



AFRH Master Plan moves forward

NCPC reviews, Zones B and C returned to the AFRH Zone

The National Capital Planning Commission (NCPC) reviewed the final master plan and transportation management plan for the Armed Forces Retirement Home (AFRH), approving Zone A and returning Zones B and C to the AFRH Zone. The Commission also modified both the parking supply and transit service proposed in the plan. The Commission approved Zone A based on AFRH's commitment to engage in a planning process with NCPC staff, the District of Columbia Office of Planning, the National Park Service, and the community to determine the feasibility of allowing Zone C to be used as a publicly accessible park while providing an income stream acceptable to the Home.

The final master plan calls for new development to serve the Home and also provides for private development on Zone A that will accommodate a mix of uses, including residential, office, research and development, institutional, medical, retail, and hotel through private leases for portions of the federally owned site. Zoning for the site will be applied in accordance with the approved master plan. The private development will also provide an income stream for the Trust Fund upon which the Home depends for its operating expenses.

Parking for Phase One Development in Zone A was approved at 2,741 spaces, with the total parking supply for Zone A approved

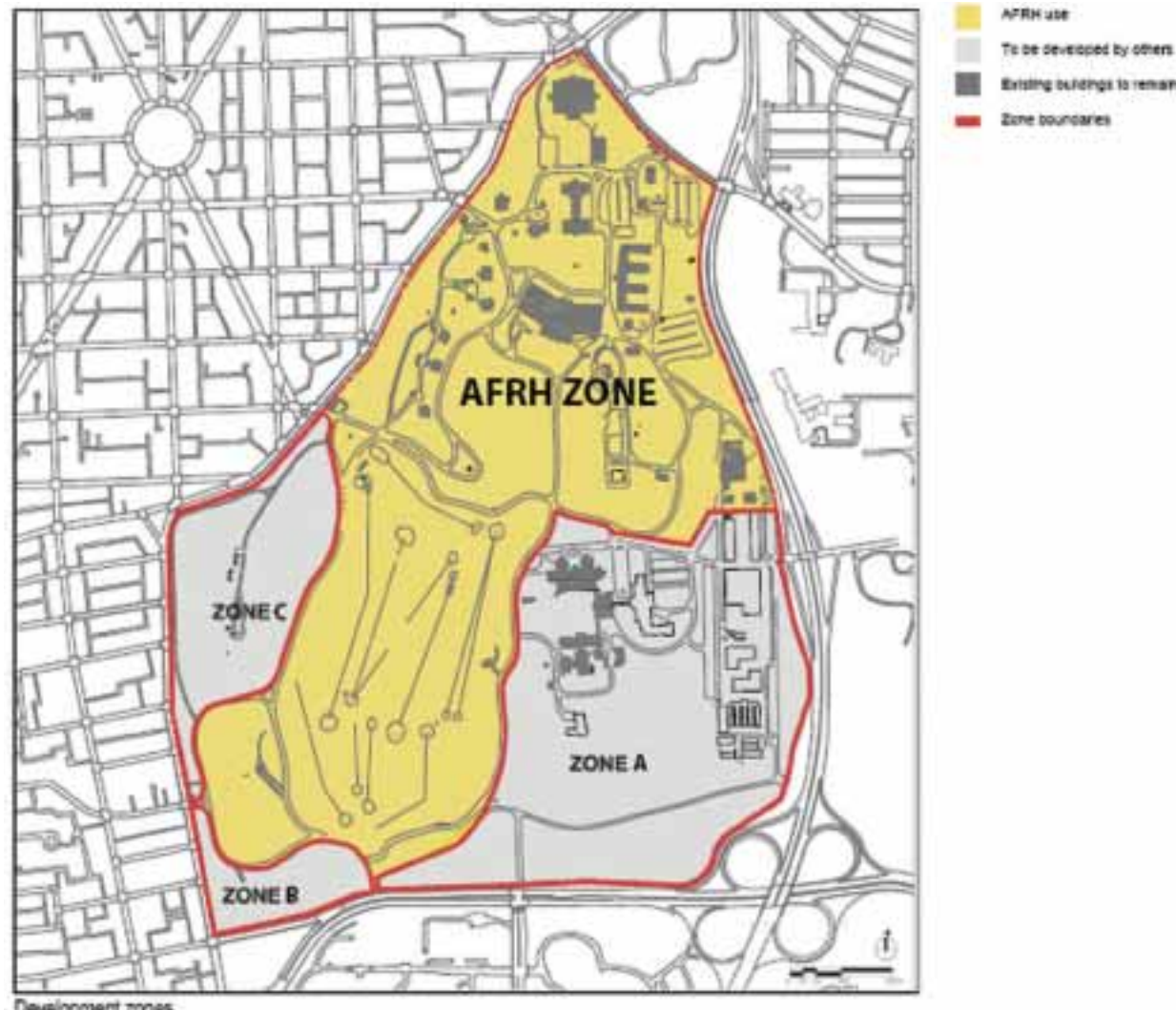
at 5,155 spaces. The parking supply may increase or decrease in accordance with a mutually-accepted set of triggers that include an increase in transit service to the site, capacity analysis of the surrounding roadway network, the parking supply for nearby developments, market conditions, opportunities for shared parking, and the results of a planned District of Columbia study on parking requirements for medical office uses. The parking supply may not exceed the limit studied in the Environmental Impact Statement.

The Commission approved the applicant's proposal to enhance the shuttle service plan originally outlined in the master plan.

Service characteristics are subject to negotiation between the AFRH and the District of Columbia and must fall within the overall service levels accounted for in the proposed funding plan.

In its review earlier this month, the Commission also approved the project's Environmental Impact Statement (EIS) Alternative 3A as presented and analyzed in the adopted Final Environmental Impact Statement, dated November 2007, for the AFRH.

The master plan development is anticipated to occur over a timeframe of 15-20 years.



AFRH-G Update

Status of Gulfport construction:

- 2,000 of approximately 2,000 issued for construction building piles installed
- 301 of approximately 530 pile caps installed
- 264 of approximately 530 garage level columns placed
- 78,921 SF of approximately 185,000 SF first floor slab placed
- 145 of approximately 530 first level columns placed
- 45,456 SF of approximately 185,000 SF second floor slab placed

Design:

95% Design Submission Reviewed By Government and comments returned
Issued for construction drawings released continue

Other:

Stained glass windows are being repaired
WLOX interviewed Yates Construction on the progress of the project. To see the report review go online to:
<http://www.wlox.com/global/story.asp?s=8699034>



A view of the new building from the main entrance. See more photos of the Gulfport project on Page 4.

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Notes from the Resident Advisory Council



Well, here we are again. Another month passes into history and we get a month older. On July 10 several (43 actually) residents attended the National Capitol Planning

Commission meeting held in downtown Washington. Mr. William Sinnott, Mr. W.R. Kitson, and myself spoke before the commission in favor of the master plan. After a time, the master plan was approved, as presented, in its original form, four years ago. This plan will allow the orderly development of the area, and give us additional funds to make needed improvements throughout the Washington home area and grow the trust fund to allow for the proper maintenance of both homes.

With the increased use of computers come additional opportunities for those people who prey on others. What I am talking about here is something called "phishing" Basically this is when you receive an email that appears to come from your internet service provider or from a commercial source such as Bank of America. The email will say that something is wrong with your account and then ask you to click a link provided in the email. Any email you receive asking for personal or account information should always be treated as fraudulent. If you do receive such an email, do not respond to it or click any included links found inside. Instead place the email in your screened email folder, close your email program and then go to the email or commercial address to verify that something is, in fact, wrong. If you find out that nothing is wrong go back to your email program and report the email to your internet service provider. In doing this you may have to provide header and footer information. You can obtain this information by clicking the link in the email that says "view source" another window will open showing where, when and what computer the email came from. From this point you will need to have the email address at the internet service provider or commercial source where you send spam email. Forward the email to that address so that they might be informed. Then delete the email. If you get into the habit of not responding to these emails you will go a long way toward keeping your private information out of the hands of those who could use it to cause harm to your accounts.

For those of you who have not heard, the Resident Advisory Council (RAC) has a web site (www.afrhwrac.org) that contains the following. 1. The Armed Forces Retirement Home regulation 7-2 that governs the formation and function of the RAC; 2. A List of the committee chairpersons and floor representatives; 3. The current and past (since Jan08) minutes of the RAC monthly meetings; and 4. An email link to email me.

Also, the RAC has formed a committee to rebuild the GRANT building. We will be working with the Armed Forces Foundation to find methods to gain funds for this purpose and we will be forming a 501 c.(3) foundation for that purpose. This is a task that will not be completed in a short period of time and will require the time, talents, and sweat of those who are on the committee.

One important thing that is coming up is the elections for the Chairman of the Resident Advisory Council and for floor representatives for each residential floor of the Scott and Sheridan buildings. Starting on the 4th of August, those of you who might wish to run for these positions can inform Mr. Mori (the AFRH-W Ombudsman) of your intent to do so. Elections for the RAC will be held no later than September 15.

Have a great August 2008.

Esker F. McConnell

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.

Serving Washington, D.C. and Gulfport, Mississippi



Become a resident today!

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

Eligibility:

Military veterans from each service branch can live at AFRH.

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

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

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

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

On the Salad Side

Tips on how to prepare healthy meals from the salad bar

By Lankford Sysco

A meeting was held in the Resident Dining Hall of the Scott building to allow residents to see new ways they could prepare healthy meals from the salad bar. Twenty-three residents participated in the event. Over the past few months some residents have expressed concerns about eating healthier to obtain good sources of protein while trying to limit fat, sodium and sugar intake. To address some of those concerns and to get residents involved, Dining Services invited a chef from Lankford Sysco to speak with residents about their day to day dining experience and to provide a light tasting session showing them new ideas of how they could use the salad bar to eat meals lower in fat, sodium and carbohydrates. Mr. William Fowler, Dining Committee Chairman, stated the entire presentation was well received by all residents present and they are looking forward to other food presentations in the future.



Steve Kline of Lankford Sysco shows Catharine Deitch, Doris Jones, and James Riordan a healthy serving of foods made from the salad bar.

Message from the Chief Operating Officer



The front page of this month's Communicator announces the approval by the National Capital Planning Commission of the mixed-use development on Zone A, the southeast corner of the campus bordered by North Capitol and Irving Streets. This is a very big win for AFRH and is the result of incredible foresight and planning by members of the AFRH staff.

NCPC's recent favorable decision gives us a way to fund future capital improvements of our historic but outdated facilities while still being good neighbors and giving back to the community.

In the Master Plan, Crescent Resources, the preferred developer, will build office and medical spaces, housing, a small hotel, a grocery store and a 20-acre public park space. A new sidewalk will connect the neighborhoods to the west of the campus to the new development and new public park.

Zones B and C (see aerial map on page 1) were put back into the AFRH Zone and will be under complete control of AFRH.

Residents Bill Sinnott, W.R. Kitson and Esker McConnell participated in the NCPC hearing on behalf of the AFRH community and testified to the fact that the portion of the land that NCPC was recommending for a public park was land held in trust for the exclusive use by military retirees and combat veterans and by turning it into a public park, it could not be enjoyed by the residents. The residents did an excellent job of representing AFRH and their attendance and support of our Master Plan certainly influenced the favorable decision. The debate bounced back and forth between representatives of AFRH, DoD, GSA and presidential appointees and others in attendance. Ultimately, Zones B and C were put back under control of AFRH and the only development will be in Zone A, which is great news. The only reason Zones B and C were included in our Master Plan originally was because NCPC required us to master plan the entire campus. Development of Zone A was our intent and through this development, both residents and the local surrounding community benefit.

In addition to the three residents that testified, dozens of residents attended wearing their medals and blue AFRH blazers. They did an outstanding job of representing our home and really brought to light the fact that the AFRH is not a grouping of federal buildings and dormitories but a community of military heroes; unique and deserving of excellent facilities and services. Now, with the approval to move forward with the Master Plan, monies will be generated to finance the \$366 million 10-year capital improvement budget. The AFRH Trust Fund will remain strong and veterans for generations to come will have a place to call home.

Timothy Cox

TriCare Deputy Director tours the AFRH-W, talks to residents

Story and photos by SFC Helen Gillespie
DISTRICT OF COLUMBIA - Deputy Director, TRICARE, Maj. Gen. Elder Granger toured the Armed Forces Retirement Home and a portion of the home's 272-acre grounds July 8 where he learned about the massive amount of recent improvements from Chief Operating Officer Timothy C.

Cox and discovered a top-level environment for retired enlisted service members.

As a result of Hurricane Katrina the Washington, D.C. home's population increased to 1,100 after Gulfport's residents moved in. The Gulfport home suffered too much damage to be repaired, but will be rebuilt by 2010, according to Cox.

Cox seemed to take the additional population in stride with the changes already being made.

"Our operations expenses have gone from \$71 million in 2002 to \$56 million in 2008 with better services and happier residents," he said. "That is \$15 million in savings."

Since the home was established in 1851 as an "asylum for old and disabled veterans," it's been financed by a trust fund, originally designated by the U.S. Congress. The fund is fed by monthly active duty

payroll deductions of 50 cents per month. (Average pay of a soldier was \$7 a month at the time the fund was established.) To support the home since that time, fines and forfeitures due to military disciplinary actions add to the small monthly withholding

Cox described how his management affected the trust fund.

"...One of our drawing factors, according to Cox, is connection of the residents with their military heritage..."

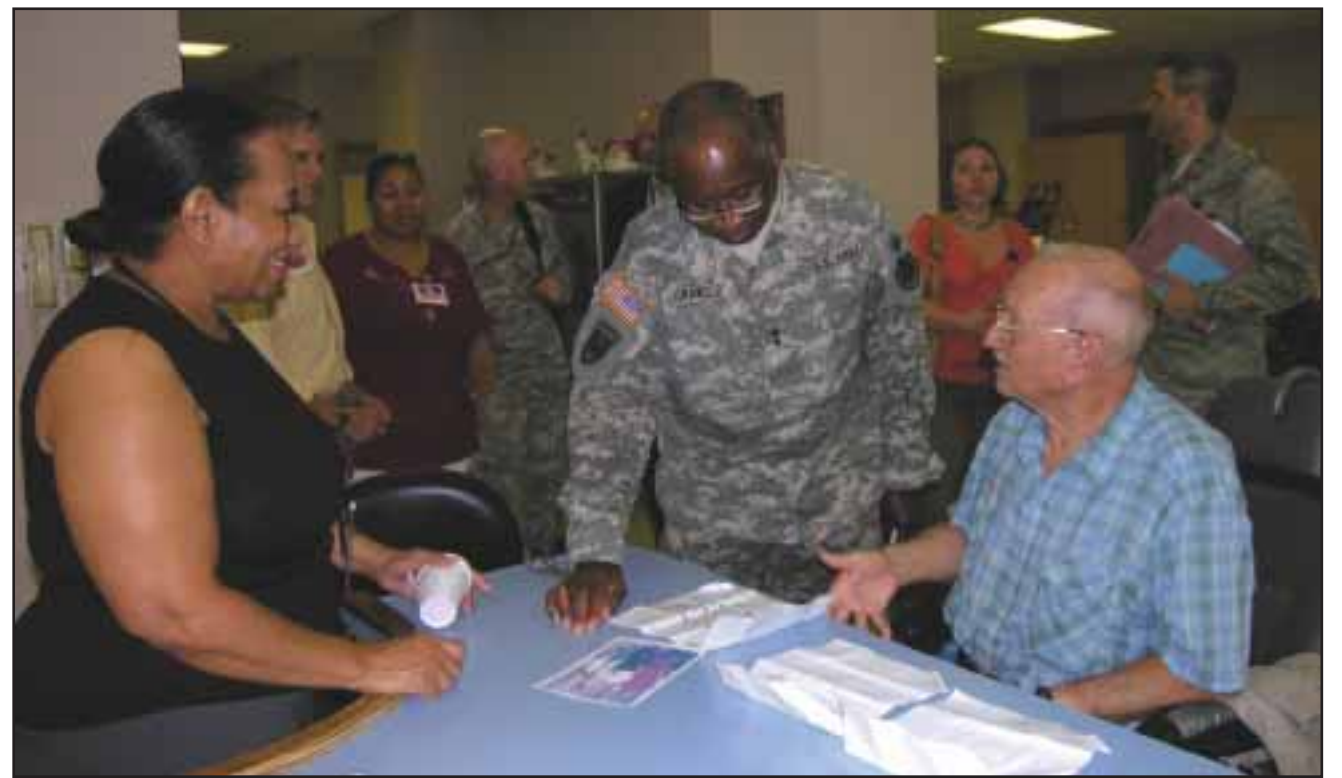
"Our trust fund balance has gone from \$94 million in 2003 to our current balance of \$173 million," he said. "This is a result of spending less than the revenue we annually bring in."

Cox talked about the home's service to residents.

"The home is for those that are 60 years old and older and have served in a theater of war or have retired after 20 years. One of the drawing factors, according to Cox, is connection of the residents with their military heritage.

Deputy Director, Morale, Welfare, and Recreation Policy Col Eddie Adelman, who also toured with Cox and Granger weighed in on the home's requirement for admission.

He said that some people wonder why the AFRH doesn't provide living space for veterans returning from current combat operations. "It's a great place," he said, "but we want to get the young people back into society and productive." He added that activities at the home are not age-appropriate for



AFRH staff member Brenda Samuels (left) and resident Jack "Pete" Peterson talk with Maj. Gen. Granger during his tour of the AFRH facilities.

younger combat veterans.

Cox said that AFRH has about 15 vacancies a month and there is usually a 90-day wait to get into the home.

"About 50 percent of the residents who leave, leave on their own for a variety of reasons," he said, explaining the turnover in residents. "Some are no longer able to care for themselves and will have to go to a higher level of care and some move to be nearer their families, which is usually their oldest daughter."

Cox estimated that each resident receives about \$41,000 a year benefit in services and residents' income averages about \$22,000 a year.

According to Cox, residents keep busy with activities on and off the historic campus. The home's staff plans athletic and fitness program events, ice cream socials and entertainment. Many residents provide their own entertainment with interests they brought in from their military careers. As an example, six-year resident and former Women's Army Corps Band Director, Bernice Goldstein, often plays keyboard for her own enjoyment and fellow resident's birthday celebrations.

Granger was interested in the residents' level of health care and Cox explained how they are accommodated.

"When residents need health care, some will go to Walter Reed Medical Center, but most go over to either Washington Veterans Administration Hospital or Providence Hospital, both not far from the home," he said. "For things such as dental care, orthopedics or dialysis, patients will go to Providence."

Cox said the home has an excellent relationship with both hospitals, and residents end up spending very little on medical costs.

"TRICARE is working well for us," he explained.

During a tour of the facility, Granger

was introduced to several of the residents. He didn't hesitate to ask anyone he met if they were having any problems with care or claims. All responded that things were going well. In one case a gentleman, who was an advocate of prescriptions by mail, shared his list of medicines with Granger.

In another instance, Granger was introduced to one of the residents as the Deputy Director of TRICARE. Without hesitation or prompting the resident said, "I love TRICARE," then went on to explain how his wife was able to get a health issue solved with little out of pocket expense.

Cox told Granger that if a resident needs rehabilitation they can receive it at AFRH, but the home does not provide these services. They do, however provide the space and equipment for a local contracting company.

Cox said they want to put people back to their highest functionality and he views the home as a wellness model.

In response to Granger's inquiry, Cox said he would like to see an improvement in Electronic Health Records. Currently he is investigating off-the-shelf software that is compatible with other tools used in military health care.

Granger commented, "Any system can talk to another but at the end of the day it has to be user friendly."

Both agreed on the necessity for the records to be web based.

Cox admitted that he and the home are not perfect, but he welcomes Inspector General investigations and the occasional Congressional inquiry. "We're an open book," he said. "We're very proud of what we do."



From left - Lt. Col. James Andrews, Maj. Gen. Elder Granger, AFRH COO Timothy Cox, Col. Eddie Adelman, OSD Intern Emily Farren and AFRH-W Ombudsman Al Mori in the Scott Building main lobby on July 8, 2008.

Welcome Aboard



Name: Harry Jack
Branch of Service: USAF
Entry Date: April 1942
Separation Date: June 1964
Rank: E7
War Theaters: World War II



Name: John DiFilippo
Branch of Service: USN
Entry Date: September 1940
Separation Date: April 1963
Rank: E7
War Theaters: WWII, Korea



Name: Joseph Budd
Branch of Service: USN
Entry Date: March 1947
Separation Date: September 1966
Rank: E6
War Theaters:



Name: Roscoe Hankins
Branch of Service: USAF
Entry Date: September 1940
Separation Date: April 1961
Rank: E8
War Theaters: WWII, Korea



Name: Russell Ducey
Branch of Service: USAF
Entry Date: September 1946
Separation Date: September 1966
Rank: E8
War Theaters:



Name: Naomi Pointer
Branch of Service: USN
Entry Date: April 1944
Separation Date: July 1946
Rank: E3
War Theaters: World War II

Japanese Embassy extends goodwill gesture toward World War II veterans

The Japanese Embassy is looking for World War II veterans that are interested in traveling to Japan to participate in a friendly game of softball. The invitation, extended by the Japanese government, is a goodwill gesture intended to build a friendship between nations once engaged in a bitter war. The Japanese government will pay for the following:

- round trip airfare from Hawaii to Japan
 - hotels
 - meals
 - sightseeing transportation
- Veterans would need to pay for their airfare to and from Hawaii.

Event dates: October 31st - November 8th

Deadline to sign up: August 15,

2008

Contact the AFRH Public Affairs Office to sign up or for more information.



Timothy Cox, AFRH Chief Operating Officer, greets Japanese Embassy personnel as they arrive on the AFRH campus for a tour earlier this month.

A Gulfport Photo Update

July 28, 2008



AFRH-G - from the third deck looking south.



AFRH-G - view into the garage area.



AFRH-G - from the third deck looking south east.



AFRH-G - demolition of the pool.

From the Director



It was a sad day for me when my Grandfather Beach told me, "I can't learn anything anymore." He was discouraged, I know. He had put up with Parkinson's disease for years. He was giving up. What Grandpa said was a jolt, as I could not imagine anyone not wanting to learn. There is so much out there in our world.

America has bought into the idea that life owes us, so take it easy and be entertained regularly. Sure, we work our 40 hours a week, but when we are off, we deserve all the breaks and fun times that we can get.

Medical people tell us that men only need 1600 - 1800 calories a day, if non-active. Active men can add 200 to the totals. I hate those numbers because I like to eat! The average Amish man consumes 6500 calories daily. Three generations ago, most of America would require what the Amish eat today. But today's lifestyle is one of comfort when compared to the "good old" days. We flat don't work or live like we used to. This concept spills over into all we do and all we are.

I was 14 when my parents bought our first television. I remember we watched 30 minutes and sometimes, even 60 minutes a day. But that was it. Other than school, the rest of my days were filled with my two jobs (milking cows for a farmer and floor care at a grocery store), piano practice and caring for my own animals. I raised chickens,

rabbits and pigs for 4H. In the evenings our family visited friends, read books, played games and if assigned at school, did our homework.

Consider this, how many hours of television do you watch a day? We've come to believe we are entitled to relax. Some maintain that it is one of the causes of the "dummyfying" of America. Don't you think we've gone too far? Just as viewing the TV robs us of time so is it that we no longer have the drive to grow and develop our minds. I made a pact with myself that I will not watch more television than I do in personal study each day.

How do you stretch your mind? What do you live for? Don't give up! You need to make the most of your life in every way until your last breath. Explore, study, travel, join others in activities. You will live longer, be happier and will sense fulfillment in that which you accomplish. There is an abundance of things to do at AFRH. Take these marvelous opportunities - get busy. Do not give in to old age. Look after yourself. You can be rejuvenated. Here are some ideas:

1. Pursue your passions: Paint sunsets, sculpt, sing, learn Tai-chi.
2. Read books on your interests. Read a classic like Catcher In the Rye.
3. Travel to those oft-desired places, which you used to dream about. Have you tasted the chocolate of Switzerland, drunk the wine of Chile, fished in New Zealand?
4. Experience Nature: Walk leafy paths, watch the moon, feel the wind on your face.
5. Devote time to discovering all you can about God. Study His Word.
6. Have fun with your little ones. Your grandchildren

need you.

7. Clear up the slate: It is best to resolve any misunderstandings, or resentments that might exist in others. You don't want to die being misunderstood.

8. Write about your life: With your long years of experience, you will surely have a lot to share which will be immensely helpful to others. And if you don't think you have anything to share, you'll still find enjoyment for yourself.

Let me share a few lines from a favorite poem by Lord Alfred Tennyson, in Ulysses.

*I cannot rest from travel: I will drink
Life to the lees.
For always roaming with a hungry heart
How dull it is to pause, to make an end,
To rust unburnished, not to shine in use!
Come, my friends,
'Tis not too late to seek a newer world.
Push off, and sitting well in order smite
The sounding furrows; for my purpose holds
To sail beyond the sunset, and the baths
Of all the western stars, until I die.
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.*

The greatest turning point in life is when pursuing life, knowledge and growth changes from an obligation to a delight. That comes in application. Fall in love with learning. Make it your fascination. Never be content with where you are. Live life to the fullest. Death is inevitable, but until it comes, make the most of the time you have.

David Watkins

AFRH Communicator celebrates 5 year anniversary this month

AFRH Communicator
Volume 1 Number 1
Armed Forces Retirement Homes
Gulfport, MS & Washington, DC
AFRH First Edition
July 31, 2003

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It's Official! Residents Select New me for AFRH Newspaper

The monthly edition of the AFRH newspaper provides information on a variety of topics. Information and news stories are designed to inform you of what is happening in our community, the nation, and sometimes on the international scenes. The feature stories expand our desire to inform you of social issues and events happening in our Gulfport and Washington communities.

Please take a close look at the first edition of the AFRH Communicator. The new name of our newspaper emphasizes that this publication is oriented to our entire community and includes topics relating specifically to the residents of Gulfport and Washington.

The process for selecting a new name began in June 2003. AFRH requested residents from each community to submit suggestions for the newspaper name. The top five names were selected by the Resident Advisory Council and Resident Advisory Committee from each site, and thereafter the name of AFRH Communicator was selected.

The AFRH Communicator was suggested by three AFRH residents. The leadership at AFRH would like to thank Mr. Holly Hayes (SI), Mr. William Carl (SI) and Mr. Henry Halsey (W) for submitting the winning name.

Submitted by Anonymous Home Member - "...The Communicator has been impartial and impressive over the past five years in presenting the news. It has always been interesting and helpful. It has been well written...a well balanced source of information with "great photo works." The Communicator is our beacon of hope for the present and future. Captivating journalism at its best. Congratulations..."

AFRH-W Beautification Project



This is the new landscaped area between Sherman and Sheridan buildings at AFRH-W. The Beautification Project was initiated to improve the overall visual and environmental quality of the AFRH Campus and to minimize maintenance requirements.

Closing the Circle

Book signing well attended

On Tuesday, July 15th, the AFRH department of recreation hosted an ice cream social and book signing ceremony for local author Richard Haddock's "Closing the Circle." The novel is based on interviews and friendships formed by Mr. Haddock in his numerous visits to the AFRH and represents characters whose life experiences mirror many of the AFRH residents.

Mr. Haddock, who was accompanied by his wife Marilyn, son Christopher and daughter Tiffany, welcomed the residents along with AFRH Director David Watkins, and the Scott lounge filled with happy ice cream eaters. Mr. Haddock gave a short introduction about why he had written the book, read several excerpts and thanked the residents for their participation. After all the

ice cream was gone the residents formed a line to receive their free autographed copy of the book. Over 100 copies were delivered with an additional 50 placed on order. Mr. Haddock will sign and deliver the additional copies to the residents within the next few weeks.



Author Richard Haddock

A book review and discussion for "Closing the Circle" is planned for some time in August so look for notices on the time and place. Thanks to all the AFRH members who made the event so special.



From left - Jo Colvard, Helen Noel and Jean Ringuette listen as author Richard Haddock reads some excerpts from his book, Closing the Circle, which is based on the life experiences of various AFRH residents.

Battle of Guadalcanal

Resident recalls experiences with Marines during WWII

By Mary Kay Gominger

August 7 marks the 66th anniversary of the landing of the Marines on Guadalcanal. Much has been written over the years about the Battle of Guadalcanal, as it was the first major offensive launched by Allied Forces against the Empire of Japan. The victory the Allied Forces gained at Guadalcanal is often referred to as a turning point in the war. AFRH resident Gesidio (Joe) Salerno is not interested in reading about the battle of Guadalcanal...he doesn't have to, Uncle Sam gave him a front row ticket and the opportunity to experience it first hand.

Joe joined the Marines in 1940 at the age of 19. Life changes fast, as the saying goes, and in 1942 Joe found himself one day digging his way out of the barracks through four feet of snow in Iceland to the next day bound for the sunny skies and coral beaches in islands of the Pacific. Joe was a member of the 1st Marine Division.



Joe Salerno and fellow Marines in Iceland, 1940.

"I went over about November and spent eight or nine months there," Joe said. "The main thing I remember is being told when we shoved off is that if I was still alive in three years they would send me back home. I was and they did, after participating in other battles in the Pacific," Joe said with a laugh.

Life on Guadalcanal was wretched Joe recalls, just dealing with sweltering heat and humidity, an abundance of rodents, dysentery and disease not to mention dodging bullets, bloodshed and death. He does have a favorite memory of some late afternoons when he got a chance to slip away to the grassy fields beside the Henderson Field airstrip and watch the fighter pilots coming in from battle.

"If the pilot shot down a Japanese aircraft they would do a barrel roll as they came in," Joe recalled. "Oh I used to love to watch them as they came in. If the pilot shot down two, he would do two rolls. Some Rear Admiral eventually stopped the show but boy it was sure fun to watch while I could."

Joe survived his time on Guadalcanal picking through k-rations that the rats hadn't gotten into with an occasional feast of canned tangerines and rice salvaged from abandoned Japanese camps. When it was time to leave the island, Joe didn't have to worry about packing. He had only the clothes on his back.



Joe Salerno, 1942

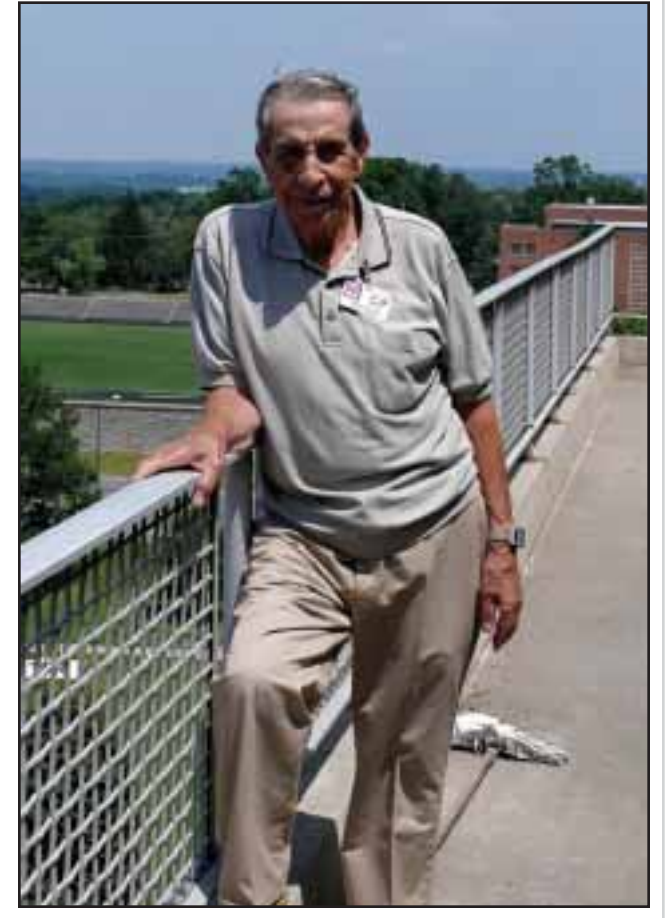
"It was so hot and humid that our clothes would just rot," Joe said. "I was stick thin when I got back to the states. The first thing they did was issue us new uniforms and feed us...steak, chicken, ice cream...anything to fatten us up."

Joe did six years in the Marine Corps and the New York native returned to his home state where he was hired as a traffic control inspector for New York City. His service to country wasn't over yet though but it did take a turn into the field of aviation and the Department of the Navy.

"I always loved aviation, even as a kid," Joe said. "When the Korean War broke out, at a friends' encouragement, I joined the Naval Air Reserve and did 20 years. It was my dream come true."

His time in the Naval Air Reserve included eight trips to Vietnam with a Transport Squadron.

He heard about the U.S. Naval Home at a retiree seminar and decided, in 1988, to



Joe Salerno, July 2008

join his comrades in retirement. He lived in Gulfport until 2005 when he moved to the AFRH in Washington, D.C., as a result of Hurricane Katrina.

Joe will be 88 years old in September. His eyesight is failing due to macular degenerative eye disease but he is determined not to let that stop him from enjoying walking everyday and participating in the many activities and trips Rec Services offers each month and traveling. He eagerly awaits his return to Gulfport.

"I'm blind in one eye and don't see very well out of the other but I'm not going to let that stop me," Joe said. "I love the beach so about once a month I board a greyhound bus and go to Myrtle Beach or St. Petersburg...anywhere to see the water," Joe said. "That will have to do until Gulfport reopens and I can return to my home by the sea."

American Idol has impressive Fan Club

By Melodie Menke

Singer Jason Castro from the popular TV show American Idol has an impressive fan club in our local Washington DC area, the Castro fans United Service Project. When I first heard of the club I admit I did not know who or what it was about. But after having the pleasure of working with this group; the residents and I knew if this Jason Castro evoked wonderful people to go out and do community volunteering, this was someone we would like to meet at AFRH. This small but motivated group was kind, compassionate, and giving with a sense of humor. They volunteered to hold an art project with the theme "Summertime Memories" with our residents and an enjoyable few hours ensued with creative drawings, writings and story telling. We look forward to their next volunteer visit and possibly even having Jason Castro tag along to AFRH.



Members of the Castro fan United Service Project after a day of volunteering at the AFRH.

Congratulations to Walter Hutchins. He logged in 2,000 miles of walking on July 4th and to Edmund "Walking Man" Crump, he recently recorded 22,000 miles. He is getting close to the elite 24,000 mile "Around the World" Club.

Dog Day at AFRH



By Melodie Menke

Residents, pet therapy dogs and owners had a great summer day together at the 2nd Annual People Animals Love (PAL) Picnic. In the cool of shade, all enjoyed a great lunch meal together and a fabulous whipped cream cake by Food Services.

PAL has been volunteering at AFRH for 20 years, bringing the healing power of dogs and friendship to AFRH residents.

Mark your Calendars

Aug. 8

**Stone Soup and Garden Judging Event
11 a.m. at the AFRH-W Gardens**

Aug. 22

**Luau Dance and Cookout
4:30 p.m. at Scott Dining Hall**

Bowling shoot-out with the Marines



Checking Scores
Phyllis Bradford (right) and other bowlers gather around to check scores during the bowling shoot-out held with Henderson Hall Marines and residents on July 17.

“Each time is better than the last...”

By Jerry Carter

The Henderson Hall Marines participated in a bowling shoot-out with our residents on Thursday, July 17th. There was plenty of action as the residents and Marines engaged in several games of bowling.

Many residents seemed to enjoy the opportunity to socialize and interact with the Marines.

LauRae Upchurch, Henderson Hall Single Marine program coordinator stated, "It is such a pleasure to visit the residents and bowl with them. We come down a few times a year and each time is better than the last. We would like to come back again sometime in the fall."



Phyllis Bradford and Buron Noel each take their turn at the bowling shoot-out with Henderson Hall Marines.

Lincoln Cottage Tour & Picnic

By Carol Mitchell

On Wednesday, July 23, 2008, the residents of King Health Center enjoyed a wonderful sunny day at the President Lincoln's Cottage located right here at the Armed Forces Retirement Home-Washington. The Lincoln's Cottage staff members were excellent and attentive to the needs of the residents and provided an engaging and informative guided tour through the Robert H. Smith Visitor Education Center and Lincoln's Cottage. Pat Watson our tour guide expressed that she has lived in the District of Columbia for the past 50 years and from her lectures we could sense her love of Presidential History. The resi-

dents then enjoyed a delicious outdoor picnic provided by the King Health Center Food Service Department. We look forward to future visits to the Lincoln Cottage.



Pat Watson, the tour guide for President Lincoln's Cottage, gives residents some background information on the Cottage.

National Therapeutic Recreation Week Celebration

By Amanda Jensema

July 13, 2008, was the official kick-off for the National Therapeutic Recreation Week celebration for the Recreation Therapy Department located in LaGarde. We had several special events to celebrate throughout the week.

We started the week off with an Ice Cream Social at which we served banana splits and root beer floats...delicious! Many of the residents truly enjoyed having something different. The more popular choice was the banana splits. One resident even mentioned to me that the last time he had a banana split was over 15 years ago! What a treat.

Tuesday we held the annual International Food Tasting Fair. We began at 10 a.m. in the LaGarde building and then repeated the program at 1:30 p.m. for the residents on Scott 3. Each of the Recreation Therapy staff represented a different country...Mexico, Italy, USA, China and Germany. Each individual spoke for a few minutes about their country, such as their culture, some interesting facts as well as popular food and tourist attractions. We

also served a sampling of food from each county. For Germany we served Bratwurst with sauerkraut, Quesadilla's for Mexico, China was egg rolls, Mozzarella sticks with marinara sauce for Italy and Fresh Apple Pie for the USA. Everyone enjoyed themselves and many had seconds of their favorite food(s)!

For our trip on Wednesday we went to Target for a little while and then returned for a cookout. We served hamburgers, hot dogs, potato salad, chips, sodas and fresh watermelon. We played music and socialized with the residents. Due to the weather we were unable to go to Watkins Regional Park.

To close out our busy week we held Veteran's Café Thursday evening. The Recreation Area was transformed in a café setting with music, table settings and menus. As residents arrived they were asked what they would like to drink as well as what dessert they wanted. We served strawberry shortcake, chocolate meringue pie, coconut meringue pie, pineapple orange cake and apple pie. Amanda and Nicole were the two servers with assistance from Paul Root, one of our volunteers. Along with the desserts we served coffee, tea, wine and beer. Through out the evening the residents were making comments of how they had no idea what they were coming into when they entered the room but were pleasantly surprised. Many residents stated they felt as if they really were at a café!!! When asked what they enjoyed most there were three common remarks...the food, the atmosphere and the service. As the night rolled along Amanda and Nicole began to step it up even more by going around and taking orders on note pads as well as yelling "Order Up" when an order was completed and ready to be served. The residents were having so much fun we even had to announce "last call...closing in 10 minutes!" As we were cleaning up residents were still sitting around chatting with their tablemates. It honestly felt like a real café that night!



Nicole Chappell takes a food order at Veteran's Cafe.

AFRH Bowler of the Month announced

By Ed Crump

John Glover was named bowler of the month for June in which he averaged 152 for nine games. He improved 14 pins from what he averaged in May. He has made steady progress over the last two months. In the first 30 games this year John only has a 128 average and since then he's averaged 144 for the past 24 games to up his average to 140. He's had games of at least 140 or better 14 different times over the past 20 games compares to only seven times his first 30 games this year. My congratulations go out to John for an outstanding month of June. He definitely earned it. It wasn't handed to him. He finishes one pin ahead of Jerry L. for bowler of the month who won 1st place twice during the month of June. Chuck M has been another hot bowler of late averaging 174 over his last nine games through the month of June. His only bad game was a 129. The other 8 were 161 and better.

I would like to pay my respects to Willa Farrell who has taken the time to keep a record of all the lane malfunctions whenever they occur over the past few months and report them to higher authorities so the problems can be reported before they get even worse and as of right now there seems to be progress being made. You see Willa at the bowling alley almost every day. She continues to try to improve her bowling by trying different things. She recently purchased a new bowling ball. She finished in 3rd place recently in the shootout one week which is her highest finish this year. She had a high game of 168 that week. Eventually I look for her to make improvements in her scores. She's one who will never give up no matter what her scores are. We need more bowlers to think that way. You don't have to be a great bowler to enjoy yourself. That's what the game is all about. Besides that it's a great form of exercise. More people should try their hand at it. You never know what you can do unless you at least give it a try. We have a great bond in the shootout and we pull for each other to do good. It's a pleasure for me to run it every Thursday. I try to keep everyone happy.

Independence Day celebration

By Jerry Carter

Not even rain could dampen the spirit of the 4th of July celebration. Over 275 residents joined the party featuring music by the SouthBound Band and the cookout provided by Food service was a winner.

The menu featured hamburgers, half smokes, spicy half smokes, corn on the cob, baked beans, potato salad, brownies, watermelon, and sodas. Recreation services provided cold beverages throughout the event and a delicious ice cream social which made everyone happy. Towards the end of the evening residents took to the hill side to watch the fireworks display from the monument grounds.

Recreation Services would like to thank all volunteers, staff, Food service, and the SouthBound Band for making this an enjoyable and successful Independent Day celebration!

KHC Day Club Summer Cookout

By Steven Briefs, Recreation Therapist

Residents from the Day Club on LaGarde 2 gathered together on Tuesday, July 1st for their first cookout of the summer. We had 30 staff and residents join us for grilled hamburgers, half-smokes, baked beans, potato salad, deviled eggs, fresh watermelon and best of all, strawberry ice cream. What a treat! Everyone agreed that food cooked on the grill is much tastier than on a stove and when you have friends to share it with; well it doesn't get any better than that.

Can't wait for the next one!



From left - William McLaughlin, Robert Smith, Lindsay Boone and Robert Everhart get ready to enjoy the first cookout of the year.

Casino Night

ROLLING THE DICE

By Keith Turner

The 11th annual AFRH Casino Night was held this past Friday. Over 200 people turned out for the big evening and over 40 volunteers showed up to contribute to the success of the evening. The event was sponsored by the Non-Commissioned Officers Association and the U.S. Army Warrant Officers Association and everyone truly expressed how much they really enjoyed it this year and how much they really liked the new system that was put into place to make the evening completely fair for everyone to have a chance to win. The high rollers came from everywhere to see who would be the first place winner to take home \$1,500 by night's end.

The places were as follows:

12th place: Willa Farrell & Daniel Tanner

11th place: Donald Borque

10th place: Michael George

9th place: Paul Root

8th place: Charles Farmer

7th place: Alice Garrymore

6th place: Billy Malcomb

5th place: Nathaniel Burkett

4th place: Everett McKeever

3rd place: Coleman Mays

2nd place: Harold Bazel

1st place: Melvin Sams

Congratulations to everyone, and we'll see you next year with an even better system for you to enjoy.



Benedetto Renzi and Francis McCabe watch as the dice are rolled during the the annual Casino Night held on July 25.



Douglas Pearce waits to lay his chips on his lucky number.



A group of residents try their hand at the card table.



Philip and Edith Ellington take a chance at the Money Wheel.



Carl and Ruth Grau watch as the dice roll.