expected, and further adaptations will have to be made.

This is far from being the easiest job I’ve ever done, but the rewards are great. Just knowing that I’m helping these guys learn to use their wounded hands and prosthesis and have confidence in their bodies is reward enough.

Volunteers assist residents with income tax filing

By Melodie Menke Volunteer Services

AARP income Tax Assistance Volunteers started quietly in February assisting residents with the fun-filled task of uncomplicating the federal and state tax laws. AARP Volunteers assisted over 264 residents.

We thank these AARP hard working volunteers and having on-site service was invaluable. For off-site service, just a shuttle ride away, Walter Reed Medical Center Income Tax Assistance, also assisted with free service to our residents.

Thank you to all.



Resident Russell Smith assisted residents with their taxes.



Hattie Dorman, AARP Site Supervisor, spent many hours organizing volunteers to assist residents with filing their income taxes.

“A well-spent day off..”

By Mary Kay Gominger

Approximately 50 active duty members from the Army, Air Force and Navy joined forces on Saturday, April 22, for a work day at the AFRH. The group, made up of “A” school students and instructors from the Naval Construction Training Center, spent the day picking up and removing debris, raking, sweeping and doing overall spring cleaning around the grounds.

For lunch, the group enjoyed a cookout on the grounds and some played a quick game of basketball while others took the opportunity to nap in the shade until work resumed for the afternoon.

The next work day is scheduled for Saturday, May 20. From the residents and staff of the AFRH, we say thank you to our active duty volunteers!



These volunteers spent their time at Bldg. 13 picking up debris and cleaning the area.



A volunteer removes part of the greenhouse, which, after Hurricane Katrina, was scattered all along the fence line.



Above - Out front a volunteer picks up limbs and other debris left from the hurricane.

Right - Mississippi Congressman Gene Taylor shakes hands with volunteers and thanks them for their efforts and their service to country. Congressman Taylor was visiting the AFRH with Congressman Ike Skelton.



A workday at AFRH-G



After lunch, these volunteers take a quick break and get ready for the afternoon work session.



The volunteers posed for a group shot at the end of the day.



A volunteer picks up debris inside the fence line by Bldg. 13.

*Photos by Laura Throop
and 1LT Vanessa Stolzoff*

A look at photography... through the years



The Honeywell Pentax 35 mm single lens reflex camera.

By Ludwig Olson

When I was growing up during the 1920's, the Kodak box camera, invented by George Eastman, was extremely popular throughout America. Available at low cost, it used roll film and had a small lens, simple shutter, and mirror-type viewfinder. It was easy to use and required very little training.

Although the box camera was easy to use, it could only take photos in good light. Also, its lens was fixed at one setting. Many photos made with the camera were a bit fuzzy, but were generally satisfactory for most people. Because of its low cost combined with ease of use, the box camera did a lot to make photography popular. It also made George Eastman very rich.

During my teens, I became friendly with a talented amateur photographer who taught me a lot about taking photos, developing film, making prints, and even how to design and make photographic equipment. We were short of money because of the depression. One of our projects was making a reflex-type camera. It had two lenses, one for viewing subjects to be photographed and a more sophisticated one below it for taking pictures. Pieces of thin plywood were glued together to make the camera body, and the outside was covered with thin artificial leather to give a professional appearance.

Ground glass for the viewfinder was made by rubbing a piece of window glass with finely powdered pumice stone and kerosene mixture to give the glass a frosted appearance. A mirror for the viewfinder was bought at a dime store. Parts from an old box camera were used to wind the film. The picture-taking lens was an f4.5 Wollensak Rapid Rectilinear corrected for distortion. That camera took sharp clear photos under a fairly wide range of light conditions, and was considerably more versatile than a box camera.

My next camera, purchased in 1937, was a German Certo Dollina 35 mm. It was compact, handy, and took excellent photos. I then acquired a German professional type folding camera with bellows that could be extended to increase the focal length for taking photos. It used a film pack and had holders for cut film.

While employed at the National Rifle Association following retirement from the Army, I visited shooting matches in this country and Canada, and took photos for use in magazine articles. The photo equipment was a Japanese twin lens reflex camera and electronic flash gun, both of which gave excellent results.

In 1974, I bought a Honeywell Pentax 35 mm camera made

in Japan. It was a single lens reflex type, it had an eye level viewfinder and built in exposure meter. That camera was extremely versatile and the best I ever had.

In taking photos of rifles for books and magazine articles, I used the above camera and two or more 500-watt photoflood lamps. Light was reflected away from the rifles against large white posters, which then bounced the light toward the rifles in a diffused manner. That helped uniformity of lighting.

Fishline, a translucent material, was used to hang the rifles below a long narrow horizontal board held at proper height by two sawhorses. A white sheet at least 18 inches behind the rifles served as a backdrop. If the sheet is not far enough behind the rifle, there will be distracting background shadows in the photos.

Some photographers use other methods to get uniform and shadow free lighting on long slender objects such as rifles, but the above system works well for me.

Digital cameras with computer technology have revolutionized photography in recent years. Much has been written on it. I'll admit that I'm an old ultra-conservative fuddy-dud and find that the digital stuff is too modern for me!

Ludwig Olson, a regular contributor to the Communicator, passed away earlier this month. The staff of the Communicator bids a fond farewell to our comrade Ludwig Olson. His interesting and informative articles will remain a testament to his creativity and his in-depth articles and quiet manner will be solely missed.

P.A.L's Volunteers & their Pets Visit with KHC Residents

By Steven Briefs

On Saturday April 15th, the community organization "People Animals Love," (P.A.L), visited our residents in the Recreation Therapy Center. What a happy time for all, both for residents and the animals. The pets, a bull dog, golden retriever, poodle and a variety of mixed breeds, all seemed excited to be petted by the residents. And our residents cuddled and showered lots of love on these adorable, friendly animals. I've always said you can tell a real animal lover if they talk to their pets just like they were human. And there was a lot talking going on from our residents to those pets!



Veterans' from page 4

Thank you for serving our country!

Dear War Veteran,

My name is Taylor Johnson and I live in Selbyville, Delaware.

I do not know how to express my gratitude to you. It makes me feel bad that I spend my days and nights in a safe place at either home, or in school, and you spend your days guarding things, defending my freedom or our freedom.

I never realized how much I am involved with the soldiers, until now. You defend me. You could lose your life for me. You left your family to defend my freedom. Thank you so much!

I have done nothing to defend my country, and you risk your lives every day so I can live mine safe and happily.

At first I never knew what Veterans Day was. I just thought it was another day I got off school. But now I realize that it's must more than that. It's a day to honor the soldiers that have lost their lives and the ones who are risking them now.

Famous people used to be the people I looked up to, but that's changed now. I look up to the real role models, the real heroes. The soldiers!

You have given me a reason, a purpose, to work hard. I will one day try to make a difference for my country, and the soldiers, my real role models are who I have to thank for it. The soldiers!

Thank you for giving me a purpose. You make me proud to say I'm part of the U.S.A., and proud to say you defend me.

Sincerely,
Taylor Johnson

Dear Soldier,

I wanted to write you a letter of appreciation for all you have done and are doing for us. I didn't realize the value of Veteran's Day until I had 7th grade geography classes with Mr. Buchler. I started to realize that Veteran's Day is to appreciate all the soldiers that are fighting for our freedom and rights so we don't end up like people in Iraq, bombing people. I feel like you soldiers are fighting to save us like some kind of heroes. I don't agree with the war but I know that you are fighting so we can disagree with things.

From my heart,
Randy Hartmeyer

Dear Veteran,

This year on Veteran's Day I just started to really think about it. I just thought during the other years that, wow, we just got a day out of school for nothing. Then this past Veteran's Day I just started thinking. When I saw you on TV I thought about it a lot. Most people that don't know the real reason and just wants to sit on the couch and watch TV or they just want to sit on the computer and even playing games dealing with war but still don't realize the meaning of it. This made me say to myself, look at these young kids putting them self in harm's way trying to defend our country. I feel bad for you and I just wanted to say thank you for all of the things that you have done for our country. I learned that a purple heart is a medal given to a soldier that got wounded in a war and survived. I like your attitude, saying that if you could you wouldn't change your self. Also, you said that if you could that you would go back again and fight again.

You're my Hero,
Kai Hopkins
Selbyville Middle School

Dear Soldiers,

Hello! In my Geography class, my class and I learned about Veteran's Day. Since Thursday 10th November we have been listening to tapes that our Geography teacher recorded off the radio and TV interviews that made some of my classmates break down in tears. Some of us shed a few tears because we realized how important you are to our country and how some even say that they will sacrifice a leg, arm, or even their life for our country. At first I knew a little bit about Veteran's Day and now I can appreciate Veteran's Day even more than I did before. I never knew what a purple heart was until we discussed it in class. So now if I see a veteran that has a purple heart I will have enough courage to walk up to them and thank them personally. I will thank them for how they served our country. It's just the fact that you are serving our country is very honorable. You don't have to lose a leg or an arm to be someone's hero, just serving our country is good enough for me. I just wanted you to know how much I appreciate what you are doing to protect yours and our country.

Thank You,
Sincerely, Tyasha
(a student from Selbyville Middle School)

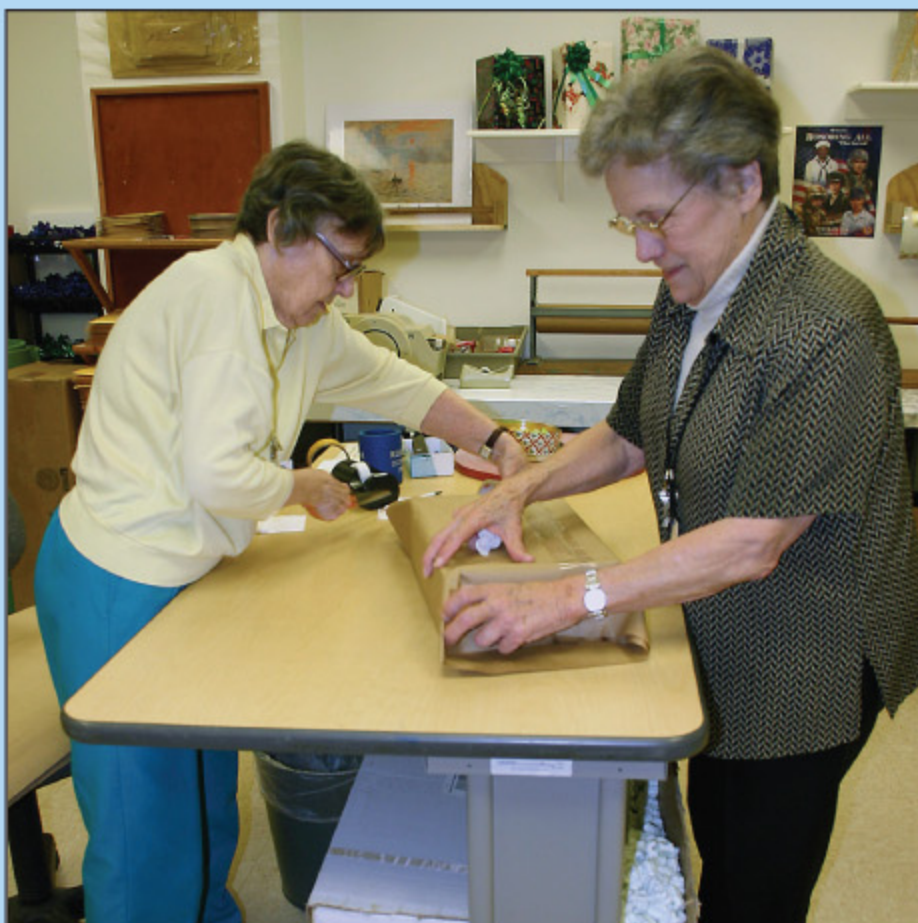
National Volunteer Week

“Residents Honored”

By Melodie Menke Volunteer Services

National Volunteer Week is always a time to stop and reflect on how much our Volunteers give to our Home community and also a time to realize how each of us reap the benefits of those volunteer hours. This year was a year for volunteerism to shine at AFRH; we were witness to the most amazing acts of selfless giving and compassion. The natural disaster of Hurricane Katrina affected all residents and staff at both Homes. And as a family we tried to recover from that disaster, with the help of community volunteers in our local area; to volunteers from Alaska sending needed items, from the active duty military rallying around their senior comrades; to military organizations and corporate businesses giving their time and donations. Volunteer Services will be forever grateful to all who came and lent a helping hand. In one month, a mere 30 days, over 4,000 volunteers assisting in making the transition from natural disaster to a new normal.

AFRH has a long history of volunteering, residents helping each other and a pride and spirit of “Home Ownership”. And as we start building our new daily routines, it is with the volunteers working side by side that keep us moving forward. Volunteers that bring stability and their own sense of humor and help the daily joy creep back into our lives.



Volunteers at work - Ruby Bloomer & Dolly Smith wrap up packages for residents to send to family and friends.



Left to right: Tim Cox, Charles Felder, CDR Tim Burns and Charles Dickerson.



Paul Hessler prepares BPV's for residents in the Admissions office.

Tim Cox, Dave Anderberg, recipient of the Certificate of Appreciation, and CDR Tim Burns.



Homer Rutherford and James Webster take a break from working in the Woodshop to enjoy an afternoon with fellow volunteers.



Tim Cox, Jim Hart, recipient of the Presidential Gold Medal, CDR Tim Burns and Charles Dickerson.

Photos by Sheila Motley

A healthy you

Are you within the healthy weight range?

By Leslie Boggus, RD

Teresa Hui, RD, LD

Rachael Hatten, RD

This article is a continuation of series on “Obesity...an epidemic in the elderly?” written by Dr. Sissay in the AFRH Communicator published in February.

Now you realize whether your weight is healthy, or not. If your weight is within healthy weight range, you are to be congratulated for your continuing effort. If not, you may want to continue to read and practice the following 10 effective steps for weight management.

Weight management is a serious business; it requires a precise plan for intended weight loss, how to knowledge, monitoring the progress, patience to stay on, self-assurance, self-reward, and a will to succeed. Please keep in mind, weight loss plan is a permanent change of your dietary habits so that your weight can be maintained at the desirable healthy weight range. Quick fixes will not reach your goal, and do more health-related harms in the long run. The following steps will enhance your chances for successful results:

1. Make smart balanced food choices from every food group, with proper portion sizes:

- Whole Grain – eat 3 out of 6 servings of whole grain such as whole wheat, oatmeal, brown rice, wild rice etc. because these foods not only have the starchy part of the grain, but also the germ and the bran.

- Vegetables – eat cooked and raw vegetables 5 servings daily.

- Fruits – focus on 4 servings daily. Eat mostly whole fruit, and a rainbow of colors (blue, red, yellow/orange, green and white) to get a variety of nutrients, phytochemicals and antioxidants.

- Milk – get calcium-rich foods – 3 cups of low-fat or fat-free milk, products, or soy milk products.

- Meats & Beans – Go lean meat i.e. lean chicken, turkey, beef, or pork with high biological protein – 5-6 ounces daily.

- Fats – most of the fats should come from vegetable oil, nuts, and fish. Stays away from saturated fats, trans fats such as bakery goods. Choose food prepared with less salt, sugar and fat. These food ingredients have significant linkage to high blood pressure, heart disease, diabetes, and high cholesterol.

- Eat less sugary desserts. Seasonal fresh fruit and canned fruit are healthy and delicious. If you do enjoy sweets, eat only one serving, and only once a week because of the high content of calories and trans fat.

2. Establish a good eating habit before cutting down on food portions and calories. In order to lose one pound of body weight, you must cut down 3,500 calories. This number may surprise you which means you should cut down 500 calories daily just to lose one pound weight. It's highly recommended that you

should only lose 1 – 2 pounds per week to prevent from unhealthy practices. Small portions of food are highly recommended.

3. Set a realistic goal for the total weight you want to lose. Go with small increments for an achievable and attainable weight in a specific time frame. For example, you want you lose 10 - 12 pounds in the next three months. This realistic number is achievable. If you have difficulties to achieve this goal, even 5 – 10% weight loss from current weight would drastically improve your health and nutritional status.

4. Record food consumed in your food journal. Record what food and portion sizes you consumed during the day. This recorded data helps you to review, monitor, correct and re-adjust your dietary needs. In addition, it provides a clear picture when consulting with your health care professionals such as speaking to your doctor and your Dietitian about your progress.

5. Weigh yourself once a week to review the progress. Record the actual weight in the log. The proper way to weigh yourself is in the morning as soon as you get up, go to bath room and empty your bladder, and before eating your breakfast. This should be your true weight.

6. Eat three meals and an evening snack daily to maintain proper nutrient and blood sugar regulation throughout the day. During the meal setting, eat slowly. It takes 20 minutes for the stomach to send the signal to the brain that you are full. The new approach to the success of weight management is to eat small amount food when you are hungry, and stop eating when you are full. This method has proven to be effective.

7. Distract yourself from cravings. Behavioral modification such as taking a walk, eat a mint, or simply eat a piece of fresh fruit etc. when you are very hungry is necessary to achieve your goal. During this period of weight changes, your body is making an adjustment to the new demand for less caloric intake. In other words, your stomach is shrinking and less food intake is needed.

8. Drink 6 - 8 glasses of water daily. Proper fluid intake is important because it helps to regulate, utilize, and transport nutrients more efficiently. Coffee, tea, juices, and soft drinks are acceptable. Concentrated juices should be diluted for a reduced sugar and calories.

9. Alcohol consumption should be limited to no more than two drinks a day.

Try to avoid or cut back on alcohol. There are a lot of calories in beer, wine, and other alcoholic drinks.

10. Exercise 30 minutes daily for most days of the week. Move more and eat less. Reward yourself for your planned weight loss achievement when you have reached a certain level of weight loss, but not with food. You may treat yourself with nice well-fitting new clothes, a new book, a movie, or a trip etc.

Whether you choose to eat-in in our AFRH Dining Facilities or eat-out in your favorite restaurants, the following tips provide you with informative guidelines for continuing weight management efforts.

Nutritional information offered at AFRH annual Health Information Fair



Dietitian Leslie Boggus with the American Dietitian Association, points out an area of interest to residents Raymond Smith and Ed Stites during the Health Fair.



Teresa Hui, a dietitian, speaks with Ed McBride.



Alavain Wilkey checks Frederick Gregory's blood pressure.



Resident Charles Bronson talks with RN Yarsby Thorpe.

**Sponsors of the AFRH Health Fair
included:**

**AFRH Wellness Center, Catholic
University of America-School of Nursing,
Community Health Students, Pfizer
Pharmaceuticals, makers of Aricept
RepriaMedical.**

Photos by Sheila Abarr

Catch me at my best...

Staff recognized by residents

Health Care Services

“The residents of Pipes Building would like to go on record in absolute praise of the outstanding job done on our behalf during the period of our residency by Mrs. Connie Wheadon.

“Mrs. Wheadon starts working the moment she walks in the door, time clock not withstanding, and is doing something from then until the shift ends and more if she feels someone needs her. When she is on watch there is always an abundance of goodies provided: ice, juices and other incidentals that fall her lot. There should be more Connie’s. Living would be easier and far more pleasant. The pleasantness is contagious by her. Even the grouchy residents get a smile on when she’s around.

“We are indeed grateful to this fine lady and to the person or persons responsible for her being in our midst.”

Submitted by residents of the Pipes

Campus Operations

“I caught **Brian** (Maintenance man) at his best!

I would like to commend Brian for his customer service, and his knowledge of maintenance problems are beyond reproach.”

Thank you so much for you going the extra mile!

Next time you see someone going ‘above and beyond’ the call of duty - fill out a Catch Me card and give them the recognition they deserve.

Walter Reed Army Medical Center

Fisher House honors residents

The AFRH Woodshop Sergeants were awarded certificates of appreciation by the Walter Reed Army Medical Center Fisher House. The certificate read - “With heartfelt appreciation for providing assistance and support to the military families and their loved ones who are our guests at the Zachary and Elizabeth M Fisher House during Operation Iraqi Freedom and Operation Enduring Freedom.”

The Woodshop Sergeants made wooden flag holder plaques for the rooms of the Fisher House. Vivian Wilson, Fisher House Manager from WRAMC, has joined the Fisher House in Fort Campbell, Kentucky, and has requested the woodshop make eight more plaques for the 101st Screaming Eagles. The woodshops’ good deeds carry on.



From left - James Webster, George Orawski, AFRH Director Ben Laub, Bud Rutherford, George Lang and AFRH Volunteer Coordinator Melodie Menke.

Artistic Dance Academy

By Carol Mitchell

On Saturday, April 22, 2006 the residents of King Health Center enjoyed a morning of wonderful entertainment provided by the Artistic Dance Academy (ADA). The 75 plus audience couldn't help but clap their hands and tap their feet to the exciting performances. ADA had students of all ages performing group, trio, duet, and solo routines from

their Juniors Company, Peanuts Company, Poms, and Boys Troop. Residents, employees, family, and friends enjoyed watching a variety of jazz, ballet, tap, modern, and lyrical dance categories. We look forward to ADA coming again for another spectacular performance.



Photos by Robert Cooper

Washington Gas Company**Spirit of Service Day**

Bob Cavanaugh and a Washington Gas Company employee shooting a game of pool.

Competition heats up as the games begin

By Melodie Menke, Volunteer Services

On a cold rainy Saturday, the employees of Washington Gas Company came to AFRH carrying umbrellas and wearing huge smiles. Some had been here before and were eager to talk with residents just like old friends and some were new and just ready to see this place they had heard their co-workers brag about. Others were left with the task of dragging in carts of beverages, peanuts and sugar free candy and other goodies. After meeting in the Scott Theater, the cry was sounded, "Let the Games Begin!" The two-hour marathon of games was off. Mike Longwell headed up the Pool Tournament, where everyone, including Bob Cavanaugh and Richard Slendra learned the youngest player, 12-year old Austin, was also the player to beat. The Bowling Center lanes went quickly into striking

mode as residents and Washington Gas employees battled it out for bragging rights. The Poker Room was ready and cards were quickly dealt for a few friendly games of poker. Our golfing residents had wisely stayed inside watching the rain, but the determined Washington Gas Employees golfers played through braving the elements. They left the golf trophy in the car but vowed to return on a sunny day and tee off with the residents. Twelve-year old Austin did win the pool tournament, something very special to tell his Navy dad who just went to Iraq. The end score, a very good time was had by all.



Dale Baker poses with a Washington Gas Company employee.



Mike Longwell and Austin Davenport were first place winners of the pool tournament.



Tom Carras shakes hands with his competition after the bowling tournament.

Chaplain's Corner

By Chaplain John Goodloe

On April 4th of this year, at approximately 5 p.m. in the dining hall, I committed a thoughtless act. I have accepted the invitation to have dinner with the residents on Tuesdays, since that evening is also Bible Study. The two persons with whom I normally eat were walking with me as we approached the somewhat empty regular dinner line.

I asked the two residents to excuse me, for I needed to speak with someone who was already eating at his table.

After completing my conversation, I returned to the line to the place where I had been earlier. Unfortunately, I said nothing to the residents who had entered the line while I was talking to the person at his table. I didn't excuse myself, or explain that I had been here earlier and ask if it would be okay with them for me to return to the place with my dinner companions. I could have also just gone to the end of the line. It wasn't as if the line was now to the door! I SAID NOTHING!! I WAS THOUGHTLESS!!! One of the persons behind me moved from that line to the short-order line. Whether he moved out of disgust with my action or had just changed his mind for his evening meal, I don't know. His move spoke volumes to me. I repent publicly, and take advantage of this forum to express my regrets to those whom I offended. I shared my remorse with the residents at the table during our meal that evening. Both understood my position and my desire never to use my office to gain any favor. (I long to express this sentiment personally to those individuals who were the recipients of my inconsideration. Because I don't know you personally, would you please come to see me, if you get a chance?)

What an appropriate introduction to the final installment on our new look at RESPECT! None of the above was staged for this column. I would much rather avoid the use of a negative example of the "T" word, and even more so if that nega-

tive example is mine! As you well know, THOUGHTFULNESS is our last principle or tenet of behavior that will be our standard here at AFRH-W. THOUGHTFULNESS – the act of being considerate of those around you; behavior characterized by the "attentive anticipation of the needs of others." Interestingly enough, one of the beauties of THOUGHTFULNESS lies in the fact that this principle of behavior is frequently most effective when it manifests itself in the "small things" of life.

Some may say that the opening scenario was "a small thing," and no one really noticed anything about your move to that position in the line. This is the point about "THOUGHTFULNESS in small things." The following statement and question could have gone a long way and gained much RESPECT in the eyes of others: "I was here earlier and just stepped out to speak with a resident. Will it be okay if I get back in front of you?" The message would have perhaps even been stronger if I had simply gone to the rear of the line. I missed an opportunity to be thoughtful!

THOUGHTFULNESS has its roots in what has commonly been called the Golden Rule. We all know it well – "Do unto others as you would have them do unto you!" Another version puts it this way; "Therefore, all things whatsoever you would that men should do to you, do you so to them: for this is the law and the prophets." The implication here is that this rule that has been in existence for a long, long time . . . "for this is the law and the prophets." If this rule has been around for so long, why is it that some of us have not yet come to grips with the essence of its meaning to the point that we regularly practice what is being required of us? Is it because of pride? Is it because of selfishness? Is it because of inconsideration and unconcern on our part for others? WOW! What a difficult lesson for me to learn and then to teach, especially when I think of the reasons why I would ever operate outside of THOUGHTFULNESS.

Each one of us has some work to do with developing a lifestyle of RESPECT here at AFRH. Get a copy of the previous four Chaplain's Corner, please, and review the individual tenets that should become a part of our behavior pattern. By way of review of what each letter represents, I offer the following:

R = RESPONSIBILITY;
E = ENTHUSIASM;
S = SELF-ESTEEM;
P = PERSEVERANCE;
E = EXCELLENCE;
C = CONTROL; and
T = THOUGHTFULNESS.

I recommend that as we take a look at each concept, we perform a self examination and determine on which one we need the most work. Honesty comes into operation here. None of us is to look at this exercise for someone else. Remember, this is self-examination. Then take about a week, or however long you need, to deal consciously with making this tenet a part of your daily lifestyle. After you feel you have mastered this principle, go to another one that is perhaps not as needy of your attention, but you know requires some tweaking. Spend as much time on this one as you need. Go through the entire word and become satisfied with your understanding of this new way of thinking about showing RESPECT. Just imagine what this home would be like if everyone here showed that we had a clear grasp of this concept by the way we interact with one another. Isn't this idea really what RESPECT is all about, how we treat and interact with one another?

Oh, by the way, I know where I'll start!!

If this series has been at all meaningful to you, would you let the editor know or drop by the Chaplains' Office and leave a word or two with anyone on duty there? If it has not been helpful, we'd seriously like to know that, too! God bless you!

Residents attend social at historic Dumbarton

By Melodie Menke
Volunteer Services

Residents were invited by the National Society of Colonial Dames of America (NSCDA) for a social at their national headquarters, the Dumbarton House in Georgetown. Residents and staff were treated to a delicious buffet, great conversation and the soothing sounds of the jazz quartet. Our own Ray Anderson even played the keyboard for a set.

The Dumbarton house is a restored federal period historic house and museum and normally closed on Sundays but residents and staff were treated to a private tour of the home. Many thanks to Betsy Riddle Ruderfer and Carolyn Abshire for such a gracious offer and hosting a truly wonderful event.

The National Society of The Colonial Dames of America is dedicated to furthering an appreciation of our national heritage through historic preservation, patriotic service, and educational projects. The NSCDA, founded in 1891, is an unincorporated association of 44 Corporate Societies with over 15,000 members.

In memory of Jocelyn Grealy...dedicated NSCDA member and loving mother.



Ray Anderson (center) warms up the keyboard for a set with the jazz band.



Above - Betsy Ruderfer sings during the social at Dumbarton House.



Left - A group shot of residents at the Dumbarton House.



Wilfred McCarty talks with Bill Birdseye at the social.

Photos by Melodie Menke

Fashion on the runway

By Carol Mitchell

On Thursday, April 6, 2006, the AFRH-W "Spring Is In The Air" Fashion Show was held in the Scott Auditorium. Thanks to the coordination and combined efforts of residents, employees, and volunteers the show was enjoyed by all! Approximately 120 residents and employees attended the event.

AFRH would like to thank AAFES for providing the beautiful clothing for many of the models.

Anne Beebe, a Navy Seabee wife, elegantly models a strapless satin gown.



Jean Ringuette models a lovely outfit provided by AAFES.



Golf pro Matt Kayson scores a hole in one.



Jesse James takes time out from his busy volunteer schedule to strut across the stage in this very nice looking suit.

Photos by Sheila Motley

Ladies Evening Social

Women In Defense



Coming together!!! Ladies from AFRH and The Women In Defense met for the first time in the main lobby of the historic Sherman Building.



Right: Barbara Copare informs Vickie Plunkett about AFRH.



Above: Jeanne Beasley shares military experience with Laura Barton.



Residents Marian Richie, Helen Abercombrie and Louise Hampton attended the event.

Right: The Women In Defense Trio provided delightful music throughout the evening.



Near forgotten profiles...

By John Bowery

Every once in awhile, it seems that I become aware of something or someone that I just cannot pass by or even forget. Bernice or "Goldie" (as she likes to be called) Goldstein, is one of those persons. I first met her about a year ago when I heard music (my favorite music) being played at the far end of the dining room during one of our dinner hours. It was like hearing the Pied Piper of long ago. You see, she was playing all the songs that my wife and I had always considered, ours. We used to love to "slow dance" to those tunes of Glenn Miller, Dorsey, Tex Beneke and Crosley and Goldie was playing them, beautifully. For me, at that time, it was (as the kids say) awesome. Now I make it a point not to miss any of her performances because they are so enjoyable. Well, enough of that for now. I must tell you her story....

Goldie was always interested in music and from the time she was about two years old, she loved everything that has to do with music. She told me that she had settled on the French horn as her instrument of choice in high school and dreamed of becoming a part of a symphony orchestra performing at places like the New York Symphony as a horn player. One particular day when she was 20, she found a brochure that was telling about opportunities of the U.S. Army and their musical programs.

It was like a light bulb going off in her head and she rushed home to tell her par-

ents that she was going to check it out. She headed for the recruitment center and talked to them. They told her she couldn't enlist and be assigned to a band at that time, but she could enlist and after basic training she would have a pretty good chance of getting assigned, if she could qualify.



Bernice "Goldie" Goldstein (center) conducting a musical composition piece performed by the first all women female band, Women's Army Corp's Band.

She enlisted on her 21st birthday and never looked back. She found that she was qualified to serve in the area of her first choice. For the next 23 years, she was thrilled to play in the All Women's Band that evolved into the WAC's Female Band. For 15 years it was all female and then the Army decided to open it up to allow the men to become involved. When it was re-organized to accept her male counterparts, it gave them more opportunities to play a wider range of places. She eventually became the assistant conductor. The band, when it was all women, traveled extensively. After it was re-organized they were in much demand and traveled all over the country. They played

for the President at the White House and everywhere imaginable in between. The band performed for President Kennedy, Bess Truman and others that were important at the time.

After serving 23 years doing the one thing she really loved, she retired and for the

next 10 years played with rock groups, and finally became involved with country music. She said at first she didn't care for country, but she found she did enjoy it quite a bit later on. The original women that were in the all female band still meet and play concerts at least once a year. They will be getting together again and playing next October of this year at Fort McClellan, Alabama. The conductor now was only 18 years old when she joined the band and rose to the position of

conductor, just as did Goldie before her. She and Goldie will be jointly conducting the concert in October.

Goldie did everything she wanted to do and attained honors and rank to go with it. She may appear to be shy and reserved and she is. If you want to hear first hand, the leader of America's first only all female band, just say hello and ask her. It was the Women's Army Corps Band and we can all be as proud of it as she was and still is. It will be a rewarding experience, I guarantee it.

The Cherry Blossoms

The blooming of the cherry trees around the Tidal Basin in Washington, D.C. has come to symbolize the natural beauty of our nation's capital city. Hundreds of thousands of visitors from across the nation and around the world come to the nation's Capitol to witness the spectacle, hoping that the trees will be at the peak of bloom for the Cherry Blossom Festival, DC's rite of spring.

The history of the cherry trees dates to 1912 when the original trees were planted by First Lady

Mrs. William Howard Taft and the Vicountess Chinda of Japan.

The famous trees, a gift from Japan in 1912, signal the coming of spring with an explosion of life and color surrounding the Jefferson Memorial on the Tidal Basin in a sea of pale pink and white.



Photos by Bill Castle & Sheila Abarr

