

'Spirit to Serve'

Marriott hosts 2nd Annual 'Volunteer Day' at AFRH

By Volunteer Services

If you noticed a few hundred people in bright yellow t-shirts working at a frantic pace on Wednesday, May 17, you were

witnessing the Marriott 2nd Annual 'Spirit to Serve' Volunteer Day at the AFRH. These 200 energetic, hard-working Marriott employees accomplished over 10 volunteer projects in just under two hours.

The projects completed included cleaning and polishing the Stanley and Rose Chapels, the wooden banisters on three floors in the Sherman Artist Colony and the Scott Theater Lobby, weeding a huge iris flower bed by Sherman Building, and cleaning the Sheridan Canteen. The volunteers also disinfected all the vending machine buttons, cleaned theater seats and lent a helping hand with pouring molds in the Ceramic Shop.

The Marriott International Lodging employees made festive gift bags filled with sugar free and regular candy complete with balloons and presented these gifts to residents in assisted living. Marriott employees even ran an old fashioned bingo for 60 residents.

To top off their Volunteer Day, the Marriott provided singing entertainment with their own version of 'Marriott Idol' in the Scott Theater. These talented Marriott employees sang up a storm for the residents. Bill Marriott, CEO of Marriott, thanked the residents for their service to their country and thanked them for allowing the Marriott Spirit of Service Day to be part of their home.

Volunteer Services looks forward to working with Joanne Thomas, Marriott Community Coordinator, for the 3rd Annual Marriott Spirit of Service Day at AFRH in 2007.



Marriott CEO Bill Marriott pours a mold in the Ceramic Shop. Mr. Marriott was one of 200 Marriott volunteers that spent the day at AFRH on May 17.

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AARP Sewing, page 9



Singer Ty Nelson, page 14



AFRH softball team, page 20

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



This is the season of the year when we at AFRH are privileged to receive visits from many High School bands from throughout the country.

It's a fact that these bands have earned the money to pay their way for the trip to our Nation's Capitol. They have also chosen to come here and entertain us.

I wonder if we understand why they are here. Frankly, I'm not sure I do either. However, I believe that the underlying reason for these visits is to express gratitude to our Nation's Warriors living and dead for the hard bought freedoms that we as a people enjoy and perhaps take for granted. We at the home are living symbols of those to whom these kids would like to say "...Thank you..." We didn't ask for this job, but it goes with the territory. It is within our power to bring closure to the losses many of these children have endured. We can do no less.

Wouldn't it be nice if every time one or two of these buses pulls up behind the Scott Building there was a crowd of residents to greet them. It's a win, win situation. Try talking with these young people and you will find their natural exuberance and energy rejuvenating you. There is no guarantee that this will increase your life expectancy, but – it's worth a try.

Wouldn't it be nice if when these young adults got up on stage for their performance they looked out on a packed house of residents to be entertained. They would think, "Wow! These guys really enjoy our being here.

Wouldn't it be nice if after the performance many residents, while enjoying the always available refreshments, spent some time really communicating with these young folk. It is an enjoyable experience. It works both ways. We are living history and we need to share this history with our progeny.

So the next time you see a poster or flyer announcing a visit by this group or that group – Welcome them. Hey! You'll like it.

ENJOY YOUR PAPER!

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



AFRH Vision:

Provide an environment that nurtures the Health and Wellness philosophy of aging and that provides a continuum of residential Life Care Services in a community setting for our Nation's Heroes.

AFRH Mission:

To fulfill our nation's commitment by providing a premier retirement community for our veterans through a residential quality care and supportive services environment.

AFRH Guiding Principles:

- Accountability
- Excellence
- Integrity
- Honor military heritage
- Workforce
- Customer Service

Some of the main topics discussed were customer service, resident and staff retention issues, maintenance versus safety (work order prioritization and tracking), and resident and employee orientation programs. These issues will be studied by the participants

On May 9 through 11, 2006, thirty four members of the AFRH management team participated in a two and a half day offsite in Warrenton, Virginia. I am pleased to report we had a productive and successful session. One of the major accomplishments was the review and update of the Agency's Mission, Vision and Guiding Principles:



Team building

From left - AFRH staff members Laura Fogarty (Recreation), Sheila Motley (Public Affairs), Tim Cox (COO) and Leon Barwick (Dining) have a team discussion during the off-site held last month.

and recommendations regarding resolution will be made.

In future issues of the Communicator, I will highlight individuals from different departments to let you know what has been done to improve the quality of services to residents. Feedback and progress on issues will be addressed as well.

There is always room for improvement. We will continue to strive to improve our services that affect the quality of life for our residents.

Timothy Cox

Conversation with the Chief Financial Officer



Starting this month, I am writing a column every month to keep you informed about the activities at AFRH associated with the Chief Financial Officer. I hope in the following months we can create a conversation where I write a little and you talk to me via letters, phone, e-mail, or a visit. Residents are the focus of AFRH so I will make time in my schedule to listen to your answers to my monthly question (see below).

What has the CFO been doing in the month of May?

Every year AFRH is required to prepare an annual report called the Performance and Accountability Report (PAR) and to send it to the Office of the Management and Budget (OMB) and Congress by November 15. What goes into that report are the AFRH strategies, goals, objectives, actions, the audit outcome, the Assurance Statement, the results of the President's Management Agenda, and our performance accomplishments. It contains a

wealth of information.

So in May the managers attended an offsite from May 9-11 at the Airlie Center in Warrenton, Virginia, where we discussed and agreed upon our strategy for the rest of the year. We looked at an updated AFRH Strategic Plan and a proposed Corporate Business Plan. We also polished up the AFRH mission so it is clearer for our workforce to clearly articulate why we are here. The edited mission statement is - "To fulfill our nation's commitment by providing a premier retirement community for our veterans through a residential quality care and supportive services environment."

The 2006-2010 AFRH Strategic Plan and the 2006 AFRH Corporate Business Plan will be posted on the AFRH website.

This month's question to you is:

"How can we energize what we, the Corporate staff, do for you, the AFRH residents?"

Looking forward to hearing from you!

Steve McManus

Office of the Director



Memories of our fallen heroes!

Our wall of memory for our fallen and departed heroes, which is located in the Scott Building, offers a reminder to us of

heroes who have lost the ultimate battle, who time has taken away from us, as well as offering us recollections of friends and acquaintances who have in common our own experiences. Look beyond the faces to

these heroes' character, to the chance opportunity that our paths may have crossed, and the possibility that we have enriched each other by that experience.

Look even deeper at the family and friends that they may have touched and have left behind. You grasp the image of how vital an impact each of us play in the lives of others.

That our members and these military heroes may have saved even one life, or improved the well being of only one individual, is as if they had saved a thousand.

Because we can never predict what one person can contribute to this world – if only they had the chance.

To experience the loss of one soldier, a friend, is as if we lose a member of our family.

A fellow fallen hero, we are all enriched and honored having known them, and struck with sadness at their passing.

Take a look at this special wall of honor and reflect.

Ben Laub

It's the home stretch for Lincoln Cottage

Preservation begins this summer, fall 2007 opening

By Sophie Lynn

Project Manager

President Lincoln and Soldiers' Home National Monument

The final phase of the capital project to preserve the President Lincoln and Soldiers' Home National Monument begins this summer. The National Trust for Historic Preservation directs preservation and development of this national treasure in cooperation with the Armed Forces Retirement Home. The National Trust intends to open the National Monument to public visitation in September 2007.

In June, abatement of hazardous materials inside the Lincoln Cottage (centerpiece of the Monument) and the future Visitor Education Center (the Administration Building) commences.

Thereafter, construction fences will go up around both buildings in preparation for full-time construction activity. Residents are encouraged to observe the work through the fences, but are strongly cautioned not to enter the construction areas.

Scope of construction includes interior preservation of the Lincoln Cottage, with some first floor rooms being returned to a period look, that is, to how those rooms might have looked during Lincoln's time at the Soldiers' Home (June – November of 1862-64). Scope

also includes renovation of the Administration Building to serve as a Visitor Education Center with permanent and temporary exhibits, a museum shop and other amenities, a classroom, and offices for National Trust staff. Some landscape improvements to enhance pedestrian safety also will occur.

This last phase of the capital project will involve expert services of workers from over 30 construction trades! Total estimated cost of this capital phase is \$7.4 million. The National Trust for Historic Preservation has raised this money from private and federal sources, including contributions offered by residents of the AFRH. Thank you!



The Lincoln Cottage exterior preservation was completed in 2006.

SPECIAL EVENT AT STANLEY CHAPEL ON JUNE 28

All residents are invited to attend a talk given by Elizabeth Smith Brownstein on her new book, "Lincoln's Other White House," (Wylie, 2005) at 10 a.m. on Wednesday, June 28. The National Trust for Historic Preservation, the English Speaking Union, and the AFRH are co-hosting the event. Members of the English Speaking Union also will attend. Event hosts will address residents' suggestions to improve the public address system inside the chapel so that this speaker can be heard by all.

Content of Ms. Brownstein's talk will focus on President Lincoln's use of the Soldiers' Home as a presidential retreat during the Civil War. Bring your questions for discussion. Light refreshments will be served after the talk. All are welcome!

Marketing team reaches out to the military retiree community

By Gregory Moore

This marks our first installment of this column. On any given month, members of the AFRH staff and residents are on the road spreading the good word about our home.

The month of May has been a busy month. It kicked off with a trip to Ft. Jackson, South Carolina, where the AFRH was invited to attend the annual Retiree Appreciation Day (RAD). Ft. Jackson hosted over 3,000 military retirees from as far away as Georgia and Florida. AFRH's Sheila Abarr was invited to Tinker AFB, Ok., to speak at and participate in their RAD. The month of May closed with an exceptional RAD in Ft. Lewis, Washington, and Naval

Station Everett, Washington, that attracted over 2,500 military retirees from around the states of Washington and Oregon. No matter where we go the reception for members of the AFRH is nothing less than fantastic. We are flooded with questions about our home and our residents, and constantly complimented on the level of professionalism that surrounds the AFRH.



Revolutionary War to the War on Terrorism... Soldiers stationed at Fort Jackson, S.C., represent several different U.S. Army period uniforms during the recent retiree day.

Office of the Resident Services-Washington



“Team Work Counts”

By Charles (Chuck) Dickerson, Chief, Resident Services

On this page we are showing an example of results obtained when residents and staff work together to accomplish a goal. Nothing is impossible – some things we just haven't figured out how to do yet.

Starting at the lower left of this page you will see one of six photographs on the page. What you are seeing for the first time in our newspaper, “The AFRH Communicator,” is the recent installation of a United Parcel Service (UPS) drop box. This seems like a simple task, however, it took two years of concentrated effort by Resident Howard Sweet and myself to get this done.



You may wonder why it was important that this be done. Well! I found out that UPS was charging residents

\$5 every time they made a pickup, and I also noted that almost every time you looked out a window you would see a UPS truck making a delivery. About two weeks ago I signed a contract making possible the installation of a UPS Drop Box. This allows residents to follow the instructions on the back of a necessary form, fill it out for either 2 Day, or Next Day shipments, and eliminated the \$5 charge for pickup.

Monday, May 22, 2006 – The surround pictures show the arrival and installation of the Drop Box located next to the Public Telephone in the Scott Building Main Lobby. You will have to call UPS to find out the shipping charges. Enjoy! Live long and prosper with no charges for specified pickups.





Left - General Logan, the founder of Memorial Day, is buried in this mausoleum located at the Soldiers' and Airmen's National Cemetery located next to the AFRH-W campus.

Below - David Moshier, cemetery superintendent, reads a citation at the cemetery.



History of Memorial Day has roots in our own U.S. Soldiers' and Airmen's Home National Cemetery

By Mary Kay Gominger

Memorial Day means a lot of different things to a lot of different people. To the people whose lives have been directly affected by the loss of a family member or fellow service member, the day set aside to honor our fallen veterans is a somber one. It is a day of reflection, of prayer and of gratitude.

The origin of Memorial Day, which is also known as Decoration Day, dates back to the days of the War Between the States. Women, on both sides of the Mason Dixon line, set aside one day each year to decorate the graves of their loved ones. As the practice spread throughout the states and was observed by men in uniform, they were greatly touched by the mourning widows and fatherless children, even by those on opposing sides. Then on May 5, 1868, General John Alexander Logan, national commander of the Grand Army of the Republic, in Order Number 11, proclaimed the first Memorial Day to celebrate our fallen heroes. May 30, 1868, was the first official commemoration, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

Across the street from the AFRH DC campus sits the U.S. Soldiers' and Airmen's Home National Cemetery. According to David Moshier, the facility's superintendent, Memorial Day typically draws more visitors than any other day of the year.

"We have a wreath laying ceremony planned on May 29

at 3 p.m.," said Moshier. "Here in this cemetery we have over 13,000 veterans buried and a lot of people come by and pay their respects," he continued.

"The Soldiers' and Airmen's National Cemetery is one of two national cemeteries managed by the U.S. Army, the other being the Arlington National Cemetery. There's a lot of history here. This cemetery is actually older than Arlington, by two years. People from all over the country visit the site tracing family history. They seem especially interested in the Civil War era," Moshier said.

It just so happens that General Logan, the founder of Memorial Day, is buried in this very cemetery.

"General Logan and his family have the only mausoleum in the cemetery," said Moshier.

According to Superintendent Moshier, the U.S. Soldiers' and Airmen's National Cemetery is dedicated to only current and former residents of the Armed Forces Retirement Home and their spouses and has been since 1967.

"When the AFRH officially changed names in the early 90s, we did not. We kept the same title but our mission has remained the same," Moshier said.

The U.S. Soldiers' and Airmen's Home National Cemetery is open from 8 until 5 p.m., seven days a week and until 7 p.m. on Memorial Day.

Asian/Pacific Americans honored this month

By Sheila Motley

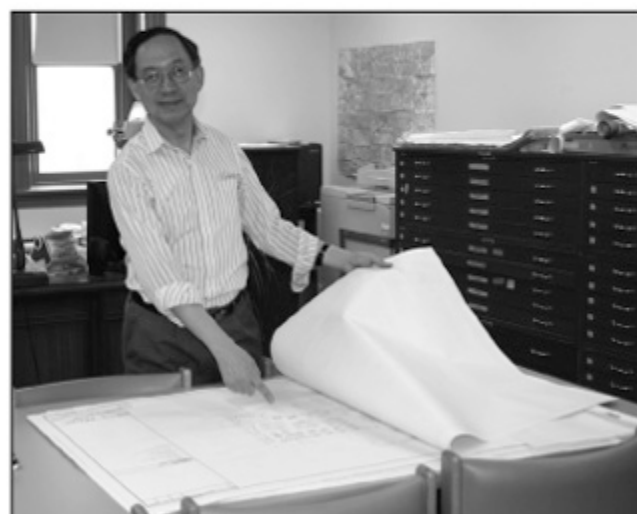
This year's theme, "Liberty and Freedom for All," honors the sacrifices of Asian/Pacific Americans in the defense of freedom and democracy. This month we honor Asian/Pacific Americans for their contributions to our Nation's growth and development and to the spread of freedom around the world. We remember the bravery of soldiers of Asian/Pacific descent who have served in our military. Americans of Asian/Pacific descent continue to serve in the Armed Forces, working to secure our homeland and promote peace and liberty around the world. Their dedication and patriotism uphold the highest ideals of our country.

Millions of Americans proudly trace their ancestry to the many nations that make up Asia and the Pacific islands. For generations, Americans of Asian/Pacific heritage have strengthened our nation through their achievements in all walks of life, including business, politics, education, community service, the arts, and science.

Joe Woo, AFRH Architect, stated that he migrated to the United States in

the fall of 1960 when he was 11 years old. He was assigned to the 5th grade, not knowing a word of English. He recalls, "...my little Chinese/English translation dictionary was my best friend and well worn by constant use..."

"...Only yesterday, standing tall and



Joe Woo, an architect at AFRH, discusses his dual heritage - American and Chinese.

proud at graduation, I glanced at the multitude of nationalities, races and ethnicities among the thousands of my fellow graduates...

"Thus I came to realize that one need

not lose one's native culture in order to be an American. One is blessed to have dual cultures. For me, one is American and the other is Chinese. Rather than creating a lost generation, as many sociologists theorize and describe about the immigrants to America, I feel very fortunate to have experienced these two sets of cultures to better understand, appreciate, and enjoy the world around me. Let's all celebrate the Asian Pacific Heritage Month and this country's beauty and diversity as we are all Americans."

The National Register of Historic Places recognizes the historical contributions of Asian and Pacific people in the United States and its associated territories. From the early 1800s to the 21st century, Asian and Pacific people have played a vital role in the development of the United States and made lasting contributions in all elements of American society. The month of May is Asian Pacific American Heritage Month and this site showcases historic properties listed in the National Register and National Park units highlighting important aspects of the Asian and Pacific experience in America.

AFRH receives the CFC Summit award

By Sheila Motley

The 2005 Combined Federal Campaign, with its theme, "Be an Everyday Hero," was a success for the AFRH, thanks to the generosity of our community. The CFC drive, which ran from October through late November 2005, netted a total contribution of \$13,566.52. This was over the original goal of \$10,000 and reflected a higher participation rate than last year.

AFRH would like to thank all who participated in the worthy cause; when you give through the CFC, your gift helps to improve the quality of life for people and communities across the country and around the world.

"I thank Carla Roberts, and all of her volunteer team, who made our success possible by working with our employees to exceed our fundraising goal for this year's CFC."

AFRH COO, Tim Cox



Carla Roberts, CFC Campaign Manager, presents AFRH COO Timothy Cox the CFC Summit Award.

‘Spirit to Serve’ from page 1

A special thank you to all the key resident volunteers of AFRH for supervising the different volunteer projects. It could not have been done without each of you on the team. David Anderberg - Stanley Chapel; Al Giunta - Artist Studio; Mimi Rivkin - Artist Studio; Edith Ellington - Ceramics; Ron Miller - Ceramics; Phil Uhlman - Static Display; Esker McConnell - Theater; Joe Little - Theater Lobby; Hugo Pine - Theater Lobby; Jim Hart - Bingo; Mike Longwell - Bingo; Billy Malcomb - Bingo; Dick Beynon - Bingo; Francis Scott - Theater; Dale Baker - Assisted Living and Community Volunteer Natalie Tellier.

Thank you to all the following AFRH staff for assisting with Volunteer Day: Chaplain Austin, Father Higgins, Adam Reitz, Jackie Bell, Leon Barwick, Ted Gregory, Sara Agar, Jerry Carter and to Security for keeping those buses moving.

**A Marriott
volunteer
polishes the
church
bench in
Stanley Hall.**

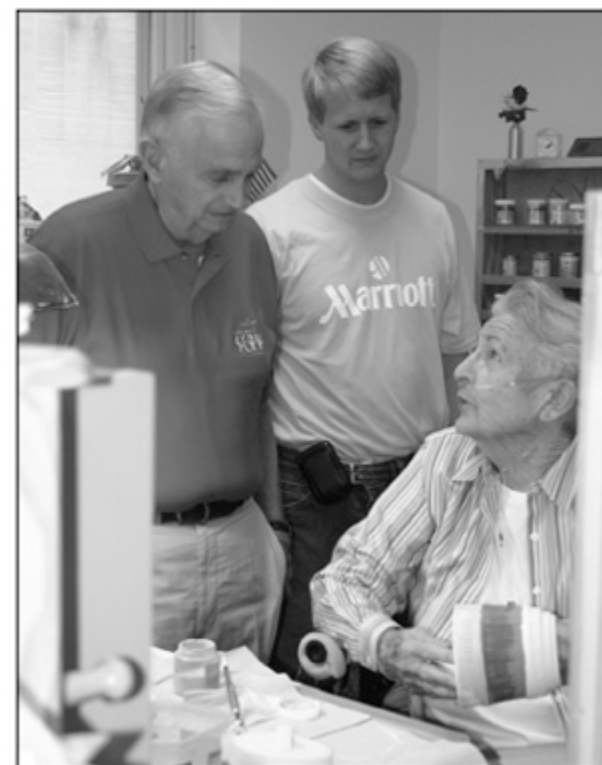


Above - A resident bowler gives Marriott volunteer David Marriot bowling tips.

Photos by Sheila Motley & Sheila Abarr



AFRH COO, Tim Cox (left), gives a overview of AFRH to Marriott CEO Bill Marriott (center) and David Marriott.



Bill Marriott and David Marriott learn the tricks of the trade of ceramics from a resident.

Volunteer Services**AARP volunteers
teach basics of
quilt making***By Melodie Menke*

Did you notice the larger-than-usual crowd at the new AFRH Craft Cottage on May 11, 2006? Many of the new faces were AARP Bulletin staff who were donating their time to the Craft Cottage as part of their annual Spirit of Service Day. They instructed and assisted AFRH residents in learning the basics of quilt making. Once again, "Miss Arlington" Adrianna Sgarlata and her mother also stopped by to admire the quilting handiwork. AARP even provided a lunch hosted by members Martha Nurenberg, Gia Demuzio, and Gail Edele.

Trish Nicholson, Senior Editor of the AARP Bulletin, brought her entire staff to work at AFRH for the day. Staff members included Zenia Montenegro, Betsy Sprouse, Meredith Ronner, Sonja Gross, Marsha Privalsby, Julie Lee, Mark Conrad, Nancy Jankowski, Jeanne Anthony, Heather Nawrocki, Jennifer Oliver, Denise Abramczyk, Charlene Wilson, Martha

Morales, Julie Uritus, and Sara Rey.

The quilt blocks completed during the day are to be made into a wall hanging for display in the Craft Cottage.



Resident Sandra Intorre gets ready to sew with the help of an AARP volunteer.

The event was coordinated and hosted by the AFRH Volunteer Services Department.



AARP volunteers along with residents get the Craft Cottage up and running.

Residents
interested in
submitting story-
lines for the next
AFRH
Communicator
please contact
Sheila Motley,
Public Affairs
Office 110, or call
ext. 3556.

Residents participate in annual amateur radio event in celebration of Armed Forces Day

By John Bowery

It all happened right here on our Campus. The Departments of the Army, Navy, Air Force, Marine Corps and Coast Guard were the cosponsors of the Annual Amateur to Military communications tests in celebration of the 56th Anniversary of Armed Forces Day.

The annual event took place on Saturday, May 13th and featured traditional Military to Amateur cross-band communications using single side band (SSB) voice and the Secretary of Defense message receiving test. These tests gave amateur radio operators and short wave listeners an opportunity to demonstrate their technical skills and receive recognition from the Secretary of Defense and the appropriate military radio stations for their proven expertise. Confirmation (QSL) cards were provided to those making contact with the military stations. Special Commemorative Certificates were awarded to those who received and copied the digital (radio teletype) Armed Forces Day message from the Secretary of Defense.

Amateur radio operators have a long history of providing essential radio communications during catastrophic events such as Hurricane Katrina. When all else failed, amateur radio volunteers, from around the nation, deployed to the gulf coast and provided communications in support of the recovery efforts.

When the power goes out, I don't care. Backup battery power switches in instantaneously and my radio system doesn't



Amateur Radio Operator Allen Hubbert relaxes after completing the Annual Amateur to Military communications exercise.

even blink. I test the big batteries weekly. When our community needs help, I want to be ready. Events such as this communications exercise help keep me up to date and ready to do my bit. Besides, amateur radio raises my fun factor every day.

Our club station, located in the Sherman Building, Room G-11, is usually open seven days a week from 10 to 11 a.m. Drop by and watch the fun.

Passing it along...

Looking for Purple Heart recipients

The National Purple Heart Hall of Honor is being built in New York's Hudson Valley, just over 10 miles from West Point. The Hall of Honor pays tribute to those who were killed or injured defending this great nation. The National Purple Heart Hall of Honor is scheduled to open November 2, 2006. Any service member who has earned a Purple Heart shall be afforded a place in the Hall. They simply need to send a copy of their DD Form 214 to the following address:

National Purple Heart-Hall of Honor, P.O. Box 207, Vails Gate, NY 15284.

COMBAT INFANTARYMEN'S ASSOCIATION, INC.

AFRH residents interested in finding out more information regarding membership please visit the AFRH PAO/Marketing office in the Sherman Building #302 or call Sheila Abarr at ext. 3043.

The Golden Rule

By Gary Gregory, Social Work

Early in life my parents and teachers gave me a simple rule for living:

Treat others as you would like to be treated.

In my middle age I have often forgotten this rule. I am easily frustrated with the many elements of modern life: roads which are too congested, telephone prompting systems which are dehumanizing, increasing demands at work, care-giving responsibilities of family and friends, and an ever-increasing pace of life in an information loaded age.

Here at AFRH we face some of our own unique challenges. Gulfport and Washington have been thrown together by a devastating, life-taking force. We have all shared the responsibilities in trying to welcome and care for our Gulfport residents. We are also a big mix of people in Washington, DC. We have residents and staff from all parts of the globe with different styles of communication and behavior.

I believe it is human nature to form opinions and criticisms about other people. I believe we tend to fear what we do not know and to dislike what is different from what we do know. I find it an enormous challenge to attempt to exercise some understanding and compassion toward others, especially when they are different from me or if they have hurt or offended me. We all have many very personal thoughts and feelings about these issues as we have come to face them in this community.

It is only my hope that during these difficult and challenging times that we might remember the simple message we heard long ago;

Treat others as you would like to be treated.

Perhaps this might lead us to increasing acts of forgiveness, understanding, and acceptance and a greater capability of working together.

Chaplains' Corner



“A Better Tomorrow”

By Chaplain Ronald Austin

Do you remember the “good old days?” Those days when life was not as rushed as it is today. Do you remember the “Big Bands” when they played their wonderful music, with band leaders such as Tommy Dorsey, Duke Ellington, and many others? Or maybe you saw Babe Ruth play baseball or Jackie Robinson or Mickey Mantle.

It is wonderful to have fond remembrances; and to revel in those bygone days that were full of happiness and hope for you. However, there are some of us who do not have fond remembrances. Some have regrets and sorrows for what should have been done or what someone has said or done to us.

In Psalm 77:5, I believe the writer is alluding to the pain of regrets and the sorrow of a broken relationship with God. He, the writer, was thinking of what might have been. Yet, as you read further into this psalm, you see a resurgence and a renewal of hope in God. For, God is a forgiving, loving God who leads His people to a new day. As it says in Isaiah 43:19 “Behold, I will do a new thing.” (KJV). Another version of this same passage puts it, “See, I am doing a new thing!” (NIV).

Our yesterdays may not have been what we wanted them to be. But with God there is hope for a better tomorrow no matter how old you are or what your circumstances.

Ceremony honors Bolling Air Force Base volunteers



Recently, Bolling Air Force Base held a Volunteer Ceremony that Volunteer Services and residents Esker McConnell and Philip Cardinalis attended to say thank you to the active duty air force that assisted with installing new air conditioners in the Pipes Bldg in September for the Gulfport residents.

Golfing

Residents enjoy pro clinic and nine hole scramble

The 2006 Pro / Resident Golf Tournament was held on Thursday, May 18. Despite threatening skies and a brief shower, 30 residents enjoyed the company of 12 local Middle Atlantic PGA Golf Professionals in a clinic and nine-hole scramble. PGA Professional Ned Spearbeck from Hawthorne Country Club in La Plata, Maryland, entertained the resident golfers with a couple of jokes and his views on the golf swing prior to the nine hole round. It was a close competition as residents Ernie Fowler and Terry Sawyer teamed up with their Pro Glen Brown to win by one shot with a six under par score of 29. Just one stroke behind, residents Frank Hale, Hobert Smith, and Charles Robertson finished in second place with their Pro Quin Sullivan.

Gulf Coast Enterprises cooked up a great meal of ribs, chicken, and burgers that all participants enjoyed after the round. And a special thanks to all of the golf course volunteers who helped in setting up, during, and after the tournament.



Ned Spearbeck from the Hawthorne Country Club, LaPlata, Md., gives a demonstration during the golf clinic.



Glen Brown from the Westwood Country Club, Vienna, Va., watches the long drive.



Belle Haven golf professional Charlie Lewis gets ready at the number 3 tee.



Right - Mike Haddad watches his tee shot down the number 3 fairway.



Resident Ernie Fowler shows great form on his drive at the number 3 tee.

Photographs by Ron Bartlett & Matt Kayson

Military is the focus for 'up and coming' musician

Story by Mary Kay Gominger

Photos by Sheila Abarr

The residents at AFRH had a special guest at the dining hall on Saturday, May 6, when 18-year old singer, song-writer Ty Nelson visited the Home.

Ty, a strong supporter of our military, has had a passion for performing for the military, both past and present, since he was about 13 when he toured the USS John C. Stennis. That one tour made a huge impact on Ty and since then he has performed concerts on military installations and VAs all over the country, including participating in the National Memorial Day Parade in Washington, D.C., last year.

"It is an honor and privilege to perform for this group of veterans at the Armed Forces Retirement Home," Ty said

Ty has recorded three CDs to date. Half the proceeds from his music goes to the Intrepid Fallen Heroes Fund and to Feed the Children.

Ty hopes to go on tour one day with a stop at the Grand Ole Opry. Whatever his future is though he plans to continue performing for the military community.

Prior to leaving the AFRH, Ty thanked the residents for their service to country. "You have done a great service for our country and I appreciate all that you have done and sacrificed," he said.



While performing at the AFRH, Ty Nelson spent time talking with the residents.



Singer, song-writer Ty Nelson sings to residents at AFRH during a recent visit to the Home. Ty has recorded several CDs and loves to travel the country performing for service men and women, both past and present.

Colvard's truly in love after 60 years of marriage

On June 15, 2006 the Colvard's will celebrate their 60th Wedding Anniversary

Ray had just returned to Chicago from duty in the South Pacific while Jo was working for the inspector of Navy materiel after her service in the Women's Auxiliary Army Corps. By chance they met over 60 years ago in a bar of all places. Ray is the son of a Baptist preacher and convinced Jo he was an upstanding young man. It must have been love at first sight for each of them. After all, they kept in contact after Ray was assigned to Norfolk through weekly letters. Both will admit that the letters were very passionate and one included a marriage proposal from Ray. Even with several moves through their military life together, Jo still has the letters that kept their love alive in the early years.



Congratulations from the residents and staff at AFRH.

Recreational Therapy non-stop with activities

On the go with Carol Mitchell

KHC Intergenerational Bowling League

The KHC Intergenerational Bowling League which has been in existence for five years is now in full swing! The league pairs KHC residents and Norwood Middle School students together for a year of bowling. Once a month the students assist their partners in the hopes that they will become the future KHC league champions. Residents and students not only are given the opportunity to get to know each other, but to gain an understanding of each others' needs, and gain lasting friendships.

Oyster Lady Show

Every couple of months the AFRH-W King Health Center is provided with some good old fashioned entertainment by Nora Lincoln otherwise known as the 'Oyster Lady' (for her expertise in Oyster crafts). Nora has been entertaining KHC residents for the past 15+ years. She does a little bit of everything. She's a great storyteller, plays a mean washboard, has extraordinary displays of crafts and nick knacks, and often brings a good old live country band. Check out the KHC Recreation Therapy Calendar for her next performance!

Live With Ray

Thanks to AFRH-W resident Ray Anderson the Residents of King Health Center enjoy live organ music every month! Ray and his assistant John Roberts, who helps set up the sound system and organ, go to different KHC units and play a variety of tunes. Residents are encouraged by Ray to sing-a-long with the music, tap their toes and snap their fingers to the beat. Ray also plays every 3rd Tuesday of the month for the KHC Birthday Dinner Celebration. Ray and John often give their time to provide musical entertainment for many different AFRH-W functions including: luncheons, cookouts, holiday parties, and music appreciation groups. Thanks Ray & John!

One big fishing hole!



During their weekly outing the residents of King Health Center recently spent the day at the AFRH-W ponds fishing. The results were positive, as every resident that threw out a line reeled in a fish. The residents also enjoyed a bag lunch, and the wonderful weather.

B-I-N-G-O with VFW Post 8469



On Sunday, May 7, 2006, members of VFW 8469 visited the residents of King Health Center for an afternoon of bingo. The members of the Blue & Grey Post visit KHC twice a year for bingo and socialization. The residents enjoy the social visit as well as the activity. Our hats are off to the members of VFW Post 8469 and we look forward to seeing them again.

Submitted by Jeff Anderson

463D AAA AUTO WPNS BN**BATTERY "B" COMBAT HISTORY***Submitted Ben Weakley**"This is it!"**June 27, 1944*

The fog was hanging heavy in the early morning air when the order that all had been awaiting came down the line of trucks, "Wind them up," and Battery "B" wound through the streets of Southampton heading for the docks. A short stop for breakfast and the first sensational news of the progress of the American troops on the Normandy Peninsula come through---"Cherbourg has fallen."

The journey continued through intermittent squalls of rain and brilliant sunshine, each stop was enlivened by the self-styled barber shops that were set up on the sidewalks to care for the few who did not already have their heads completely shorn.

After some juggling, the equipment finally found its proper place on the U.S.S.D.S.T 388, and the men gathered on deck to watch with interest our second departure on the water. The convoy gathered off the Isle of Wight and awaited further orders for the crossing of the English Channel. At midnight, the propellers started churning the water and at last we were on our way.

June 28, 1944

The next morning broke with the brilliant sun sparkling on the waves as the convoy cautiously picked its way through the channels that had been cleared by the mine-sweepers. The Navy gunners kept a constant alert for any Jerry planes that might try to attack the convoy, but everything proceeded without any outstanding incidents. Shortly after midday, the first land was spotted, and as time progressed, the shore line became more distinct.

In mid-afternoon the boats reached their destination "UTAH BEACH," and our unloading was held up for some time, due to the tide, which had to be full so that the noses of the

boats could be rammed into the sandy beach. At 1230, the first elements of Battery "B" rolled off the ramp of the L.S.T., and proceeded up and over the beach in search of the Assembly Area, near St. Mere Eglise. As the Battery finally gathered, de-water-proofing the vehicles and guns continued throughout the night. From that time until July 2nd, the Battery shifted from one hedgerow to another near Fierville, trying to keep from being observed by the enemy.

*"With the 1st Army"**July 4, 1944*

The first Battery assignment was to give AA protection to the 955th FA Battalion with their 155mm Howitzers. On July 4th, gun sections 5 and 6 of the Second Platoon were relieved of their assignment to the Artillery to protect a vital bridge over the Ollande River near St. LoD'Ourville. Then the sections approached the bridge, it was found that the area around the bridge was still being hotly contested by the enemy ground troops, and mortar and machine gun fire kept the sections from immediately occupying it. Later, the sections moved into positions lettered with the debris of a bloody battle.

"Our first action"

"Resident Bill Weakley is shown, reading again, his former unit's history while preparing this article for submission." As Company Clerk of Battery "B" he was also responsible for maintaining the Company History."

July 8, 1944

The German Luftwaffe was not seen until about 2310 on the evening of July 8th, when four FW 190s came in low from the direction of La Haye Du Puits bombing and strafing. Gun sections 1, 7, and 8 fired upon these targets. This never-to-be-forgotten baptismal taught us to be on the alert for "Bed Check Charlie."

Near forgotten profiles...

Between volunteering and helping others, resident finds little time for retiring - meet Jim Hart

By John Bowery

As you know, just recently we had a special day to reward and show our appreciation to a surprising large number of very special people - our volunteers. This is the story of one of those people. James Odell Hart is a remarkable person; he was presented with the prestigious "Presidential Gold Medal" complete with a letter from President Bush thanking him for his Voluntary Service performed here at Armed Forces Retirement Home.

Now, I have used such words as remarkable, special and here is part of what brought on those words. Jim was born 78 years ago, a son of hard working farm parents in York Run, Pennsylvania. His father was a coal miner and a farmer. They grew corn, hay, vegetables, raised



This is a photo of James O. Hart taken while he was attending Basic Training.

cows, chickens and pigs. He remembers spending much of his childhood doing chores such as pulling corn or tending the garden and carrying buckets of water from a neighbor's well every day for cooking, cleaning and the family's animals. All that hard work, Jim says, shaped him into the strong football player he became in high school and filled out the broad, rock solid frame he still has today.

After graduating, he headed to New York where he found work in a plastics manufacturing company that made beach balls and other beach toys. After five years he had enough of New York and returned to Pennsylvania and he and his wife opened a dry cleaning business. The tragic and unexpected loss of his wife to an aneurysm would then shatter his life. The loss of his mother the same year proved too much for him. He closed his business and walked down to the local recruiter's office and joined the Air Force, where he would remain for the next 20 years.

“...talking to him, you can't help but get the feeling that somehow he is able to stretch out the mere 24 hours in a day to make sure he lives each and every single minute to the fullest...”

Jim worked hard in the Air Force with the same resolve he had when a lad back on his parents' farm. He worked his way up to Publications and Forms Distribution Manager, a position that put him in charge of ensuring that installations from Hawaii to Thailand had the most up-to-date, critical information on Air Force activities and procedures. While in the Air Force he received numerous awards for outstanding service including the Accommodation Medal, the



James Hart, while employed with the Smithsonian Institute.

Good Conduct Medal, Korean and Viet Nam Service Medals. Jim is proud of the fact that he has lived and served all over the world during his tours of duty.

After retiring, he went on to pursue several other occupations - many at the same time. He was a barber, maintenance technician, skycap, business owner, corrections officer, special police officer, a registrar and many more. He laughs and says he held up to three jobs at once. In his spare time, he managed to teach himself how to play the piano. Talking to him, you can't help but get the feeling that somehow, he is able to stretch out the mere 24 hours in a day to make sure he lives each and every single minute to the fullest.

Eight years ago, he was diagnosed with multiple sclerosis. In keeping with his never tiring drive to do all he can, he mastered maneuvering his motorized wheel chair, moving with a grace and agility that seems almost dancer like. Among other projects in which he is involved, he plays the piano for a local church and organizes the annual Hart Family reunion in Pennsylvania.

James O. Hart has had A TRULY REMARKABLE LIFE.

America the beautiful ... with the most beautiful flag



By Pete Carter

Hello America!
The Land of the
FREE and Home
of the BRAVE.
Greetings we
extol with great
enthusiasm and
braggadocio. We

go on to say we are the greatest country in the world... and... we are. Problem is, we stop right there, by all too many of our citizens. We do nothing to back up those patriotic words. During the time when they are in process of paying tribute, saluting our flag, they are busy popping gum, talking among themselves, unwinding cell phones and the many other violations of courtesy and respect.

If you give it a couple minutes of your uninterrupted time: render the hand salute... in civilian dress, uncover. With head uncovered, fingers extended and joined bring the right hand diagonally across the body to rest over the left breast, standing at attention, if so inclined, looking straight at the flag. Hold the salute until the flag has passed you, by at least six paces. When in uniform: Boy Scouts, JROTC ROTC, military or others, render the military hand salute, standing at attention with fingers extended and joined, if wearing unvisor military cap, bring the hand to the brow with the forefinger touching the brow. You are sure to feel accomplished. The pride felt, resultantly, will inspire you to seek out more opportunities to pay respect to the symbol that represents the greatest country in the world. . Humble, but with pride that will pop buttons on a loose fitting shirt. One would think most of the population would be widely educated in the handling and treatment of it's symbol. Unfortunately, that is in too many instances, not the case; that is, unless there have been teachers in the early stages of children's education. Teachers who required the opening of each school day with prayer and devotion

to the respect for the flag of our country. Encouraged devotion to God and country at an early age create within the individual the courage to emphasize love and devotion' thus better Americans.

The American Legion and Benevolent and Protective Order of Elks are believed to be number one and two in the standings of organizations in the advocacy of flag handling and creating respect and preservation of our great symbol. The American Legion organization has printed several pamphlets and small books on the preservation, handling and respecting of and for our great symbol; in fact have for a number of years urged the Congress of the United States to pass a law forbidding the desecration of the flag. It is doubtful this will ever happen.

The United States flag stands for FREEDOM. To pass a law forbidding desecration is like talking out of both sides of your mouth. One side, you say you are a free American. Out of the other side you say, "If you do it I will punish you." The reality of this comes down to the fact that you cannot punish an individual for the commission of the act. But the circumstances leading up to the commission are laws that are on the books, to wit: Trespassing: seldom, if ever, will you find an individual destroying his own flag nor will he do so on his own property. Therefore, he has trespassed on another's property and destroyed another's property... both of which are punishable by the laws of man. We are, therefore, encouraged to teach, via the most effective communication, proper care and handling of our most prized possession, the American flag.

The Benevolent and Protective Order of Elks adopted THE FLAG OF OUR COUNTRY as a symbol of their ritual. This sequence in the Ritual was encouragement for the late Johnny Collinsworth to write the song, 'Bible on the Table and Flag upon the Wall,' song he recorded in Nashville that made a big hit with veterans organizations, particularly in the northwest and Alaska.

At each dance, on one or more occa-

sions, Johnny sang the song and the dancers marched around the dance floor and throughout the social quarters, holding hands and singing with the band. This became regular each Sunday until the death of this great singer and guitarist. Johnny was the lead guitarist with Bill Haley and The Rockets when they recorded 'Rock Around The Clock' in August 1954. The song 'Bible on The Table and Flag upon the Wall' will be available in the library when the shipment of personal belongings arrives from Gulfport. Check out a copy for your listening pleasure.

Gulfport facility update

- Funding for the recovery of the facility is pending in the Katrina Emergency Funding Bill that is presently in Senate/House negotiations.

- Gulfport pack out and shipment update: In the very near future a contractor will be onsite to pack up all personal belongings.

- A contract will soon be in place to replace the perimeter fencing. Seabees will perform the work once the materials are purchased.

- The Seabees will also be assisting staff with removing and packing the memorabilia from the 10th floor and all other floors. The memorabilia will be stored in humidity-controlled warehouses at the Seabee Center for safe keeping.

-Address Change (Delayed Reentry)

If you have a change in address or are anticipating a change of address please contact AFRH PAO/Marketing at 800-422-9988.

New Veterans of the Battle of the Bulge (VBOB) monument at Arlington National Cemetery

Dedication held on V-E Day Anniversary



The Battle of the Bulge, which lasted from December 16, 1944 to January 25, 1945, was the largest land battle of World War II in which the United States participated. More than a million men fought in this battle including some 600,000 Germans, 500,000 Americans, and 55,000 British.



By Wilfred McCarty

Resident Daniel Funk was in the Battle of the Bulge and heard that they were going to dedicate a new memorial honoring Battle of Bulge at Arlington.

It was a wet and deary day with the ceremony not beginning until 4 p.m. Once we arrived at Arlington I made a beeline to the first folding chair I saw and sat the whole time. Next to me was a goup of ladies from Pennsylvania. One of them started introducing two women that passed by (I guess from Pennsylvania also). One of them said her father had been General Holbrook in the 11th Armd Division. I was so surprised that I blurted out that I had been in the 11th Amd Division. (She is now Mrs. Richard Roberson, daughter of Brig. Gen. Willard A Holbrook Jr., 11th Armored Div and with her was her sister Mrs. George S. Patton Jr, wife of Major General George S. Patton and daughter in law of the famed four star General.) They were introduced to the crowd. They were both attractive friendly ladies and so afterwards I went over to them and gave them my calling card and one of the guys with his camera took our picture. If it comes out and I ever get it I will send it to the Thunderbolt.

One of the Pennsylvania ladies said her brother had been killed in the 9th Armd

Div. I may be wrong but I think this group of Pennsylvania ladies may have had a lot to do with getting interest in the new memorial. One pointed out a man that she said furnished the marble. The Prime Minister of Belgium, His Excellency Guy Vverhofstadt, evidently came over for the ceremony. I wanted to ask him if he knew Roger Marquet but he evidently left before I was through with having my picture taken with the ladies. I was told the ceremony was so late in the day as they were having so many funerals. The memorial is in kind of an out of the way location at west end of cemetery not far from the stone wall dividing Ft Myers from the cemetery. It reads: "Triump of Courage From the Grateful People of the Kingdom of Belgium and the Grand Duchy of Luxembourg. December 16, 1944 to January 25, 1945 to World War II American Soldiers Who Fought in the Battle of the Bulge-The Greatest Land Battle in the Hisotry of the United States Army."

There were so many officials etc there that it occured to me wouldn't it be funny if our Belgium friend Roger Marquet

came over with the Prime Minister. I see the National President Veterans of the Battle of the Bulge (106 Inf Div) is from 9639 Wissionomng Street Philadelphia, Pennsylvania 19114 and maybe that is why there were so many there from Pennsylvania. I suspect that Demetri "Dee" Paris Vice President Public Affairs 9th Armored Div was also from Pennsylvania. They also gave thanks to Rose and Charles De Christopher Philadelphia for getting the project through.

When Gen. Holbrooks' daughter asked where I lived and I told her the Old Soldiers' Home she said her family had a connection with it. She might have said she got married in the chapel here but I am not sure but some connection. The two ladies have been attending 11th Armd Division reunions and said how much they enjoyed the last one. I had read about them in the Thunderbolt and I was glad to get to meet them briefly in person.

Bowling Competition**Hooters' ladies square off against residents**

By Jerry Carter

The AFRH Bowling Center was the place to be on Monday, May 1, as the Hooters ladies from the local Hooters Restaurant bowled with our residents. As the ladies entered the door, they were welcomed warmly by over 50 residents. Flashes were going off all around as residents wanted to capture this event on film for posterity.

Four teams of four composed of guests and residents bowled two games. John Harrison bowled game high of 188 and Hooters lady Shannon Quyen finished with game high of 119. Thank you goes out to the Hooters Ladies, Bowling Center staff, Walt Prussman, Ken Fielders, Jerry Lugar and Tom Carras for setting up and assisting with the event to make it a success.



Above: John Harrison helps Tiffany select a bowling ball for the days' competition.

Left: Mike Longwell considers it a privilege to escort the Hooters girls - Ali, Shannon and Tiffany - from the Eagle Gate to the bowling center. Way to go Mike.

Batter up!**Diamondbacks hit, rattle & roll over first opponent**

By Jerry Carter

The Diamondbacks won their first game against Providence Hospital 15-7. All the players are very excited and are looking forward to a great season. Spectators are always welcome to come and support the team at all games. For games times and locations contact Jerry Carter in the fitness center.

Resident Ernie Fowler pitched the entire game while resident Leonard Montague went three for four in a great hitting debut. Adam Reza II (son of employee Adam Reza) hit a grand slam to spark a high scoring inning for the team in which the team completely batted around. Roderick Harwick made a spectacular sliding catch at shortstop to hold our opponents from scoring that inning.



Above - Ernie Fowler takes a turn at bat.

Right - Billy White scoops up a ball during the game against Providence Hospital.



At AFRH-G

Active duty spend day volunteering

Story and photos by
Mary Kay Gominger

In a tri-service effort, over 60 military students and staff from the Navy, Air Force and Army arrived at the AFRH-G on Saturday, May 20, for the second volunteer work day. The crews spent most of the morning working in the main building, moving furniture from general use areas (lobbies, offices and hallways) down to a staging area on the first floor. The furniture will be shipped to the DC campus next month.

While the crews were moving furniture from floors two through 11 downstairs, several equipment operators were busy out front, piling the last of the debris for removal.

“We don’t mind giving up our Saturday to come out and help our veterans,” said one Navy student. “Their efforts years ago have ensured our freedom. It’s our turn now to help them and we are glad to do it.”

Others echoed their agreement.

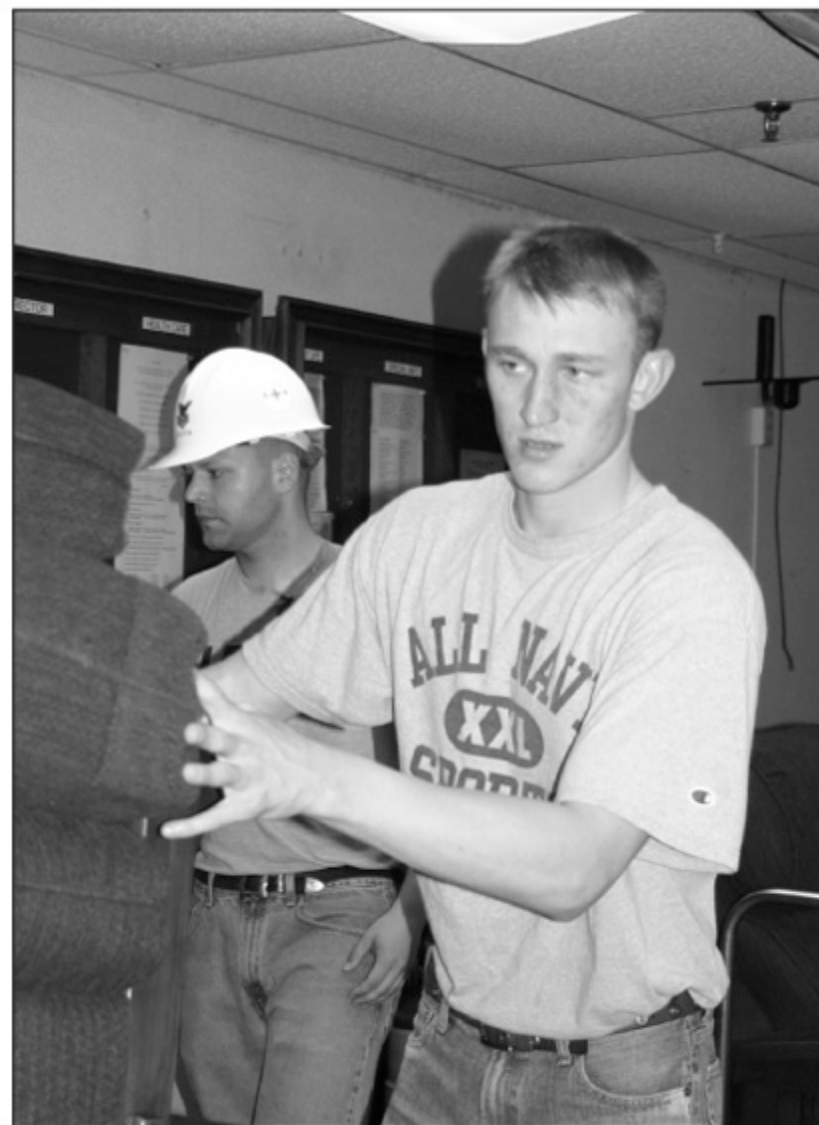
“Whatever we can do to get these veterans back home, then we’ll do it,” said someone from the hallway. Again, echoes of agreement.

“Our residents would be proud to see what these military members have accomplished here at their Home,” said Robert Locke, AFRH-G’s Director. “After watching this group of young men and women from all branches of the service working together, you know our military is in good hands.”

In the next few weeks a team of Seabees will begin the task of removing and packing all memorabilia located on the 10th floor and on all other floors in the building. The memorabilia will be carefully packed and crated for storage in a humidity-controlled warehouse at the Seabee Center in Gulfport.



A student takes a chair from the elevator and moves it into the Ballroom for staging.



With furniture piled high on a cart, this volunteer pushes his way towards the Ballroom.



A Navy equipment operator gathers debris into a pile readying it for removal.

Paintings unveiled for spring

By Jackie Bell
Art Specialist

May 6, 2006, was a wonderful day for all who attended the Annual Spring Art Show here at the Armed Forces Retirement Home; the unveiling of paintings never before seen.

Throughout the day people stopped by to see the creative art work displayed by the following artists: Warren Helm, Antonio Hedgepeth, Lee Corkill, Edward Woessner, Mike Martinez, Mimi Rivkin, Al Guinta, and George Demonfort-Proksa. The artists were full of vigor, the paintings were fantastic and each artist had something new to show to viewers.

The art show was open to the public. We had guests from: Howard University, Maryland University, Trinity University, Catholic University, Maryland College of Art and Gallaudet University.

A big thanks to Melodie Menke of Volunteers Services who coordinated 15 volunteers to help with the set up for the show, also helping out was Calvin Woodfork and Jerry Carter, both from the Recreation Division.



Mimi Rivkin displays some of her art work during the show.

Artist Ed Woessner shows a collection of his art work.



Al Guinta works on another one of his masterpieces.



Warren Helms had many of his pictures on display during the art show.

People Animals Love

It was . . . a tail wagging good time!

By Volunteer Services

It was definitely not your routine volunteer awards ceremony. The recipients of the awards were on the floor, bouncing around and wagging their bottoms. And everyone was delighted with their behavior. If this sounds familiar, then you must have attended the Recognition Ceremony honoring the volunteer services of the visiting dogs program, PAL (People Animals Love) held May 6, 2006 at LeGarde. The PAL dogs and their owners are frequent visitors at AFRH, sharing time, conversation, and lots of love with our residents.

PAL received the Bronze Presidential Volunteer Award. Accepting the award was Pat Wells, a 10 year AFRH volunteer, Dr Earl Stimple, Founder and Chairman of PAL; and Joe Cavarretta, Executive Director of PAL. Pat Wells also received an individual appreciation award for her support during the evacuation of Gulfport residents to Washington DC. She headed up the increased visits of PAL to assist our new Gulfport residents transition in with less stress by seeing the wagging tails of the PAL dogs.

Individual Appreciation Awards for participation in the PAL program at AFRH were presented to:

Black Jack, a 4 year-old black labrador retriever. Black Jack was seen shredding his stuffed bone award soon after his owner, Susan Crowe, accepted it.

Napoleon, a 3 year-old silver toy poodle owned by Moe Cheramie. Napoleon spent most of the visit snuggling on the lap of an AFRH resident.

CJ, a 10 year-old shi tzu dressed in pom pom balls and tulle for the occasion and bounced happily from one resident to another enjoying all the attention. CJ is owned by Joy Jones.

Jack, a 2 year-old german shepherd and retriever mix owned by Tricia Adelsberger.

Jack spent much of his time quietly sitting beside one of the AFRH residents.

Lucky, an 18 month-old miki weighing a mere 3 pounds went

from the arms of one resident to another as they kept him from being overwhelmed by the larger dogs. Lucky is owned by Kim Chester, board member of PAL.

Nikko, a 13 year-old Yorkshire Terrier who is blind was a favorite of the residents and just happily soaked up all the attention. Nikko is owned by Toni Billingslea, board member of PAL.

Bailey, an 11 year-old Golden Retriever enjoyed walking among the residents and stopping often for pats. Bailey is owned by AFRH staff member, Carol Mitchell.

Two golden retrievers, **Dora** and **Venture**, also attended with their owners Anne and Chuck Wiebe. This was their first visit to AFRH and they were certainly on their best behavior. The dogs and the residents had a great time and are looking forward to the next PAL visit.



A PAL volunteer sits quietly by his owner waiting to greet residents.



Resident Althea Gramacke (left) pets a poodle held by PAL volunteers. The PAL program received the Bronze Presidential Award this month during an awards ceremony sponsored by Volunteer Services.



Residents and staff end the show with a bang while enjoying themselves doing the Electric Slide.

Talent Show is a huge hit!

By Howard Turner

What a show! If you missed it, you were one of the few.

The Scott Theater holds around 650 people, and looking out at the crowd from stage, over half of the theater was packed.

Although last year's talent show was good, in my opinion, this one was better. It offered a wider range of talents from many different cultures. The greatest point about this year's talent show was the efforts that the participating guest, residents, and employees gave to make the show the best the home had seen in awhile. Another great point was the camaraderie that was quickly growing between the residents and the employees after every rehearsal. Special thanks to food services and Gulf Coast for performing for the residents with a tribute to the Blues Brothers. Frank Migala was funny as usual while he entertained the audience as the MC for the evening. Goldie was fabulous as she played the keyboards



Raymond Anderson tickling the ivory.

brilliantly for the audience while they began to pack the theater.

The show started out with the sensational singer from Catholic University, Grace Malloy. Fred Hornsby and his crew excited the crowd. Eugene Hill and Calvin Woodfork provided us with some deep poetry. Leon Barwick and the twins Teena and Neena, pulled a song from the old days reminding everyone of Chuck Berry. Raymond Anderson and Byron Stavrides provided us with sweet sounding keyboard playing. Many of the singers: Maria Williams, Barbara Jones, and Keith & Constance, really moved the audience. The cultural dances and a special something to the show and John Kleesattel added his solo in also. Carol Mitchell really surprised the crowd with her twirling of the baton without dropping it one time. Not bad for a mother who also had her two little daughters (Jenna and Leah Mitchell) steal everyone's heart away with their boldness to go out on stage and perform in front of so many people with their cheerleading performance. But the greatest part of the show was the grand finale, when everyone in the audience was asked to join the performers in the front of the stage to dance the "Electric Slide." That was so much fun to see the residents and employees laughing and enjoying themselves while ATTEMPTING to do the slide (all in fun).

So as we await the 2007 talent show, hold on tight to the memories of 2006 and until then, keep smiling and keep laughing.



Some people say it with music but Eugene Hill says it with words.