



Armed Forces Retirement Home

Communicator

Volume IV Number 05

Armed Forces Retirement Home

Thursday, May 31, 2007



WW II vets meet Queen Elizabeth

Queen Elizabeth II pauses to speak to a World War II veteran after the wreath laying ceremony held at the National World War II Memorial in Washington, D.C., on May 8.



Queen's visit to United States includes visit to WWII Memorial

A group of World War II veterans from the AFRH were front and center on Tuesday, May 8, when Queen Elizabeth attended a wreath laying ceremony at the National World War II Memorial in Washington, DC.

AFRH Chief Financial Officer Steve McManus and Public Affairs Officer Sheila Abarr escorted 26 residents, all World War II veterans. Queen Elizabeth talked to the residents, asking them when and where they served. It was quite an experience for those in attendance.

While in the United States, Queen Elizabeth also attended the Kentucky Derby, visited the NASA Goddard Space Flight Center and she visited sick children at a local hospital.



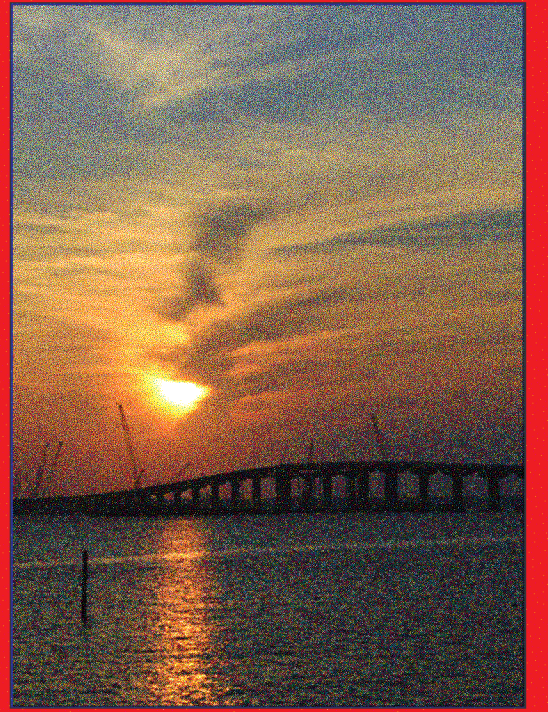
Contractors busy at AFRH-Gulfport

Two separate contractors have been spending a lot of time at the AFRH Gulfport campus in the last several weeks.

Soil sampling began on Monday, May 21. A drilling crew will spend several weeks onsite conducting samples of the soil down to 120 feet in areas all over the campus.

In addition to the soil sampling, another contractor spent a large part of the month surveying the property. More information will be made available about the Gulfport progress as it is made available.

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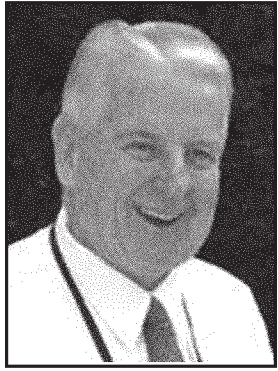


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AFRH Resident Advisory Council Column



First off, allow me to welcome you to our new AFRH RAC column. This gives me an avenue to converse with the entire residents, as well as staff officials rather than just at RAC meetings

or via council minutes.

I won't belabor the RAC past accomplishments since my election in September but in reading the RAC monthly minutes posted on each floors bulletin board should by now give you a proper prospectus of what the RAC represents and the many issues that they have covered to ensure residents safety, security and quality of life.

However, there have been several other major areas of concerns expressed at RAC meetings which I will attempt to briefly address. Particularly, the expressed desire of council and residents to have a military Director on board and the RAC Special Committee has amply addressed this item by sending an Addendum to the AFRH Monthly Report to Congress - 2006, which was published in last months Communicator, and copies sent to all Armed Services congressional members, and DOD officials.

Another item of resident concern is about proposal to Privatize AFRH and this issue is of grave concern to majority of residents because it allegedly will totally eradicate the "military culture" of our Home. The following article was also sent to Armed Services congressional leaders and DoD officials seeking their review, intervention and consulting with AFRH residents.

REFERENCE: Extract from "Association of Defense Communities - Private Sector Service Directory, dated October 26, 2006, which states: (...) RKGAssociates Inc., is a multi-discipline economic planning and real estate firm who is currently advising the Armed Forces Retirement Home on the master planning, development and privatization of the Armed Forces Retirement Home in Washington, D.C.."

AFRH should not be considered as a civilian senior home, but rather as a home for our distinguished military veterans/retirees, to live in a respectable environment conducive to their military culture and lifestyle. Privatization of AFRH may lead to classification of our veterans and military retirees as "charitable cases".

We ask Congress to recognize the home's special relationship with the federal government without being subject to restrictions and limitations which would curb Else ability to survive financially and retain its 'prominent military home' (...)

I look forward to subsequent RAC Columns wherein I will aptly attempt to address your concerns to the best of my ability and with full concurrence of RAC council members. Contact your Floor Representatives for your issues or concerns as they should be your first point of contact, if they can't satisfy your issue then they can elevate it to Committee member or Vice Chairman.

In conclusion, I have my personal views on many issues brought before the council, but rest assured I will support the majority; without reservations. The RAC is a forum for all AFRH residents, not an avenue to enforce individual preferences regardless of subject matter.

W.R. Kitson, RAC Chairman

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. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

How to become a resident today



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

Eligibility:

Military veterans from each service branch can live at AFRH.

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 Public Affairs Office, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Artist donates painting to AFRH



The joy of sunflowers

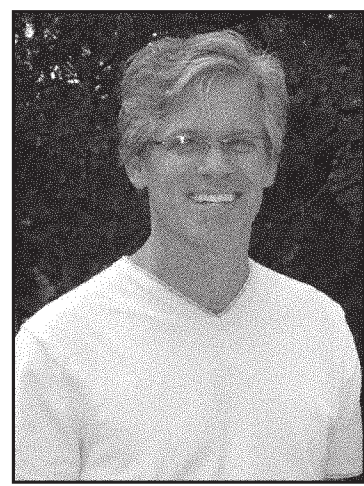
AFRH Chief Financial Officer Steve McManus holds up an oil painting, named 'Mr. Jones' Sunflower Field' which was recently donated to the AFRH by artist Kerry Vosler.

The story behind the painting is that Mr. Jones, a strawberry farmer in Dover, Florida, last summer decided to plant an unusual cover crop. By August, he had seven acres of sunflowers growing alongside a major Florida highway, Route 60. Vosler painted the flowers while standing next to the field with her french easel and the *St. Petersburg Times* did a story with this painting on the cover. After that came out, even more people came from miles around to visit the sunflower field.

The original painting was sold at a show but she did a giclee print. Kerry Vosler said it brought so much joy and happiness that she thought it would be a cheerful addition to the AFRH.

Photo by Sheila Abarr

Message from the Chief Operating Officer



One of the biggest challenges an organization faces is communication – getting the word out – and how to do so in an effective, efficient way and within the boundaries of the resources

available. At AFRH, we have many venues for passing information. We have CH-99, an in-house television station that broadcasts 24/7, a Plan of the Week, the monthly newspaper, flyers, townhall meetings, and all residents are encouraged to come forward, formally or informally, with questions, concerns or suggestions about activities and services at our Home.

We also are continuously soliciting feedback from our residents about the various services we offer through surveys, focus group meetings, and monthly activity meetings.

As the Chief Operating Officer of the AFRH, I say with absolute certainty that right now we have the most caring, dedicated, hard working staff this organization has ever had and I am very proud to be their leader.

When you look at the population of veterans we service, as a whole, they all have one thing in common – service to country. Many went on to have second civilian careers, or continued their education, raised families and at some point in their life, made the decision to join their fellow residents at AFRH. The common thread, though, is their prior service. Some of our staff members served in the military. All of them are serving their country now by caring for our veterans. They are not marching off to war, granted, but they are serving the country nonetheless, just as we have veterans here now that served but never went to war.

It is very disheartening for me, as the leader of this group of talented staff, working for our nation's veterans, to see a handful of residents that continuously go out of their way to cause friction and discontent and dampen the spirits of the men and women that are working so hard for them and the rest of our veteran community.

We are a city within a city, here at AFRH, and just as with any community, there's that five percent or less of people that are always stirring the pot, making false accusations, spreading rumors and causing

turmoil. Think back, wasn't there always one or two in every group you belonged - from kindergarten, through high school, your military company or unit, even church groups - the few that rubbed people the wrong way.

By now most of our residents have figured out who those people are and they just avoid them and the problem is averted. But what about the new resident that has just checked in? What is he or she to think when confronted by these negative thinkers.

Shouldn't that new person checking in have the right to form their own opinion of our home and make their own decision about what they may like and dislike about it. And what about visitors? Who do they believe?

There's always room for improvement and we look for ways to do that everyday. Are we perfect? Of course not. But that doesn't mean we don't continue to try. Maybe it's time we ask ourselves, why do our residents stay at the AFRH? We are a benefit of their service, true, but no one comes here on orders or is forced to stay. We have veterans that have been living here for 20, 30, sometimes even 40 years. This is their home and they are proud to be here.

“...Maybe it's time we ask ourselves, why do our residents stay at AFRH? ...We have veterans that have been living here for 20, 30 and even 40 years...”

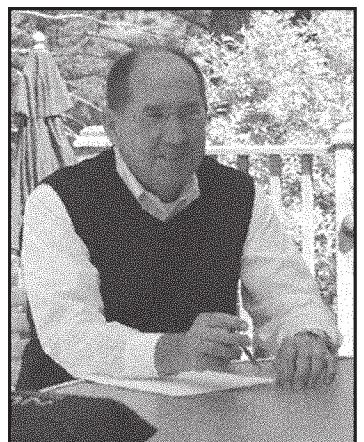
They deserve a peaceful, nurturing environment. It is my job to give them that. They deserve no less.

The new resident published newspaper “the AFRH Lighthouse” offended many of our residents. A resident walked into one of my staff offices and threw it on the ground and stomped on it. He was insulted. Many, many more residents echoed the same sentiments. We calmed the residents as best we could. I realize the few residents that put the paper together have the same freedoms of speech and all that goes with being an American. The waste is all the negative energy, not to mention personal resources, to wage a personal vendetta against certain people, myself being top of the list. Those talents and resources could do amazing things to improve the quality of life for our residents rather than demoralization that it actually caused.

Living at the AFRH is not just being a tenant in a retirement community...it goes beyond that. We have the responsibility, honor and privilege to represent all veterans in the presence of great people such as the Queen of England, top military officers, and the young impressionable E-2 that volunteers his precious time at the Home. To all of you who spend your time here making this a cohesive and enjoyable community, I give you my whole hearted thanks for your service and display of honor and commitment.

Tim Cox

Conversation with the Chief Financial Officer



As I walk around, residents often highlight facility maintenance type problems with me. We hear you and here is a little of what is going on in this area. At our most recent offsite in April, Mr. Cox asked one of our breakout groups to discuss service orders. Discussions addressed many aspects of our facility maintenance contract that

responds to our service orders. As a follow on to the off-site discussion, we were assigned the task of fixing our facility maintenance problems and making it more resident focused. In an effort to better serve you the resident, we conducted a series of meetings on facility maintenance in two primary areas that directly impact you — room turnover and service orders.

Room turnover affects residents who have been waiting to move from the Scott to the Sheridan. A review of the process highlighted many areas for improvement. Here are a few of the changes that will occur: Use our work order system to initiate the room turnover process; create standard verbiage for room turnover work orders so all understand who is accountable for the room and what actions should be expected; identify how and when the process starts and stops; isolate where the problems are (e.g. Scott and Sheridan and not LaGarde); who is accountable for submitting the work orders; identify when Campus Operations accepts accountability; have an inspection of the room when the room is accepted by Campus Operations as well as at the end; set a standard for room turnover by contract maintenance; and establish a new room turnover contract to focus only on Scott and using our BRCS maintenance contract to focus on Sheridan and LaGarde.

The impact of these changes will not be felt overnight, but you should see a change by the end of July. For May and part of June we must turnover rooms for inbound residents. At the same time we will put a new contract in place that can focus on Scott so we can focus BRCS on Sheridan, which should produce a positive result for those residents on the waiting list for Sheridan.

Our first meeting on service orders focused on emergency service orders and common maintenance problems that overburden our service order process and destroys our credibility with each of you. Here are a few examples: ‘Hot’ water in Scott; the cooling system in LaGarde; cooling problems in the Wellness/ Dental/ Optometry areas; broken sink, water leak, and cooling system in the Ceramics Shop; Sheridan – 7th floor major leaks; electrical plugs for Optometry; noise problem in Sheridan associated with air conditioning unit on roof; and hot water in Sheridan – shifts throughout building.

We have started to work these common theme problems. On May 16th water was shutdown in the Scott in

order to attack the hot water problem in Scott. We are having an assessment conducted of the LaGarde cooling system. We have begun to contact agencies who are responsible for the air conditioning unit on our Sheridan roof. Throughout May we will continue to attack these common theme problems. We will use C99 to keep you informed of our progress.

The emergency order process is designed to arrest the problem and not necessarily too fix the problem. In most cases once the problem is arrested, the associated repair moves into the “urgent” or “routine” category. Our maintenance contract is required to respond within four hours for emergency work; “urgent” work is required to be completed within five days. The contractor has two weeks to complete “Routine” work. Most of our work falls within the emergency to urgent work category. A critical review of our service order process identified a significant weakness in what the process team highlighted as follow through. Our service order system has over 294 open service orders. This is a good indication that orders are not

being closed out. We also noted a weakness in our Quality Assurance documentation, which raises questions about the quality of our reviews on the contractor's quality control requirements.

What does all this mean to you? Here is a little of what it should mean: The service order desk will start contacting residents to ensure work has been completed and if maintenance left a note if you were not in the room. Residents should expect to have urgent work completed in five days and routine in two weeks. Residents should be able to call the service desk within 24 hours to determine if their service order has been recorded as “urgent” or “routine.” You should start seeing our contract officer's representative more onsite as part of the Quality Assurance process.

We acknowledge the system can be improved and we are going to take aggressive steps to make change. Until next month's article, I look forward to hearing from you.

Steve McManus

Gulfport update

What a difference a year makes

By Mary Kay Gominger

Wow! Things are really heating up on the Mississippi Gulf Coast, both literally and figuratively speaking. Every day now, driving down Hwy 90, or in any area of the Coast, really, things are happening. The remains of most of the ruined businesses and homes are gone and something else is growing in its' place. Everywhere you look, somebody is doing something – landscaping, new sidewalks, new homes, condos – this place is just a beehive of activity!

The beaches, while maybe not at pre-Katrina levels yet, are nonetheless dotted with sun worshippers, kite flyers, joggers, shell hunters, and sand castle builders. All along Hwy 90, too, the cities have begun the tedious task of re-landscaping; planting hundreds of palm trees and oaks in the medians and along the beachside. Traffic, unfortunately, is increasing in direct proportion to the level of activity. Hwy 90, partially due to periodic lane closure for landscaping, is clogged and something in the back of your mind says, ‘oh yeah, this is what it used to be like down here before the storm.’ Growing pains, I think is what this is called.

The big news this month was the opening of the Bay St. Louis bridge. Communities on both sides of the water gathered for the grand opening celebration. This was a huge step in the direction of progress, for the entire Gulf Coast. Back in commission, this bridge



Here's a picture of the Bay St. Louis bridge from a pier in Pass Christian looking west. The bridge opened with one lane each way earlier this month.

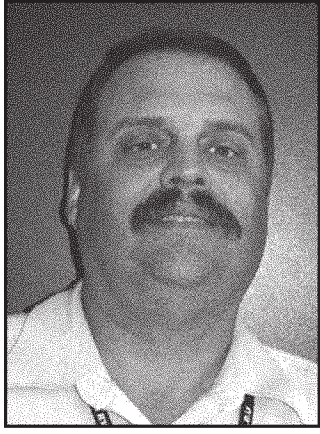
not only connects two communities, it also signifies hope and optimism for more good things to follow. It's one lane each way right now, and work continues on its completion.

It's been a long 20 months since that life-altering storm called Katrina came ashore in Mississippi. We're finally on a steady path towards rebuilding, both businesses and homes, and probably most importantly, a sense of normalcy in our lives.

Updates on the Gulfport rebuild can also be found at our website: www.afrh.gov

Interim Director

30 day rotation for Service Chiefs



“Team work will bring stability into every aspect of the Washington campus,” said David Rouse.

Chief Operating Officer Tim Cox has decided that Service Chiefs will temporarily fill in the Directors’ position until a new Director for the Washington campus is named.

David Rouse, Chief of Campus Operations, will be the first followed by Charles Dickerson and Linda Rader.

Photo on right: Dalis Irish, Wellness Center, accepts a plaque and letter of appreciation from Colone Sam Jang of Walter Reed Army Medical Center on behalf of the Armed Forces Retirement Home.



Welcome Aboard



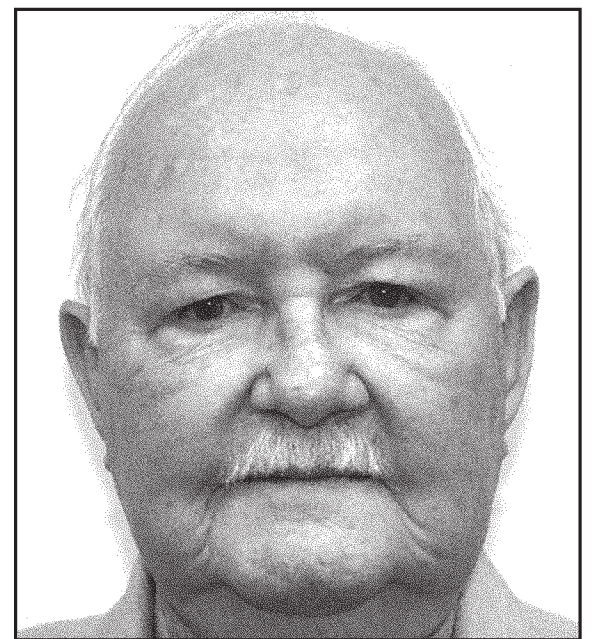
Name: Charles G. Ericson
Branch of Service: USA
Entry Date: August 1947
Separation Date: August 1971
Rank: E7
War Theaters: Korea & Vietnam



Name: Leo Taconi
Branch of Service: USN
Entry Date: October 1948
Separation Date: November 1967
Rank: E8
War Theaters: Korea & Vietnam



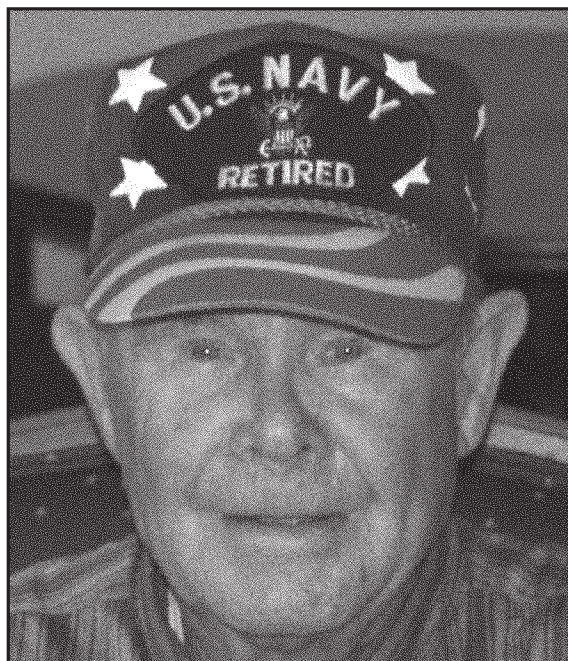
Name: James E. Dotherow
Branch of Service: USN
Entry Date: October 1940
Separation Date: November 1967
Rank: E7
War Theaters: WWII, Korea & Vietnam



Name: Henry Pike
Branch of Service: USMC & USA
Entry Date: 1941
Separation Date: 1969
Rank: E8
War Theaters: WWII, Korea & Vietnam



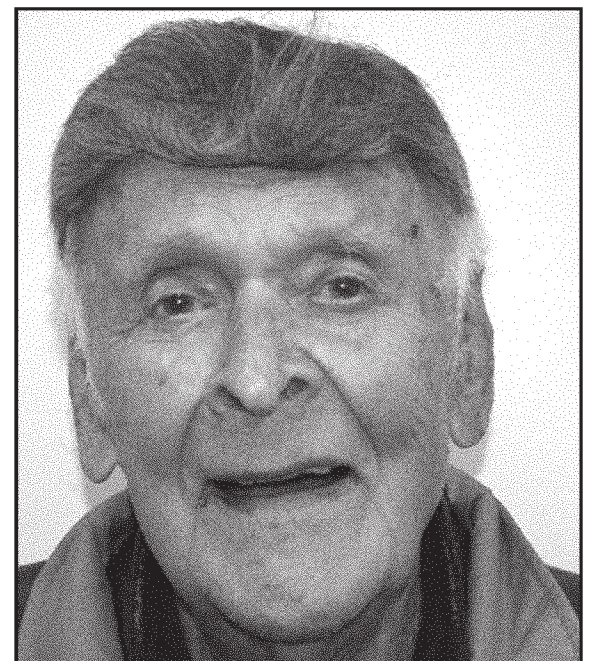
Name: Johnnie B. Alderson
Branch of Service: USN
Entry Date: December 1947
Separation Date: May 1971
Rank: E8
War Theaters: Vietnam



Name: Francis Ward
Branch of Service: USN
Entry Date: June 1942
Separation Date: July 1962
Rank: E7
War Theaters: WWII, Pacific, Korea & Vietnam



Name: Dale A. Diederich
Branch of Service: USA & USAF
Entry Date: July 1948
Separation Date: August 1978
Rank: E6
War Theaters: Korea & Vietnam



Name: Walter Wylot
Branch of Service: USMC
Entry Date: July 1942
Separation Date: January 1946
Rank: E4
War Theaters: WWII

If you have an interesting past... a story to tell... and would like to be featured in a future issue of the *Communicator*, contact Mary Kay Gominger at 202 365-4863 or Sheila Motley at 3556

Thunder strikes again!!!

Story by Al Mori

Photograph by Sheila Motley

The Rolling Thunder Inc., Virginia Chapter 3 out of Dumfries, Virginia, made a donation of a battery powered vehicle to the Physical Therapy Department at King Health Center on May 16, 2007.

As you may remember from the article in the March Communicator, Rolling Thunder is not only about motorcycles. The major function of ROLLING THUNDER®, INC. is to publicize the POW/MIA issue; to educate the public that many American prisoners of wars were left behind after all previous wars and to help correct the past and to protect future veterans from being left behind should they become prisoners of war/missing in action. We are also committed to helping American veterans from all wars.

Chapter 3 has provided items to the Home in the past and is very appreciative of the veterans of the Home and will continue to help them in any way that they can.



From left - Raymond White and Lynn Holt, Director of Rehabilitation Services, accept a BPV from Al Mori, member of Rolling Thunder Inc., Virginia Chapter 3.

AFRH

Is it a Home or is it Home - an outsider's perspective

By Susan Scott Teachey

The following article is printed with the approval of Ms Susan Scott Teachey, Managing Editor of Rolling Thunder Magazine.

You hear reference to the "Old Soldiers' and Airmen's Home" and you probably think of a nursing home or retirement home for elderly soldiers and airmen. You might imagine a depressing environment without much hope and too much despair. You might even imagine some unimaginable thoughts that actually do happen far too often in some of the facilities in this country that care for the elderly. Oh, but not here... not the Armed Forces Retirement Home, aka, "Old Soldiers' and Airmen's Home."

Long ago, old soldiers were cast adrift with a tiny pension or none at all. In fact, a soldier's pension was just \$5 a year in 1790. This led many to rely on charity simply to survive.

In the early- to mid-1800s there were three persistent individuals who envisioned a haven for old soldiers that would ensure their care — while restoring their dignity. Mississippi Senator Jefferson Davis (future President of the Confederacy in the Civil War), General Winfield Scott (celebrated war hero who was devoted to his troops), and Major Robert Anderson (son of a Revolutionary War hero and aide to Scott).*

The Trust Fund for a Military Asylum was created through Congress just after the Mexican War by funding from General Winfield Scott with \$150,000 that was paid to him by Mexico City so he and his troops would not ransack the city. He paid off his soldiers and then gave the rest to Congress. In 1851, the Asylum was established in a small Washington farm cottage. Anderson lead the grand opening, starting with just three veteran "inmates" — and it was duly named the Anderson cottage.*

In 1859, the Asylum was renamed The Soldiers' Home, as "asylum" conveyed "charity" — and after all, current enlisted soldiers were funding it. By the turn of the century, inmates were working the farm and maintaining the grounds and a "city within a city" emerged. Over time, the focus shifted away from farming to focusing on it's residents. From 1880–1910 nearly 1,000 Civil War era Veterans were admitted. With medical advancements, Americans were living longer so the Home's purpose became even greater. Post WWII, many retiring vets considered the Home alongside a growing number of private retirement communities, and once again the Home evolved. The campus was modernized and resident services were revamped.

In 1991, the US Soldiers' and Airmen's Home in DC united with the US Naval Home in Gulfport and the two became the Armed Forces Retirement Home (AFRH). In the 16 years since, the AFRH has evolved into a modern organization. And just in time... August 2005, Hurricane Katrina uprooted all the residents in the Gulfport facility. Within

48-72 hours there was an influx of hundreds of veterans moving into the AFRH in DC and they were able to accommodate them all.

Now with 1,156 residents, at the time of this interview [February 28, 2007], all residents receive the needed assistance to ensure they not only just "live" at the Home but "live more fully" at the Home. With amenities such as such as cultural, social, nutritional, and medical to name a few. There is an on-site medical facility, a library, many types of hobby shops, a bowling alley, a movie theater, two cafeterias and even a 9-hole golf course!

Of the 1,156 residents that are there now, about 800 are totally independent; about 100 require some assisted living; and about 200 require full health care (short of acute or hospice care). There is even a Day Club for the few that require more attention for diseases such as dementia and Alzheimer's.

There are numerous activities from outside services that go on here, among which are visits from Rolling Thunder® members. Motorcycles are ridden in for an afternoon of visiting and talk of "bikes." The residents have learned what Rolling Thunder® is all about and are appreciative of our efforts and hard work on their POW/MIA comrades' behalf.

The campus is 272-acres and is described as "separate from, but part of the community." And you certainly get that sense when you are there. The campus is gated to ensure safety, but residents can come and go as they please. There are vans and buses that take residents into town for shows, shopping and (cultural events). Within the buildings, there is much hustle and bustle as residents are walking or 'wheelin' from one activity to another, catching a bus into town, or visiting with friends. As one gentleman put it, "You can hang your hat here and crash, but you can go out and about. It's your home inside of a community." Although it is reported that, on average, 15 residents leave each month, approximately one-third of them return in about 120 days. Some have even broken leases just to return to AFRH. There are a few residents that have been here since 1964 and haven't even imagined leaving.

The AFRH is self-sustaining through military pay-in; a \$.50 deduction per month from all enlisted and Warrant Officers of all branches of service, fines and forfeitures (such as article 15s), user fees for residents, donations, and sound business practices. It is not government funded. There are many ideas on how to generate future funding, among which include leasing off a portion of the acreage for commercial use.

And, every organization has its share of troubles. Establishing new funding mechanisms, redeveloping the infrastructure of the "heritage" (older) buildings, and making way for the new generation of veterans and expectations of them are among the challenges that face the AFRH for the future. The immediate thing that requires attention is the plumbing and heating; its old and has been around for decades. While it is still functional now, it does require a high amount of maintenance and much of it will need extensive repair or even replacement, and this will be an expensive process.

In spite of these challenges, the staff and the residents that I interviewed are upbeat and optimistic. They are looking forward to the future with AFRH and being a part of it's growth and improvement.

If you would like more information about the Armed Forces Retirement Home or how to become a resident or how to help the AFRH, simply visit www.afrh.gov. AFRH is located at 3700 N. Capitol, NW, Washington, DC 20011



Twenty two residents got the rare opportunity to go onboard the U.S.S. Sequoia Presidential Yacht on May 18. Invited by the Washington Yacht Club, as part of a patriotic picnic, the residents got to tour the fully restored, 104-foot, 1925 Trumpy-designed yacht that has served more than nine Presidents. It is thus not a surprise that Congress designated the Sequoia a National Historic Landmark. This is perhaps the most important piece of Americana in private hands, and it may be the most famous vessel in America.

The Sequoia was the scene of some of America's most historic events: It was used during the Harding administration to enforce Prohibition; Herbert Hoover promoted his use of the Sequoia during the Depression in a misguided effort to elevate the spirit of a starving public; FDR and Eisenhower planned D-day; Truman decided to drop the bomb on Hiroshima and later conducted the world's first nuclear arms control summit; Eisenhower entertained Korean War veterans; Kennedy celebrated his last (46th) birthday party; LBJ lobbied for civil rights legislation, and planned Vietnam War strategy; Nixon negotiated the first arms control treaty with the Soviet Union, and later decided to resign; Gerald Ford conducted cabinet meetings on board; Ronald Reagan met all of the nation's 50 Governors at the Sequoia's gangplank; and George Bush negotiated with the Chinese Premier.

Poetry on the Green

Residents, staff and visitors enjoyed a special event on May 22. A poetry reading was held late that afternoon on the lawn in front of the Lincoln Cottage. Organized by the resident Poetry Festival Committee: Charles Bronson, Susan Chubb, Eddie Clark, Francis Scott, Marcus White and Virginia Sciotte read their original work. Approximately 100 residents attended.

President Lincoln's favorite art form it can be argued was perhaps poetry. He was influenced by the Bible, Shakespeare, and Black's Law. The National Historic Trust allowed the AFRH to use the Lincoln Cottage, the porch, and lawn in front of the Cottage. So it was only fitting that these poetry readings be done in front of the Lincoln Cottage.

It was a great event and very well attended. If you are interested in joining this group, you can contact one of the above residents or Mary Darden, the AFRH Librarian.



Attendees of the Poetry on the Green enjoy a humorous reading.



Captain Eivind Forseth, a wounded soldier from Walter Reed, reads the poem, 'Disability.'



John Colburn and a guest follow along as a poem is read.



Mary Nelson participated in the Poetry on the Green event.



Tim Cox escorts Naomi Plummer up to the stage area where she recites a poem by poet Langston Hughes.

The 4th Annual Talent Show receives a five-star rating

Story by Keith Turner

Photographs by Chuck Jones

The Scott Theater was nearly filled to capacity for the 4th Annual AFRH Talent Show. The show was designed to reach back into the 60's and early 70's with some of the most memorable performers. The show was dedicated to the stylish Frank Migala who used to MC the shows for the home. Frank passed away in 2006 but his memory and his touch of class will live on.

Bernice (Goldie) Goldstein and Bill White did an awesome job of entertaining the audience with their music. Goldie played for the audience as they entered the theater and Bill kept the audience on memory lane as he brought back music from the 60's with his CD's.

Every entertainer tried to dress the part and move like the entertainer they were portraying. The show opened with Elvis Presley, played by Michael Hoover, followed by Etta James who was done by the beautiful Sharon Mason and for her first time on stage, lit the stage on fire with such grace. The first Ike and Tina Turner were masterfully done by Rob Murphy and Rhea Butler who brought the Tina Turner energy to the stage. Howard Johnson sang one of Sam Cooke's songs and Liz Garris, Sandra Rogers, and Rachael Hatten formed the fabulous Diana Ross & The Supremes.

Aretha Franklin (Maryland Norris) and her backup (Neena, Teena, and Karla) brought a lot of energy to the stage, as Marvin Gaye and Tammy Terrell (Keith Turner and fiancé' Sharon Mason) wowed the crowd with a

beautiful love song to one another. Gene Hill read some of his own poetry which the crowd loves so much, followed by Ray Anderson's military tribute on the keyboards.

The second half of the show started off with Leon Barwick and Denise Riccardo as they were Gerald Lavert and Tina Marie in a tribute to Frank Migala, "A Special Rose." Sonny and Cher (Carol Mitchell & Sarah Kenan) brought laughter to the crowd in their comical skit of this famous couple and the second Tina Turner and Ike (Barbara Jones, Keith Turner, Karla Norris, & Sandra Rogers) brought big cheers at the end of their solid performance.

Patti La Belle (Nicole Chappel) made her presence known with such sex appeal and The Temptations led by Lorenzo Tribbett, who tore the house down, along with Roderick Washington, Leon Barwick, and Keith Turner. Ray Charles (Keith Turner) and the Raylettes (daughter Alexis Turner, Brandy, Debbie, Sharon, Jodie, Tammy, Stephanie, Gwen and Angie) once again were in unity with their moves and steps as Ray Charles performed a miracle on stage by dancing across the floor as if he was able to see again.

"The show was truly one of the most well put together shows that the home has done, and for those of you who missed this one, you missed a classic," said Mrs. Chubbs. Special thanks to the dining crew, management, KHC, the recreation staff, residents, and guest volunteers for all coming together to make this such a success!

AWESOME UNITY!!!!



Carol Mitchell and Sarah Kenan perform a skit of Sony & Cher.



Sharon Mason sings from the heart.



Rhea Butler and Rob Murphy perform as Ike and Tina Turner during the Fourth Annual Talent Show held at the AFRH.



"Swing into Spring" Fashion Show a big success

By: Tracy Thomas, Recreation Services

Move over Paris! Take a back seat Milan! AFRH Washington D.C. has proclaimed itself the new fashion capitol of the world. On May 11th the catwalk took on a style all its own at the "Swing into Spring" tea room style fashion show in the Scott Dining Hall. AFRH residents, employees, and family members, as well as special guests from the Tri-County Charter School and the Navy Seabee's Wives, followed a flowered path around tables as onlookers nibbled on cheese and fruit and sipped wine. Styles featured evening formal to Marine Corps desert camouflage utilities (Ooh-rah!) and everything in between as well as lovely ensembles provided by the Ft. Myer AAFES BX. All in all, it was truly one of the best shows in the fashion biz this season!

From performing to caregiving, former Waves' background shows history of giving to others

By William A. Tobin

Marie Townsend was born in Adams, Mass. However her schooling occurred at Pelham Manor High School in Pelham, NY. She graduated in 1941. With the advent of WWII, Marie joined the Navy and became a Wave.

She was sent to Oklahoma A&M in Norman, OK for boot camp which, then, lasted for four weeks. Upon completion she was sent to Washington, DC to work for the Department of the Navy as a Yeoman Third Class. In today's Navy she would be called a "rate grabber," but that's the way it was back then. Further reassignment saw her working for Admiral King. Another transfer took her to ONI (the Naval Investigative Service) where she stayed for six months. This sort of work was anathema to her so she requested a transfer and was sent to a recruiting office. There weren't too many Waves then so the Navy went on a recruiting drive over the radio and she was picked to

While in the Navy, Marie Townsend was part of the Navy's recruiting drive for women, singing over the radio waves to attract women to join the war effort. Marie also used to perform at the Old Soldiers' Home on a regular basis.



do the singing for it. This was over the radio station WRC.

While doing so she was heard by a Navy Bandsman who wangled an audition for her to President Roosevelt's Birthday Ball at the USO. She sang there with a young lad named Julius LaRosa, and another luminary named Ben Mitchell Morris. She and LaRosa still exchange Christmas cards every year.

Firmly entrenched now in DC, she sang weekly at the Soldier's Home performing at the gazebo by the Lincoln Cottage. Songs in her repertoire then were what are now known as "Golden Oldies." These were songs such as "Embraceable You," and "The Man I Love," along with show tunes from the Music Man and Oklahoma.

On her first night singing at the USO she met her future husband who was the Assistant Conductor for the Navy Band at the time. They courted each other for six years. Marriage was out of the question as she was enlisted and he was an officer. But, this was overcome later as they were married in 1954 at the New York Ave. Presbyterian Church, commonly called Lincoln's Church.

In 1949 Marie left the Navy, as a Chief Petty Officer, and went to work for the Veteran's Administration in the Department of Medicine and Surgery as a secretary and receptionist. She ended her career with the VA by working for Max Cleveland who was then the boss. Next came a stint at Hecht's Dep't store, followed by becoming a caregiver for a friend's mother.

Next she found a company called Helpers Plus and worked for them as a caregiver until she retired.

For the uninitiated, a caregiver is probably one of the most taxing jobs a person can do. It's also one of the most frustrating and unappreciated experiences one can have. For Mrs. Townsend to tackle, and excel, at such an endeavor is a fitting tribute to her personality and "Down East Grit." Some people would easily become embittered by such experiences, but not Marie. For those of us who've been privileged to become acquainted with her it's easy to see why. An always ready smile, along with a glowing, positive outlook on life will soften even the hardest heart.

Taking care of her grandchildren was next on the agenda until it became time for someone else to take care of her. She became a resident of the Home in 2006.

A footnote to her Navy days shows that when she sang at the ballroom of the Statler Hotel it was for the News Correspondents dinners. Seeing President Roosevelt being rolled out in a wheelchair and being stood up at the podium was a real eye opener. Not too many people then were aware of his polio.

After singing for President Truman he was gracious enough to thank the Hollywood stars who performed, such as Danny Kaye and Patti Page, and also gave thanks to "the little Wave," whom he said reminded him of his daughter Margaret. She caught a lot of good-natured flack from the band members for those remarks.

Marie's husband passed on some time ago and is buried at Arlington National Cemetery close to the Tomb of the Unknown Soldier in a special plot reserved for Navy Bandsmen. As a humorous ending she recalls discussing plans for a final resting place when it became her time to "progress upward." She proposed that she could be interred and buried on top of him. He laughingly replied that that wouldn't do at all since then he wouldn't be able to go out at night!

Chaplain's Corner

The greatest evil that can befall a man is that he should come to think evil of himself.
(J. VON GOETHE)

It's almost expected: name-calling, insults, belittling, incivility. Newspapers report it, talk-radio regales in it, and tawdry TV shows flaunt it. But more and more incivility appears on main-stream programs. For example, according to research at the University of Indiana, Fox News host Bill O'Reilly uses an average of 8.88 instances of name-calling per minute in his daily commentaries. That's one insult every 6.8 seconds.

Why, rumor has it, incivility can be heard now and then here at AFRH.

Is it an effort to attract a larger audi-

ence the reason that these attacks are so often found in the media? Or is it because slamming someone sounds "macho" and people like that? Perhaps. But it seems at least worth the effort to explore why it appeals to some people, both as listeners or speakers.

In an unscientific and unsubstantiated way I'm suggesting that the source of some of the incivility is in one's own self. More so than in the person to whom it is directed.

Likely, this source begins and develops in the human psyche, especially in the formative years, from negative criticism, remarks, correction, putdowns, etc. This kind of input - especially when it's received from significant others - parents, teachers, classmates, associates, etc., becomes believable and so can scar one emotionally. It ends up as sort of psychological and spiritual garbage within one. Then, with that negativity within, it is at the ready for dish-ing out to others, maybe even in somewhat the same fashion as was received.

Goethe, in the above quote, sees this

negativity as evil. When one peers into oneself this negativity is a painful experience, and when it is used as ammunition to hurt someone else, it becomes evil compounded, an evil that now two people have to endure.

Like sexual predators who almost always were victims themselves, verbal aggressors, so it seems, were also likely victims of this incivility, this evil.

What to do? That we strike out at others, even for the myriads of reasons we use to justify doing so, is needless and comparatively easy fix. When we catch ourselves doing it, stop. It serves no purpose to hurt someone's feelings, and can only make the perpetrator disgusted with himself. Even if at the time it felt good to put someone down.

But how do we cope with that garbage, that evil, within us? It's likely going to be difficult to dispel, but for starters we need to recognize that there are more sure truths that we need to accept about ourselves than the lies about us that

we have come to view as credible. That Jesus could talk about his love for his followers, as well as the Father's love for them, at the minimum has to mean that evil within us - especially the evil we come to believe about ourselves - is not what defines us.

We are loveable, if for no other reason, and for no greater reason, than God loves us.

Beginning in the early years of their lives, many have come to accept that the evil within them trumps love. But once we come to believe that love, a love that includes God's love, overpowers the evil within us, then we can see how foolish it is to believe the lies spoken by others precisely to make them feel badly.

Ought not the Lord's words be more important to us than our erroneous self-appraisals, based on the lies - garbage - of others? It's a tragedy to see ourselves as evil. God doesn't. Why should we?

Chaplain John Goodloe



Volunteers add special touch to AFRH

Trinity University Intern, Ashleigh Wesche, AF ROTC, and an Army volunteer decorate the AFRH front gate on Wednesday, May 23, for Memorial Day Weekend in honor of those that have served before the AFRH veterans.



Resident Jim Hart accepts the bunting used to decorate the front gate from Red Top Cab Company.

New security chief looks forward to new position at AFRH

Story by Mary Kay Gominger

Photo by Sheila Abarr

The AFRH Security and Investigations Division recently welcomed a new chief to the helm. Many of you have probably seen him out and about on campus in the last month but for those of you who haven't had a chance to meet him, here's a little bit about the 'new' man on the block.

Jonathan Greenstein, a native of Nyack, New York, comes to the job of Chief of Security and Investigations with a wealth of knowledge and experience in the field.

He attended the Basic Police Academy in West Palm Beach, Fla. He graduated from the Fairfax County Criminal Investigator training program and has had extensive training through FEMA and the Department of Energy related to criminal investigations, crime scene protocol, evidence procedures and anti-terrorism.

He has experience working in a variety of capacities in three branches of service – the Army, Navy and Marines. He is a Marine veteran, having served just over a year then took a discharge due to an injury.

Prior to coming to AFRH, Chief Greenstein was employed by the Department of the Army Police on Ft. Belvoir. He was a patrol supervisor and also served as a police/mp instructor. Before that he served as a federal officer in Key West, Fla., for the U.S. Navy, both as a police watch commander and an instructor. He also served as a member of the Marine Patrol Unit, as a patrol officer and member of a tactical unit, conducting specialized anti-



Jonathan Greenstein, the new Security Chief, discusses surveys with Carolyn Cukierman during a meeting.

crime activities, and high profile protection.

Settling into his new job, Chief Greenstein plans on using the Communicator as a vehicle to pass information on to the residents.

"I want to use a regular series to provide timely information within my offices' scope; to include crime prevention tips, awareness of trends, local and national events of significance and other areas of concern that will help the residents, employees and visitors to our campus," he said.

"I am working with my staff every day to continue the level of service and the diversity of assistance we provide," Chief Greenstein continued.

He also is working towards re-establishing the neighborhood watch program.

"In this, I will be establishing a security advisory committee, safety training program, and seeking volunteers who want to contribute some of their time to compliment the current program," the chief said.

Chief Greenstein said he finds the AFRH environment very rewarding.

"I have worked in diverse communities in the past, but the AFRH is home to some of the greatest people I have ever had to opportunity to serve. I feel truly welcomed here, not a day goes by when I am on my rounds and someone will stop me and thank me and my staff for the services we provide," he said.

"I look forward to a long career serving the residents of the AFRH," the chief concluded.

Resident Profile

AFRH's rising artist...

By John Bowery

I have been wanting to write about this young man ever since I first heard of him and saw his work as an artist, because I have the feeling he is going to be an extremely well known and sought after player on the 'Art Scene.'

Antonio Hedgepeth is his name. He was born in Rocky Mount, North Carolina, in the year 1964. Like a lot of youngsters he was looking for something or some place to call his own and start doing something to make his life worthwhile. He decided that the Army would be a logical place to start and joined the Army and served from 1994 through 1997. However, his time was cut short and he was given a medical discharge. He had been diagnosed with AVN of the right hip, a bone problem. He also suffers with bouts of depression from time to time. After his discharge, Antonio found the Armed Forces Retirement Home community to be his new home.

Needless to say, he received a lot of stares and the guys here were wondering how he got in here at such a young age. Antonio is a wonderful age of 43 and has many things going on in his life (physically and mentally) and was getting the treatment he deserved. Antonio is bi-polar and his medication was doing its thing and making his life bearable again. He met John Bednarz here and John took him under his wing and became his mentor. Talking to John he told him that he used to draw things when he was younger. Under the mentoring of John he started to sketch some and eventually progressed to putting things on canvas. He found a studio located in the Art Colony of the Sherman building. We have an area on the third floor where our resident artists and writers have private studios where they can work and concentrate on producing some remarkable works of art. Some of gifted residents artist are Warren Helm, Mimi Rivkin and Al Giunta.

Antonio also takes art classes at the Yellow Barn Art Gallery for art and culture at the Glen Echo Park located in Glen Echo, Maryland, in cooperation with the National Park Service. His dream is to one day own his own prestigious art gallery here in Washington, DC. Antonio knows that he is on the fast track of becoming an artist of note and we here at AFRH wishes him all the best in all of his endeavors.

After only a short time he was doing some extremely interesting things on canvas, John helped him to enter some of his paintings in a competition in 2005, sponsored by Veterans Administration. He surprised everyone



AFRH/Road Runner, won 1st place in the 2007 in Oils and Charcoal paintings at the annual art competition at the Veterans Administration.

by being named First Place in the oil category. In 2006 he placed First Place in Pastels and in 2007 he placed First in Oils and Charcoal. Also in 2005 he entered an oil painting in the Perry Point exhibition and was entered in the annual event of the National Creative Art Competition, Veterans Administration.

Antonio's passion for painting is only exceeded by his love of giving of himself by doing charity work at the National Center for Children, a private, non-profit agency and Campagna Center, located in Alexandria, VA..

At the risk of being redundant, I would like to say that Antonio is without a doubt destined to become a very sought after artist and I would like to advise one and all to keep him in mind and if possible start collecting his works. This young man certainly bears watching.

AFRH Celebrates National Nurses Week

It's about 'Strength, Commitment, Compassion'

By Elizabeth Weathington, DON
Photographs by Sheila Motley

The nurses at Armed Forces Retirement Home celebrated Nurses Week May 6-12, 2007. As the Director of Nurses, I salute the hardest-working people in the healthcare profession. Throughout the U.S., nurses celebrate nurses for the entire week. Many facilities honor their nursing staff with buffets of food, token gifts, and certificates of appreciation. Worldwide, various celebrations of nurses take place during this period in honor of Ms. Nightingale and the nursing profession on International Nurses' Day

Nurses' Week at AFRH was a time of reflection, commemoration, and fun. We celebrated and the acknowledged our connection with the nurses' soul. The week started with balloons, flowers and a proclamation from the Nursing Director announcing Nurse' Day and Nurses' Week. There was plenty of food and laughter to share with the other members of the healthcare team at the King Health Center.

One of the highlights of the week was the selection of a speaker by the Nurse Practice Administration members, Brigadier General (RET.) Clara Adams -Ender. BG. (ret) Clara Adams -Ender was selected because she speaks life into all situations and brings a message of hope and encouragement to the audience.

On Wednesday, May 9, prior to her presentation, she greeted and shook the hand of everyone in attendance. While observing this, I thought of her accomplishments and how apropos it was for her to be President of Caring About People With Enthusiasm (CAPE) Associates, Inc., and how she acknowledges and connects with the humanity in everyone she meets.

BG (ret) Clara Adams -Ender spoke about the importance of nurses being prepared to present in the forefront of healthcare delivery by utilizing the nursing process decision-making model based on scientific and evidence- based principles. She encouraged the nurses to always speak with pride and confidence to the fact that, "I am a nurse." The responses from the nurses in attendance were filled with enthusiasm and a resurgence of pride in their decision to become a nurse. The positive words and excitement of the speaker found us reconnecting with our thoughts and the commitment to our profession. The many uplifting words of our speaker was a breath of fresh winds providing strength for this journey for our work life at Armed Forces Retirement Home and our personal life waiting for us at home.

BG (Ret.) Adams- Ender then joined us while we enjoyed a very colorful and savory lunch in the library of LaGarde. Two AFRH residents, Ms. Doris Jones and Ms. Norma Merrill sat with BG (ret) Adams- Ender, reminisced about their years as a nurse, and caught up on the whereabouts and the activities of the many people they knew in common in the Army Nurse Corps and other military services. Ms. Merrill and Ms. Jones spoke with great pride of their years as nurses and agreed with BG (ret.) Adams -Ender and the statement of how they respond to those who ask of their occupation, "I am a nurse." Ms. Merrill and Ms. Jones are two of the many residents who represent and have a strong legacy in the nursing profession. BG Adams- Ender spoke fondly of her interaction with Ms. Deborah Kemere, Nurse Educator, and Ms. Ann Marie Taylor, each of which



Brigadier General (Retired) Clara Adams-Ender, Karen Tillman-McComb, Deborah Kemere, Dorothea Armstrong and Shirley Washington proudly look on as nurses receive recognition for the tireless services.

served with her while on active duty. BG Adams- Ender remembered pinning Lieutenant bars on Ms. Taylor and teaching Medical-Surgical Nursing to Deborah Kemere.

Another highlight of the week was Ms. Cordelia Ohaka, LPN, walking with pride into the lobby of LaGarde in her white uniform and hat. It certainly was the talk of the day! Thank you, Ms. Ohaka, LPN!

The best part of the any celebration is the recognition of the AFRH Nurse staff and the many awards and prizes bestowed upon the licensed staff throughout the week.

It would be an injustice if I did not acknowledge

the fine work and generosity of some of those who made Nurse Week a success. A "Thank you and great job" goes to the following team members: Ms. Aleece Henderson, DON; Ms. Ann Marie Taylor, Clinical Supervisor; Ms. Katherine Jiles, Nurse Instructor, Ms. Washington, Clinical Supervisor and Ms. Armstrong, Assistant Clinical Supervisor .Of course, a great big, "We could not have done it without you", goes to the people working behind the scenes : Ms. Mary Conti, Administrative Secretary, Mr. Thurnell Outlaw, Ms. Rosemary Brown, Mr. James Green and Ms Madeline Shelton.

All in all it was a very memorable time of celebration for the Armed Forces Retirement Home Licensed Nurse staff. The festivities and acknowledgements continue, next month, when we celebrate the Nursing Assistants June 14-21, 2007. They are a very knowledgeable and valuable asset to the healthcare team, especially the nurses.



During her presentation at the AFRH, Brigadier General (Retired) Clara Adams-Ender encourages nurses to proudly say, "I am a nurse."



From left - Dr. Linda Rader, Administrator, KHC, and Liz Weathington, Director of Nursing, present LPN Cordelia Ohaka with an 'On the Spot' award.



Doris Jones, a former nurse and resident now, shares military stories with Brigadier General (Retired) Adams-Ender after the ceremony honoring nurses.



Dr. Linda Rader, Administrator of KHC, presents BG Adams-Ender with a beautiful bouquet of flowers.

AFRH Golf Course News

Pro/Resident Scramble results...

By Matthew Kayson

On Thursday, May 17th, 47 golfers converged on the golf course for the annual Pro/Resident Scramble. Quin Sullivan, from Springfield Country Club, started off the afternoon with a clinic on the driving range, and then 11 teams of local pros, residents, and guests enjoyed a great day of fun, food, and prizes.

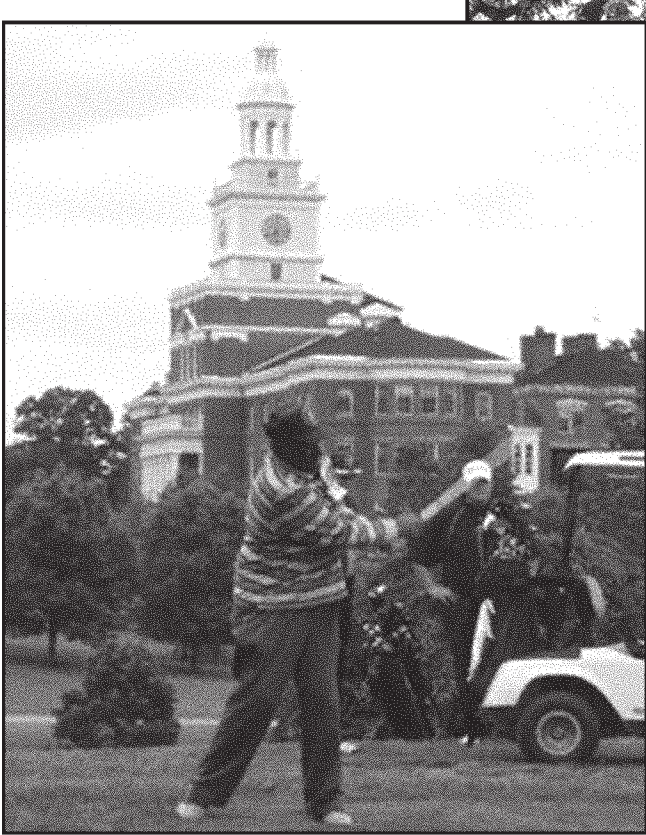
The weather was perfect as Mr. Sullivan and his team of Hobert Smith, John Cooney, and Bill Mayhew topped the field with a score of 7 under par 28. Rudy Holloway, Gene Dickens, and Ernie Sylvester teamed up with their pro, Charlie Lewis, to finish in second place.

Steve McManus presented the awards after the round.

A special thanks goes out to all the Associate Members who donated to help sponsor the event and for their time to help the tournament run smoothly.



Nine Mid-Atlantic golf professionals joined the residents in their golf tournament. Bottom row; L-R - Charlie Lewis, Quin Sullivan, Matt Kayson, Marty O'Rear and Steve Danielson. Top Row; L-R - Pete Van Pelt, Glenn Brown, Matt Gallagher, Mark Jansen and Jason Fornier.



Dan Tanner follows through on another successful drive.



Quin Sullivan, from Springfield Country Club, hosts a clinic for the residents prior to the tournament.



Mimi Rivkin in fine form.



Curtis Young (left) looks on as Emil Byke prepares to hit the ball.

Diamondbacks ready for season Batter Up!

By Jerry Carter

Softball season is in full swing now. The AFRH Diamondbacks, a team comprised of residents and staff, won an exhibition game against Catholic University 3 -2, but lost the home opener game against Childrens' Hospital 18- 15 on Tuesday, May 8th.

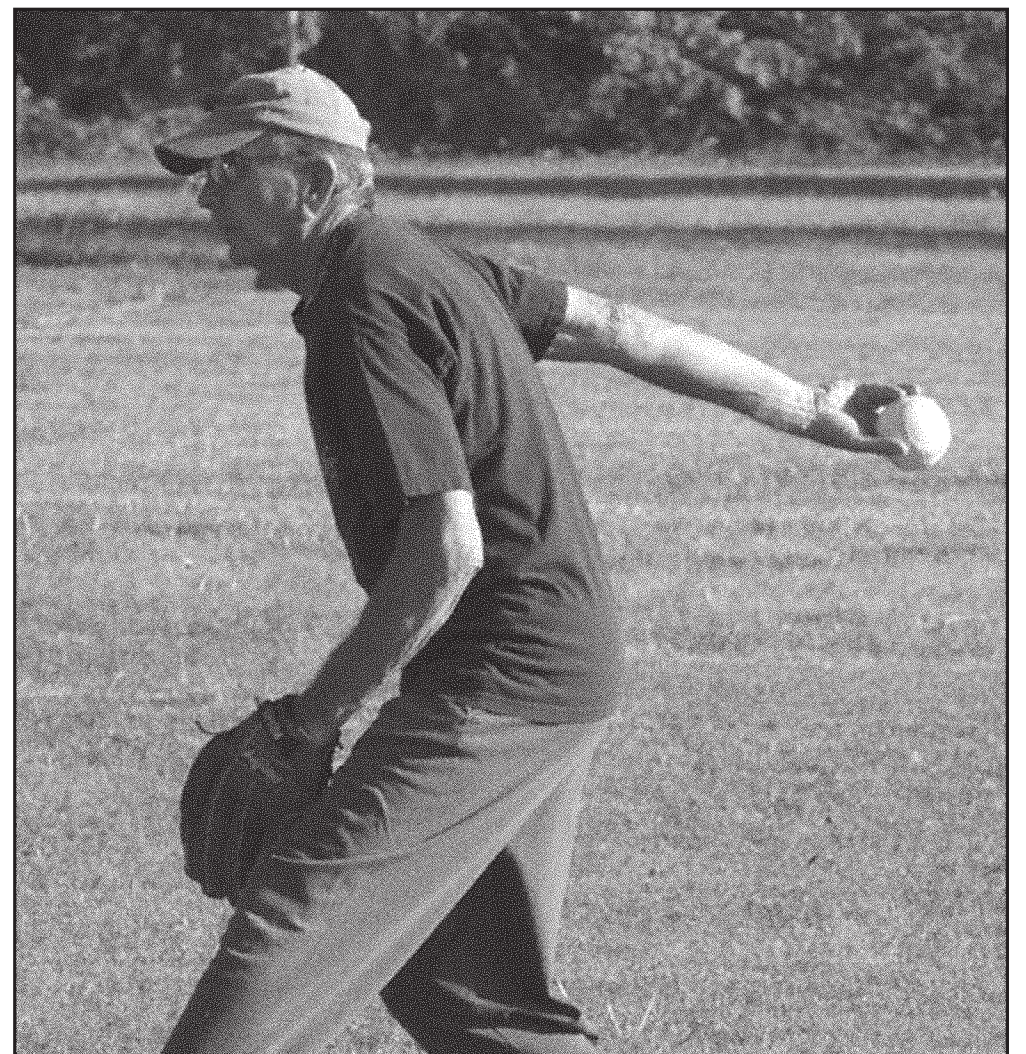
Here is the June schedule:

- AFRH vs Childrens' Hospital Wednesday, June 6th at 6 p.m. at AFRH campus
- AFRH vs Washington Outsiders Wednesday, June 13th at 6 p.m. at AFRH campus
- AFRH vs National Cathedral Monday, June 18th at 6 p.m. at AFRH campus
- AFRH vs Hospital for Sick Children Wednesday, June 20th at 6 p.m. at AFRH campus
- AFRH vs Providence Hospital Wednesday, June 27th at 6 p.m. at AFRH campus

Everyone is invited to come out and support our AFRH Diamondbacks!



The AFRH Diamondbacks huddle up before the game against Childrens' Hospital.



Roy Cogle concentrates as he pitches the ball right over the plate.



Curtis Young swings and makes a good hit.

Coast Guard active duty volunteers spend day sprucing up AFRH

By Melodie Menke
Volunteer Services

The U.S. Coast Guard, Chief Warrant Officer's Association and the Chief Petty Officer's Association had their annual pond clean up on May 17.

As usual, this group was amazing. Over 12, 42-gallon bags of debris were removed from the pond area, underneath the bridge area was cleared of debris and the water is flowing smoothly again; the area was trimmed, weeds pulled and benches repositioned. Two pick-up loads of fallen limbs were removed from the pond area.

Also the garden drainage ditches were cleaned, over 12 bags of debris removed and weeds were pulled out the length of the drainage ditch. Plus they moved the Gazebo from the Lincoln Cottage to the front of the Sherman Bldg in 30 minutes. That was an amazing team effort. We had 23 Coast Guard, plus Adam Reza helping supervise the move and Security provided traffic control. And residents Don Stout, Reid Hawthorne, JW Hickman, John Bowery, Ron Perry, Jim Hart, Chuck Felder, Joe Williams, and Willa Farrell assisted.

The Coast Guard also cooked a great lunch of hot dogs and hamburgers by the pond with the National Trust Society; David Overholt Preservation Projects Director, Lincoln Cottage and Sophia Lynn, Project Manager, Lincoln Cottage, saying their thanks and handing out Lincoln's Sanctuary books to each volunteer. The savings of using a volunteer labor force was over \$2,012 to AFRH and the savings to the Lincoln Trust was probably over \$5,000 - the estimate of a crane to do the work of the volunteers. A very productive day at AFRH.

