

Love is in the air

Wedding bells ring as two residents tie the knot at AFRH Chapel

Story by Mary Kay Gominger

Photo by Sheila Motley

August 4, 2006, was no ordinary day at the Armed Forces Retirement Home. For two residents in particular, and their many friends that witnessed the event, this day was a very special day and one that will be remembered for years to come. In the Chapel at the AFRH, Chaplain John Goodloe presided over the wedding of two residents – Claire Dimler and Carl Smith who were joined in matrimony.

“We just wanted a very small ceremony,” said Claire. “Then when it got time for the wedding to start, I looked around and the Chapel was just full of people! There were so many guests; people were standing out in the foyer. I guess word got around and there were a lot of Gulfport residents that knew us and heard about it and then the DC friends we’ve made since we’ve been here. It was really very nice.”

Claire and Carl met in 2003 when Claire moved into the Gulfport AFRH. Carl had been a resident there since 1996. The two instantly became friends and over the last couple of years that friendship blossomed into more.

“I don’t know exactly when our friendship turned into more than just that but after we evacuated from Gulfport and moved here, we just grew closer and closer,” Carl said.

Claire agreed. “In Gulfport, we were in the same building and it was easy to be together a lot. Once we got to DC, I lived in one building and he was in another, and we found ourselves apart so much. I missed not being with him all the time,” Claire said.

Claire spent 13 years in the Army and was retired with a disability. While in the Army she was a missile technician, repairing mostly small rockets. Since her retirement, she has been physically challenged and that was one of the things that drew Carl to her the first time he met her.

“I would take Claire places she needed to go and just looked after her,” he

See ‘Wedding’ page 5



Claire and Carl Smith cut the first piece of wedding cake after the ceremony held on Aug. 4. The couple first met in Gulfport in 2003.



Luau, page 16



Redskins training day, page 22



Annual Crab Feast, Page 24

AFRH COMMUNICATOR

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

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

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

AFRH-W Editors Column



HARMONY IS THE GLUE THAT BINDS

The foregoing is especially true here at the Armed Forces Retirement Home (AFRH).

We are a unique community, and how we identify our home is not nearly as important as is the first law of nature – our survival! Call it a campus, compound, “G,” “W,” whatever. However, that should and must take a back seat to the idea of tailoring our behavior to standards consistent with the primary rationale for the Home’s existence.

While “Katrina” has come and departed, and the resultant devastation is being overcome, as signified by this edition’s centerfold of your newspaper. The horrendous storm brought pain and suffering to untold thousands of citizens and, closer to home, hundreds of our Gulfport comrades. Personally, it felt good to know that the Home’s Washington facility had the capability to step forward with help.

We are very pleased that the AFRH-W was able to provide significant relief for many of the Gulfport AFRH residents, it is somewhat unsettling to note that some of the best-intentioned efforts are now a source of disharmony. A case in point is the “Gulfport” identifier on the ID cards of our relocated comrades. The distinction was made to facilitate priority medical and other logistic support, not to promote dissension. Perhaps it is now time to revert to the single ID badge standard.

ENJOY YOUR PAPER

AFRH Residency

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

Eligibility:

Military veterans from each service branch can live at either Home.

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

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

To receive an informational brochure please contact the following office:

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

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

Message from the Chief Operating Officer



As most of you are aware, this week marked the one-year anniversary of Hurricane Katrina. During this past year, the AFRH residents and staff from both facilities were presented with new and unprecedented challenges and obstacles. There was, at first, undoubtedly, a lot of confusion as everyone got used to the new arrangements. Adjustments were made in staff and services, programs were added and we can now look back and see all the progress that we made. There's still much to do and I look forward to forging ahead and continuing with improvements.

You may have noticed that several departments are asking you for feedback about various services we provide around the campus in the form of a survey. To those of you who take the time to complete the surveys, thank you. Your feedback and input about the programs and activities we offer each month are important to us. It's our way of measuring how well we are doing and it gives you the opportunity to provide suggestions and ideas of new events and activities we can offer.

The results of the Recreation Services survey that was taken last month are in and the results are very encouraging in several areas. Your responses indicate that the Library is the most used facility for the second year running. Over 200 residents use the Library on a regular basis. According to your responses,

Recreation Services is doing a good job providing you with a wide variety of books, periodicals, movies and reference materials. For those that may not be aware, the new Library will open on Sept. 5.

The next two most popular facilities on campus, according to your response to the survey, are the Fitness Center and the Computer Lab. With this kind of positive feedback, Recreation Services will continue to provide that high level of service to you. Know that anytime you have certain requests or questions about the services or activities we provide, ask a staff member. You don't have to wait for the annual survey to let us know how we're doing.

Resident responses to the Recreation Services survey also indicated that you would like to see more day trips, to other areas, and a camping trip. The Recreation Services staff is already looking into scheduling some of places you suggested for day trips and the camping trip will be planned and scheduled in the near future. Check the monthly calendar for all activities planned for the month or stop by Rec Services and ask a staff member.

Again, thanks to those of you that participated in the survey and I encourage everyone to take a few moments and participate in other surveys that we will be conducting this fall. Working together, we can continue to be a premier veterans' retirement community for your generation and for generations to come.

Tim Cox

Conversation with the Chief Financial Officer



During the month of August, the CFO's office is busy working on several important matters that are required of government agencies.

AFRH has to prepare its annual budget submit to the Office of Management and Budget (OMB) for coordination prior to its inclusion in the President's Budget. The President officially submits his budget to Congress during his State of the Union address after the New Year begins. So you can see that the process reaches back months in advance before it is finally presented. As part of the build for President's budget, we are evaluating all our AFRH contracts to see where we can consolidate contracts and gain efficiencies. However, in keeping with the President's initiative to create and sustain opportunities for small businesses, the AFRH will avoid bundling contracts that do not afford any advantage to the agency, and will continue those contracts that can be better serviced and provided by small business.

AFRH also has a requirement to develop a long-range fiscal plan which includes information about capital expenditures and operations and maintenance (O&M). We have contracted a firm to

study our capital requirements and determine what it will cost to maintain the AFRH buildings and infrastructure in the future.

Every year AFRH is required to submit a Performance and Accountability Report (PAR) to OMB by November 15. Currently, we are developing a theme for the PAR and its contents. As result of the aftermath of Hurricane Katrina in Gulfport, we have had to refocus our corporate business plan which is being finalized to be included in the PAR. We have also updated our strategic plan and are establishing additional actions for the business plan. When the PAR is completed and submitted to OMB and Congress, links to it will be on our AFRH website. The FY05 PAR for last year is currently available on our website at <http://www.afrh.gov/afrh/general/afrhpar.htm>.

Additionally, the audit of AFRH's finances, as required annually, is underway this summer as well as the certification of our information technology process.

Please continue to contact me about AFRH financial issues of interest to you. I am looking forward to hearing from you soon!

Steve McManus

Office of the Director



Last month resident surveys were completed in several areas: Recreational Services, Food Services, Healthcare and Campus Operations. The overall feedback was positive with the overwhelming number residents indicating that they would recommend the AFRH to their friends and family members. Those who responded to and participated in the surveys who had involvement with the service were surveyed appraised the AFRH service in terms of relevance, access, quality and coordination. You have indicated areas that we can improve in such as enhancing the interactions of residents with the AFRH workforce and your feedback is appreciated as we plan to make adjustments as necessary.

In conjunction with the Recreational Services activities, we have special upcoming events. We are partnering with the U.S. Armed Forces Open Chess Championship Organizing Committee to sponsor the 47th Annual Armed Forces Open Chess Championship from October 7-9, 2006. This is a landmark occasion in the tournament's prestigious history, as it is the first time this tournament is being held at the Armed Forces Retirement Home. The Tournament will be open for AFRH resident's participation after enrolling in the U.S. Chess Federation. Membership can be accomplished by going to www.uschess.org or by phone 8am-5pm central time Monday – Friday by calling 1-800-903-

8723. Look for future postings on the upcoming event. Also we are hosting the 49th Annual Antique Auto Assembly which will be held on October 1, 2006.

Throughout much of this same period we have benefited from the support, service, and sustained participation of volunteers. These volunteers have come to us from numerous geographic locations, military service groups, commercial business, religious institutions, and many from within our own community. One among many of these dedicated volunteers is resident Dottie Brown who will be featured in a future edition of *The Communicator*.

In our culture and within our community, residents have shown that volunteering is a time-honored tradition; from serving on the Master Planning Committee, Dining Service Committee, or the Resident Advisory Council. Voluntary service is a trust where an individual's respectability and integrity are earned for all to view. If you are interested in volunteering your services please see Ms. Melodie Menke, Director, Volunteer Services, located in the Sheridan Building, Room 1024.

Now it is your time to add an intelligent and contributing role to the growth that we offer as a premier retirement community. Your sincerity and trustworthiness is the test in renewing the commitment to serve and add your constructive participation as a volunteer in the AFRH.

The tragedy of life is not that it ends so soon, but that we wait so long to begin it.

Ben Laub

News from Gulfport



Hello from the Mississippi Gulf Coast to the best residents that this country has to offer. It truly does seem that time has enveloped itself in some strange vortex where what we all remember happening 365 days ago appears only to have happened days and weeks ago. On the other hand, years have drawn by since 29 August 2005, when Hurricane Katrina ravaged the communities along the Sound. We have started the process, by which, each community is recognizing in multiple ways the anniversary of Hurricane Katrina and the City of Gulfport is having two major functions to recognize and remember the devastation caused by the storm and to recognize the progress being made towards the rebuilding of the coast. Such bitter sweet memories.

As many of you know by now, Becki has accepted a job with the City of Biloxi in the mayor's office. When you call city hall, Becki will answer the telephone and in that wonderful Louisiana accent, will inquire about your call. She will be going places in the mayor's office before too long. We have the very good fortune to have Chris Eaves in the front office running the daily operation of the office. She's wonderful. Laura Throop has been offered a job at the Biloxi Veterans Administration Hospital in Therapeutic Recreation and she will be leaving us in early September. Laura will continue to do an outstanding job for our

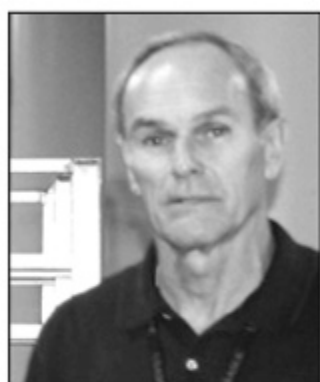
distinguish veterans. Way to go! Mike Baker, the Home's electrician, will be laterally moving to the Seabee Base as an electrician. There is no better electrician than Mike and we are definitely going to miss him. Other staff members, which I will report on in the next issue of the *Communicator*, are being heavily recruited by private enterprise along the coast.

I would like to report on the projects that we have underway at the Home and they are as follows: The Home's property is now outlined in fence poles up and down Anniston Avenue, along the service drive and north on the eastside of the Home's property. The Seabees are programmed to finish the project, hopefully this week. We have a very unusual guest helping to erect the fence material. This gentleman has invented a device that both strings up fence material and pulls the material tightly from one pole to another. He will be on the grounds this week to not only demonstrate his new invention, but to assist the Seabees in finishing the fence project. The last debris pile will be removed from the Home's grounds this week. The Seabees have this project for action and they are just about through with the loading and removing of the debris. There is one additional load of government furniture that will leave the Home also on the week of 28 August traveling to DC. There were a number of pieces of computer equipment that survived the wrath of Hurricane Katrina that will be donated to a GSA sponsored program that will use the pieces of equipment for training purposes.

I sincerely hope that this bit of information has been helpful. We miss each of you and we wish the best to each of you.

Robert Locke

Office of the Ombudsman



In the April issue of the Communicator I presented an article about what our youngsters know and thought about veterans. I encountered a group of 7th graders that put letters together to veterans which show a very remarkable amount of respect and honor for all veterans. Their Social Studies teacher, Mr. Brett Buchler at Shelbyville Middle School, Delaware, started the project as a day long exercise and it quickly took on a life of its own and extended through a week.

I know that you will agree that the results clearly speak for themselves. The kids and Mr. Buchler are to be commended for the truly heartwarming letters and poems that were written by these young kids. With Veterans Day on the horizon I thought it would be appropriate to pass along some more letters for you to read. Even though

these were written nearly one year ago, the words still apply and will continue to apply in the future.

As before I would like to thank H/R Lanier Phillips for sharing these with me. He has afforded all of us the opportunity to read these inspiring letters. This is just a small sampling of the letters, but the theme remains the same throughout all of them. I hope you enjoy them as much as I have.

One student wrote: *"This is how I would describe a soldier: You are the sun shining over me. You are the moon giving light during the night. You are the brightest star in the sky. You are my knight in shining armor. You are ...my hero. Love, Leanne Rowe P.S. And please do not give up...I know you won't. P.P.S. Remember...you are the winner of this war!"*

Here's what another student wrote: *"Dear veteran, tonight I look upon the stars, the moon so big, wondering are they in a fight? On this night I think about what you've done. Died, lost your sight, arm, leg; protecting us as we sleep quietly. I just want*

to thank you for what you have all done. I lay dreaming tonight. Then suddenly you all are there, fighting for our country. Putting your lives on the line. I wake, gasping for air. Then smile. I know who I want to be You! You are better than superman or a rock star or a movie star. You're a soldier, not just any soldier...an American soldier. Sincerely, Matthew Cooney

And finally, one student wrote, *"...Famous people used to be the people I looked up to, but that's changed now. I look up to the real role models, the real heroes. The soldiers!*

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

There were many more letters, similar to these, but I think you can see how our youth feel about veterans. The legacies of your service are being passed down through the generations resulting in a nation grateful for your service and all that you have done to preserve our freedom.

Al Mori

'Wedding' from page 1

said. "Her health has really improved the last few years and she is feeling good. She's met my sons and their families and now she will be a part of my family. We are excited about that."

Claire kept her focus on her career while in the service and never married or had children. Now, she says, she has a family.

"We are going to Georgia for a few weeks to spend time with his family next month. I'm looking forward to getting to know his grandkids and we are going to travel some. Carl has brought so much happiness to my life," she said.

Carl served in the Army also but retired from the Air Force where he worked in security. He said he never thought seriously about getting married again after his wife died of cancer years ago. But going through Hurricane Katrina and all the emotions that follows such a life changing event changed his mind.

"We knew we were in love before the storm hit last August," Carl said.



Reverend Goodloe presides over the marriage ceremony of residents Claire Dimler and Carl Smith held at the AFRH on Aug. 4.

"When we got to DC and saw how much harder it was to spend time together because of the size of the campus, well, we decided not to waste any more time. She suggested we get married and I thought that was a wonderful idea. So we did it."

Carl and Claire plan to spend time in DC and travel some in their new travel trailer.

"We just look forward to being together, wherever that takes us," Claire said.

Then and Now...

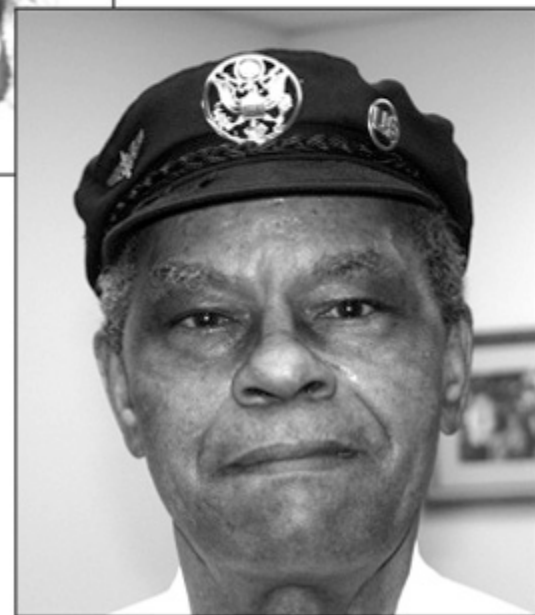
Thomas Lewellen



Charles Felder



Linberg G. Williams



Charles Rose



Resident surprised with huge turnout for 90th birthday

AFRH resident George Moore was recently the guest of honor at a surprise 90th birthday party hosted by his children in the Scott Dining Hall the afternoon of July 29th. Fifty-three family members from five different states as well as several AFRH residents gathered to congratulate

late George on this milestone birthday.

George stated the party was a complete and total surprise. His daughter and family had arrived earlier in the week, but he thought they were just here for a small family birthday dinner. George, a widower since 1973, has a daughter, two sons, and numerous grandchildren and great-grandchildren all of whom were able to attend the party. After the party, his daughter and son-in-law took him on a two-week trip to New Jersey, Pennsylvania and Florida to visit friends and relatives not well enough to attend his party. This visit included seeing his OLDER 94 year old brother as well as a cousin who was the 'Maid of Honor' at his wedding in 1942! He was also able to visit an old schoolhouse his father converted in the early 1920s to a church that is still holding services today, and which houses a



portrait of his father in its foyer.

George, a disabled World War II vet, retired from the Washington Post and has been a resident of the AFRH for one year after residing in several states including Maryland, Florida and Texas. He is still quite active and thoroughly enjoys the AFRH activities and bus trips, as well as some independent travel of his own.

The family wishes to thank Laura Fogarty and Jerry Carter from the Fitness Center for their help with the party planning and setup!
Submitted by Maureen Bell

Fifty three family members from five different states traveled to DC to celebrate George's 90th birthday.



Number 101!

Lorenzo Seneries (center seated) recently celebrated his 101th birthday. Lorenzo served 30 years in the Navy and retired in 1956. He has been a resident of the AFRH since April 2003. Family members traveled to DC to celebrate this special birthday milestone.

Coast Guard celebrates 216th at AFRH

A quick look at Coast Guard history

The United States Coast Guard is this nation's oldest and its premier maritime agency. The history of the service is very complicated because it is the amalgamation of five Federal agencies. These agencies, the Revenue Cutter Service, the Lighthouse Service, the Steamboat Inspection Service, the Bureau of Navigation, and the Lifesaving Service, were originally independent, but had overlapping authorities and were shuffled around the government. They sometimes received new names, and they were all finally united under the umbrella of the Coast Guard. The multiple missions and responsibilities of the modern service are directly tied to this diverse heritage and the magnificent achievements of all of these agencies.

While the U.S. Lighthouse Service was established one year before, the Coast Guard traces its military roots to the August 4, 1790, establishment of the Revenue Cutter Service by Alexander Hamilton under the Treasury Department. It is this date that is celebrated as the Coast Guard's birthday.

The Steamboat Inspection Service, the U.S. Life-Saving Service, and the



Robert Kollmeyer (right) looks on as Donald Stout cuts the first piece of cake with the youngest Coast Guard member present. This year the Coast Guard celebrated 216 years of service to country.

Bureau of Navigation were all established in the 19th century. In the beginning of the 20th century, the Life-Saving Service and the Revenue Cutter Service combined to form the Coast Guard, which was temporarily transferred to Navy Department Control in World War I.

In 1932, the Steamboat Inspection Service and the Bureau of Navigation combined in 1932. Seven years later, the Coast Guard would be joined with yet another government agency--the U.S. Lighthouse Service. In World War II, the Coast Guard again became part of the Navy Department.

The combined Steamboat Inspection Service and the Bureau of Navigation--the Bureau of Marine Inspection--was temporarily transferred to the Coast Guard while it was under the Navy Department. Following the end of the war, the Coast Guard was returned to the Treasury Department, but the Bureau of Marine Inspection remained part of the Coast Guard. In 1967, the Coast Guard was transferred to the newly-formed Department of Transportation.

Excerpted from the U.S. Coast Guard official web site.

Lions Club to hold membership meeting at AFRH

The Chi-Am Lions Club will be holding a membership recruiting meeting at 1 p.m. on Saturday, Oct. 14, 2006, in the dining hall of the Scott Building, as guests of the AFRH.

Members of the Lions Clubs, former members, and those who would like to join the Lions Club are encouraged to attend this special meeting.

The International Association of Lions Clubs is a service organization involved in humanitarian projects in local communities as well as around the globe, especially in third world countries.

Eye care missions is one of the major projects, from collection of donated used eye glasses to eye care clinics. In overseas countries, working with volunteer optometrists and ophthalmologists, the Lions Club are involved in over 200 eye care missions each year. In addition, Lions Club International issues grants for the establishment of permanent eye clinics to perform eye surgery for cataracts and glaucoma.

As of April 30, 2006, Lions Clubs International had 1,321,975 members in 45,122 clubs and 753 districts in 197 countries and geographic areas. The Lions Clubs motto is "We Serve." For more information contact Stanley Sagara, Sheridan Room 2045.

Everyone is invited to attend!

Resident Profile

Army veterans recounts interesting career

By Pete Carter

The community of south Louisiana and family of six Cajuns were the proud recipients on January 9, 1922, blessed by the birth of a fifth sibling, known by us as Ida Broussard Simpson.

Ida grew up during the depression with a family suffering hard times, limited education, and unfamiliarity with a community in which they had settled, moving from Nova Scotia.

The father and husband, breadwinner for the family, was stricken with pneumonia and passed away at an early age. The mother remarried. The new man in the family was hard on the children, was anti-education in that he was illiterate. He allowed no time or opportunity for study by the children.

Ida persevered, sneaking every opportunity to study. A family in the community, learning of her unending problems, invited her to come live with them. She grasped the opportunity. She was required to do household chores in exchange for bed and board.

Under the new conditions, Ida improved her studying techniques - to the extent she graduated as Valedictorian of her class. During her senior year, she competed in an art contest and won a \$50 prize.

Through diligence and civility she was granted an all-inclusive scholarship that included room, board, tuition and laundry.

Entering Louisiana State Normal College, she set out on an immediate program of keeping up or ahead of contemporaries; worked as server in the student union and maintained a constant attention to studies and plans for graduation.

After graduating college and working a short time she got the urge to join other young women who were answering the call of Uncle Sam. She enlisted in the Women's Army Auxiliary Corps. Since she had a degree she was urged to attend Officer's Candidate School for a commission. She declined and stayed in the enlisted ranks which worked favorably for her in that she worked her assignments with a greater understanding and capability.



Ida Simpson in 1950. Ida answered the call to duty and joined the Army.

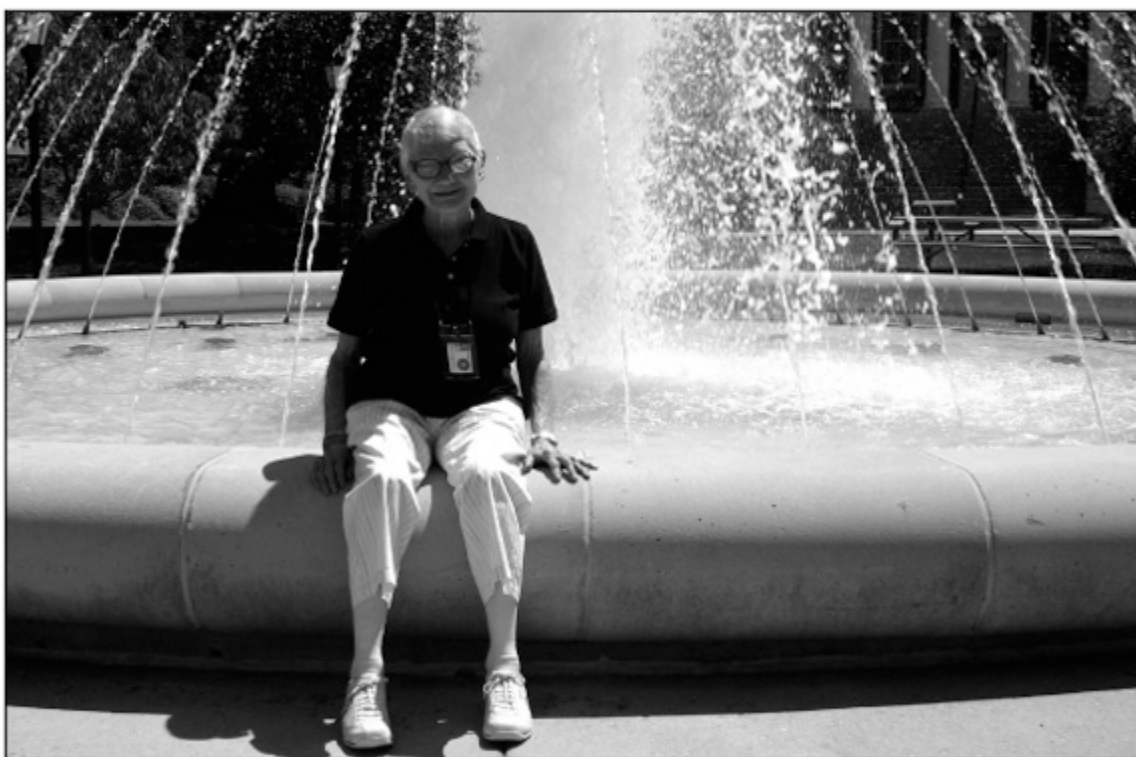
Ida's basic training was accomplished at Fort Oglethorpe, Georgia, with advance training at Camp Shanks, New York. Her first assignment was aboard an Army Transport bound for Brazil and on to Liverpool, England. Working as a switchboard operator onboard the Troopship, she continued with the ship to Normandy, France, and on to Paris and Deville. At war's end in 1945, Ida had sufficient mustering points to come home for discharge, but she chose to stay in the Army and in Europe as a cadre person.

Ida garnered many lauds and expressions of appreciation in the line of duty to include the Army Commendation with bronze star for second awarding, Good Conduct ribbon, European African Middle East ribbon with battle star and WWII Victory Medal.

After reenlistment, Sgt. Simpson volunteered with the Berlin AirLift. She was transferred to Fort Dix, New Jersey, and later to Camp Kilmer, also in New Jersey. There, she served on the staff of the Eagle newspaper until transfer to Fort Monroe, Virginia.

At Fort Monroe, Ida was assigned as (acting) Public Affairs Officer. After tenure of service there, she was reassigned to the European Theatre in Munich, Germany, where she conducted tours for American tourists. She then returned to Fort Monroe, received the second Army Commendation Medal and retired as a Sergeant First Class.

Ida worked with several newspapers prior to entering the AFRH. Here she is busy writing poetry, visiting and entertaining friends. At the age of 84, she has the attitude of a young woman - dynamic, gregarious and logical and fun to be in the presence of.



Ida Simpson as she is today. Ida is now a resident of AFRH and enjoys writing poetry and visiting with friends.

Near Forgotten Profiles

He worked through life's obstacles gave 30 years to the Army, excelled in other areas

By John Bowery

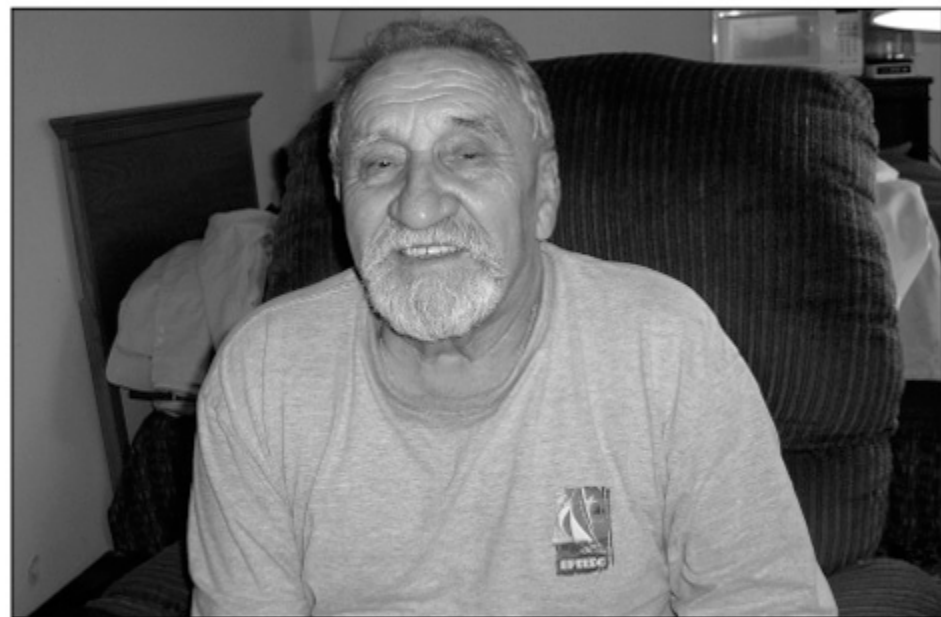
This story starts in a war-torn Ukrainian village called Stare Miesto after the German Army had ravaged the country. This is the story of one of our new residents, Stephen Husak. He was a youngster of 12 at the time. There was heavy fighting there from 1941 through 1944.



The German's took his brother and sister away. The last time he saw them was 1942.

The boy Stephen at 12 was more street wise and savvy than most of us at 21 and older. He existed by being ready and able to do the dirty jobs that needed doing, such as digging ditches, cleaning latrines and many other things. All the while he was trying to get into the large Ukrainian camp that was for all displaced persons regardless of their nationality. This camp was located somewhere between Munich and Dachau, the German concentration camp.

While he was working for the German Army and existing as best he could, he told me he was never afraid. He made friends with the mayor of that small town and they planned on



how they would get to the Ukrainian camp. They left town in a covered wagon with two horses. They got as far as "Linz" in Germany where the Germans again took control of them. He was sent to Gotha, Germany, a small town in what is now called East Germany.

The Americans came in the spring of 1945 and this was the start of better times for Stephen. He walked right up to the Americans and asked them if they had any work he could do. Much to his surprise they said yes they did and gave him a permanent job on KP. Working and planning how he could get to America, he went on to Berchtesgaden and then on to Bremerhaven from where he was sent to America. Two years later he enlisted in the Army and served 20 years and one month.

He married in 1956 at Ft. Benning, Georgia, in the Post Chapel and he has six children and three grand children. He served in Korea for 10 months and was sent to Germany in December 1954 and a year in the 24th Infantry Division's 19th Infantry. He went on to the NCO academy. He rose to the rank of E-8, pretty good for a guy that had no formal education in his

Ukrainian homeland. He did receive an education through the seventh grade and on the urging of friends in the service he got enough further education to make the grade as an E-8 and became a member of the 7th Army Non-Commissioned Officers Academy at Bad Toelz, Germany, as an instructor training teacher.

After retiring, Stephen found a new vocation as a ski instructor where he worked for the school district of Colorado springs. He taught skiing at Ski Broodmore for 16 years and moved to Breckenridge and taught there until 1995. He had the distinction of being the oldest fully certified Professional Ski instructor in the United States. He remains active and skilled at the game to this very day. He came to Armed Forced Retirement Home earlier this month and is very proud of our home and is enjoying his stay here very much. *Welcome home Stephen.!*



One year later....

Progress, however slow it seems to be, is...well, progress

Story and photos by Mary Kay Gominger

It's been a year now since the powerful winds and destructive surge of a hurricane called Katrina roared onto the shores of the Gulf Coast, barely slowing down or losing strength as it swept north into south and central Mississippi.

Now, a year later, the Gulf Coast still sits, stinging from the wounds brought on by this historic storm. Recovery has been slow, but now, just in the last month or two, progress is finally starting to show. Roads are being resurfaced, construction crews dominate the scene down Highway 90 rather than debris piles...and just last week, the city of Gulfport had crews planting trees along Highway 90. The majority of the beaches along the Coast are cleaned and crews are now beginning to sift through the waters to remove tree limbs and miscellaneous other items that were dragged back into the sea with the surge (i.e. couches, refrigerators, shoes.....).

At AFRH-Gulfport, looking at the facility, it seems that nothing has happened since the storm. The building still stands, mostly empty, with no air or ventilation, growing unimaginable things with each passing day in this south Mississippi heat and humidity.

Appearances can be, and oftentimes are, deceiving. So much has been done since last August, in heroic portions, mostly behind the scenes.

Take, for example, the evacuation of some 400 residents to DC the day after the storm. The day after the storm! That, in itself, is nothing short of miraculous and was due to heroic efforts by people that were working furiously day and night both at the Bureau of Public Debt and folks at our DC campus. Here in Gulfport we were so overwhelmed with the destruction that was all around us, both at the AFRH and at our homes, communities and churches. Having our residents moved so quickly out of Gulfport and to DC where they were welcomed with open arms by residents, staff, and the community with such a short notice was heart-warming and us knowing that they were safe, with a roof over their heads and three squares allowed us to focus on the business of recovery.

Back at Gulfport, Building 5 was cleaned up, restored power and became our command post. Emergency power was run to the main building for lighting and elevators. Residents that could, came and retrieved their belongings. Seabees gutted the first floor and are now erecting a temporary fence. Debris from the five homes up front, the wood hobby shop, and the cabana has been removed. The pack out of the remainder of the residents belongings has been accomplished which was an overwhelming tasking. Over 100 flooded vehicles were identified and removed from the facility. Five van loads of government furniture are being shipped to DC for use. There's so much more, but the point is, looking at the site, you can't imagine much of anything has been done but in actuality, so much has been done.

They say that tragedies, such as this, bring out the best in people and bring out the worst in people. This has been a very challenging year. Personally, it has given new meaning to the word patience. It has also brought to me a sense of gratitude – so many people lost so much, not just things, but family members and neighbors. Houses can be replaced; things can be bought. I'm grateful that we all survived the storm and feel stronger for having gone through the experience. I'm grateful the residents had a place to go, since so many people here on the Coast are still homeless or in FEMA trailers.

The future of AFRH-G is looking bright. Money has been allocated for a rebuild but timeframes have not yet been established. It may be a long haul but if this year is any indication of how times flies...opening day for the new AFRH-G will be here before you know it.



Mangled and unrecognizable - the front gate entrance at AFRH-G was left in shambles once Katrina moved through.



Debris clean-up - Last week, Seabees removed the last remaining pile of debris from the AFRH-G grounds.



Still reeling from the destruction all around - The morning after the storm, residents lined up and signed up for transport to DC. Some residents chose to go elsewhere and this was the only way to be accountable for everyone.



Concentina wire replaced with fence - Seabees from NMCB-74 work out front digging fence post holes. The Seabees replaced the fence that was destroyed from the storm.



What a welcome site! Ten buses, with air conditioners running, rolled through the AFRH-G gates late in the afternoon the day after the storm. The buses were escorted to the AFRH by the Harrison County Sheriff's Department.



The long-awaited pack out of residents' belongings - Chris Eaves, left, Laura Throop and Don Cross check the inventory of boxes being shipped to residents in DC.

Women's Equality Day is marked by signing of 19th Amendment on August 26

Women's Equality Day is August 26th. The historic anniversary celebrates the ratification of the 19th Amendment which gave women the right to vote.

This landmark event — the cornerstone of the women's rights movement — launched an extensive history of small victories, heartbreaking defeats, individual triumphs, national legislative reforms, and personal growth. It expanded democracy and increased freedom for women today and generations to come.

The women's equality movement started over 150 years ago in a small town in upstate New York when five women got together for tea. Their conversation turned to the limitations of their lives, and before they knew it, they were planning a convention to discuss the rights of women.

On August 26th, 1920, the 19th Amendment to the United States Constitution, which granted women the right to vote, was ratified. This was the culmination of the long struggle by women searching for the right to vote. In 1971, the U.S. Congress designated August 26th as Women's Equality Day to commemorate the passage of the 19th Amendment and to celebrate women's continuing efforts toward equality.

We celebrate Women's Equality Day to commemorate the tremendous positive change brought on by the Women's Movement. Due to the countless millions of women who planned, organized, lectured, wrote, petitioned, lobbied, paraded, and broke new ground in every field imaginable, our world is irrevocably changed. Women and men of our generation, and the ones to follow us, are living the legacy of the women's rights won against staggering odds in a revolution achieved without violence. Women can be proud of the legacy of the Women's Rights Movement. Today's activists remind us all to celebrate and cherish past and present accomplishments of the Women's Movement before they are lost to history.

SUFFRAGETTES

After Stanton died in 1902, and Anthony in 1906, a new wave of women came in and inherited the Women's Movement. The new wave of women picked up right where Anthony and Stanton had left off and demanded changes immediately. In January of 1917, women began parading in front of the White House for "woman suffrage." The women started off standing silently, holding picket signs reading, "Mr. President, what will you do for Woman Suffrage?" and "How long must women wait for liberty?" But as time passed, the messages became more aggressive.

The women took advantage of the United States entry into World War I on April 6, 1917. When Russian envoys came through Washington, picketers that proclaimed the United States was a democracy only in name greeted them. This caused bystanders to erupt in violence, which brought new attention to the movement. Between June and November 1917, 218 protest-



WOMAN'S PLACE IN WAR
The Army of the United States
has 239 kinds of jobs for women
THE WOMEN'S ARMY CORPS

ers from 26 states were arrested and charged with "obstructing sidewalk traffic" outside the White House gates.

The new leader of the National Woman's Party, Alice Paul, held a hunger strike in jail after her arrest. Prison doctors had to force-feed her and others. With the combination of the negative publicity caused by the pickets, the arrests, and force-feedings of women protesters, President Wilson finally lent his support to the movement in January of 1918. Congress was a little more apprehensive to sign the bill.

PRESIDENT WILSON JOINS THE WOMEN'S MOVEMENT

In the end, it was the service of women in the military and the defense works that gave a huge push to the passing of the 19th Amendment. In September of 1918, President Wilson addressed the Senate urging that they follow the House in passing the Amendment. His dramatic plea asked the Senators to recognize the contributions made by American women in the War. President Wilson proclaimed: "Are we alone to ask and take the utmost that our women can give, service and sacrifice of every kind, and still say we do not see what title that gives them to stand by our sides in the guidance of the affairs of their nations and ours? We have made partners of the women in this war; shall we admit them only to a partnership of suffering and sacrifice and toil and not to a partnership of privilege and right?"

WOMEN'S INVOLVEMENT IN WORLD WARS

WORLD WAR I

In 1901 and 1908, the establishment of the Army and Navy Nurse's Corps opened the door for women in the military. It wasn't until the United States got involved in World War I did some parts of the government get serious about women power.

THE NURSES CORPS

The Army stumbled around red tape trying to figure out how to enlist women, while the Navy simply ignored the War Department dissenters and quickly recruited women. The Defense Department continually thwarted the Army's request to have women serve as clerks and, as a result, women other than nurses did not serve in the Army during World War I. Those nurses who did serve were in Belgium, Italy, England, and on troop trains and transport ships. Army and Navy Nurses Corps served valiantly throughout the war and many received decorations for their efforts. At least three Army nurses were awarded the Distinguished Service Cross, the nation's second highest military honor. Several received the Distinguished Service Medal, our highest non-combat award, and over 20 were awarded the French Croix de Guerre for acts of bravery.

WOMEN IN THE NAVY AND MARINE CORPS

In addition to the women serving in the Nurses Corps, nearly 13,000 women enlisted in the Navy and Marine Corps. These women held the same status as men, and wore a uniform shirt with insignia. The Navy's policy was extended to the Coast Guard, but only a handful served at the headquarters in Washington. When hostilities ceased on November 11, 1918, the supporters backed down, and the War Department scrapped plans for women in the military.

WORLD WAR II

Despite the breakout of war in Europe and the women's superb performance in WWII, Washington refused to call on women for enlistment into the military. It was the insistence of Congresswoman Edith Nourse Rodgers and Eleanor Roosevelt that started the movement toward formation of the Army Auxiliary Corps. Congresswoman Rodgers introduced a bill on May 28, 1941, to establish a Women's Army Auxiliary Corps for service with the United States Army. By nature of it being an auxiliary corps, there was no hint of full military status for women. The bill was not taken seriously until General George C. Marshall took interest. Even after General Marshall got involved, little happened in Congress. In late November of 1941, there was still no definitive action. At this point General Marshall literally ordered the War Department to create a woman's corps.



THE BOMBING OF PEARL HARBOR

The incident at Pearl Harbor reinforced this order. Military nurses were very much involved at Pearl Harbor on December 7, 1941. The Japanese attack left 2,235 servicemen and 68 civilians dead. Eighty-two Army nurses were serving at three Army medical facilities in Hawaii. Army and Navy nurses working side-by-side with civilian nurses and doctors treated hundreds of casualties suffering from burns and shock. The chief nurse at Hickam Field, 1st LT. Annie G. Fox, was the first of many Army nurses to receive a Purple Heart and the Bronze Star. Four days after the bombing of Pearl Harbor and 23 years after the idea of women in the military was born, Congress stopped objecting and began planning. Finally on May 14, 1942, the bill to establish a Women's Army Auxiliary Corps (WAAC) became law. With a push from Eleanor Roosevelt, the Navy began authorizing a Women's Naval Reserve and the Marine Corps Women's Reserve. The Coast Guard followed soon after. Then, in 1943, the WAAC was changed to the Women's Army Corps (WAC) establishing it as part of the Army rather than an auxiliary corps.

WOMEN SERVE ACROSS THE GLOBE

By January of 1944, the first WACs arrived in the Pacific, and in July of 1944, WACs landed on the beaches of Normandy. There were over 100,000 women in uniform late into the U.S. involvement in WWII. Women continued to serve overseas through 1945 and, at one point, there were over 2,000 women in North Africa alone. From there, women were sent to Italy to serve with the 5th Army and these women served throughout Italy during the Italian campaign handling the communications, earning commendations, bronze stars, and the respect of their fellow soldiers as they sloughed through mud, lived in tents, dived into fox-holes and dugouts during the Anzio air raids.

Toward the end of the war in Europe, the European Theater boasted over 8,000 WACs stationed across England, France, and Germany. Ironically, regulations did not permit the women in the Navy, Coast Guard, or Marines to serve overseas

until the war was almost over. However, the Navy Nurses were serving aboard hospital ships, in air evacs, and every place from Australia to the Pacific. Nurses received 1,619 medals, citations, and commendations during the war, reflecting the courage and dedication of all that served. Countless women served in all branches of the service stateside and relieved or replaced men for

combat duty overseas. Women performed admirably in every conceivable job.

Even though 400,000 women gave a part of their life for their country, once the war ended and the military was demobilized, women were again taken out of the military.

Casino Night a big success as residents cash in on their wins

By Keith Turner

On Friday night July 21st, the AFRH brought Las Vegas style casinos to the Nation's Capitol. This huge joint effort that was put together by Laura Fogarty's recreation department and Melodie Menke and her awesome volunteers made this a special night to remember. Residents such as Ruby Bloomer, who handled the food table, and Jessie James, who took care of all of the cold drinks, helped to make the night a total success.

With 288 registered residents, every table was packed with residents looking to play Black Jack, Roulette, Craps, Poker, and more, but the game of the night was the Money Wheel which was surprisingly packed all night. With the energy and excitement that one of Melodie's volunteers (Deborah Wilson) brought to the money wheel, people were packed on the sides of the game just waiting to play. There was more than enough refreshments for everyone and everything fell perfectly in place from beginning to end. This was considered to be one of the best casino nights as far as the residents were concerned and next year has already been set up to be even better. A very big special thanks goes out to NCOA, who was the main sponsor of the affair donating \$1200. Other great sponsors were AUSA, WOA, and AAFES who made Casino Night possible. Congratulations to the 2006 Casino top ten winners:

- 1st place: Julius Victor \$1200**
- 2nd place: AlmaWilson \$350**
- 3rd place: Emil Byke \$300**
- 4th place: Homer Rutherford \$250**
- 5th place: Frederick Gregory \$200**
- 6th place: Paris McAllister \$150**
- 7th place: Alice Garrymore \$100**



Nearly 300 residents participated in this year's Casino Night sponsored by Recreation Services and Volunteer Services.

8th place: Nelson Jamison \$75

9th place: Glynn David \$50

10th place: William Adams \$25

Door prizes: Wilfred McCarty, Charles Robinson, Buron Noel, Jewel Potect and Boynton Snee.

NCOA also made a special donation of \$500 to be split between two residents who had the desire to be at Casino Night but couldn't. One resident was selected from Independent Living and one from KHC, and they were Roy Jack and Harris Bircher. Second place thru tenth place winners received their cash value through AAFES cash gift cards. And as midnight approached and the lights dimmed the "Casino," this exciting night came to an end with one thought remaining, "It's better to have played and had fun, then not to have played at all."



ALOHA.....

greetings from the Island of Paradise

The AFRH Hawaiian Luau was an event to remember. The night began at the beginning of the dinner meal with all residents receiving Hawaiian leis. Music played outside as residents enjoyed the nice breeze and the decorative patio. Giveaways were plentiful for everyone and the highlight of the evening was the one hour show performance. Several Hawaiian dancers performed dances ranging from ceremonial to social in nature.

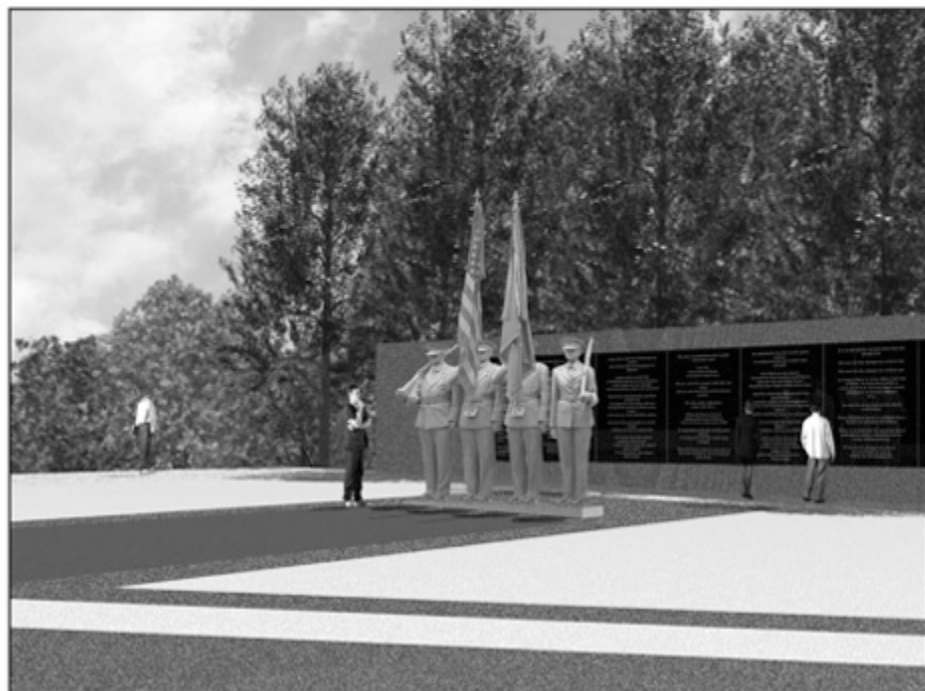
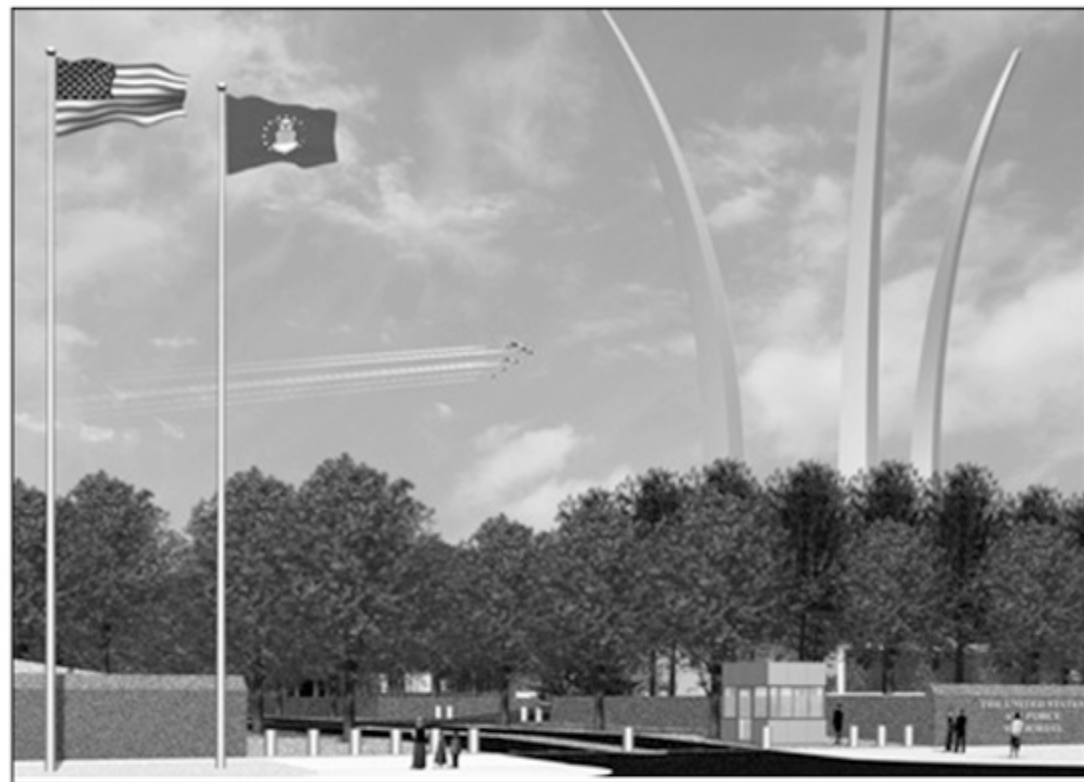
Air Force Memorial set to open Oct. 16 in Arlington

The United States Air Force Memorial will officially be opened to the public on Monday, October 16, 2006, following the official dedication weekend ceremonies. It is envisioned as a national place of reverence and remembrance located just outside the Nation's Capitol, in Arlington, Virginia. The Memorial will be given to the nation by the Air Force Memorial Foundation, which will continue to work with the National Park Service to help maintain the memorial.

The Air Force Memorial is rooted in the necessary symbolic transition of making the medium of the Air Force visible. The Navy has the medium of water, which can always be shown in fountains, and the Army has the medium of land, which can be referenced with mountains and plains; the Air Force has the medium of air, which is very difficult to show. The core of this effort lies in making air tangible, making technology felt. But, before the Memorial could take shape, the critical component, the site, had to be analyzed for its informational and formational impact. In this case, the promontory overlooking Washington brings to bear the possibility of launching the Memorial through the edge condition it presents.

The Memorial itself is 270 feet high and appears to be soaring; its array of arcs against the sky evokes a modern image of flight by jet and space vehicles. At the same time, it enshrines the past in permanent remembrance of the pioneers of flight who came before, and pays homage to those of the future.

Once the decision was made to have vertical elements, the number three became important, three being resonant with significant associations for the Air Force, including the three core values of today: Integrity first, Service before self, and Excellence in all we do. It is also the smallest number of elements needed to define and enclose a space. The spires are asymmetrical, dynamic, each a different height so that the view of the Memorial changes from every angle.



“The new design gracefully evokes the symbolism associated with flight and with the United States Air Force. The design also enhances this already spectacular site on the escarpment of Washington’s Monumental Core. The proposed Air Force Memorial will provide a striking gateway into the Nation’s Capitol from Virginia.”

The National Capitol Planning Commission, March 12, 2003

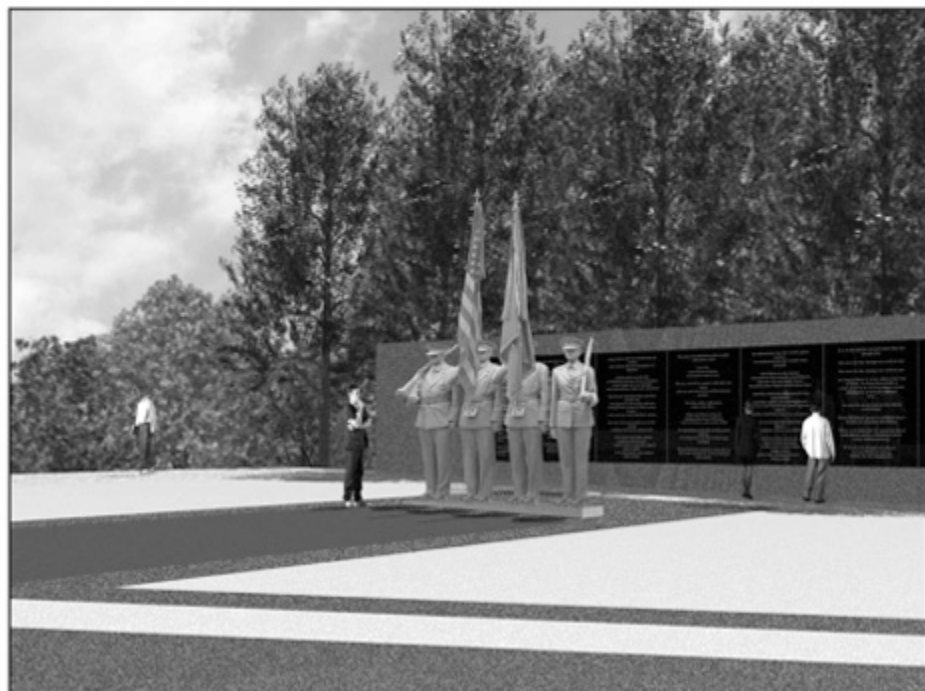
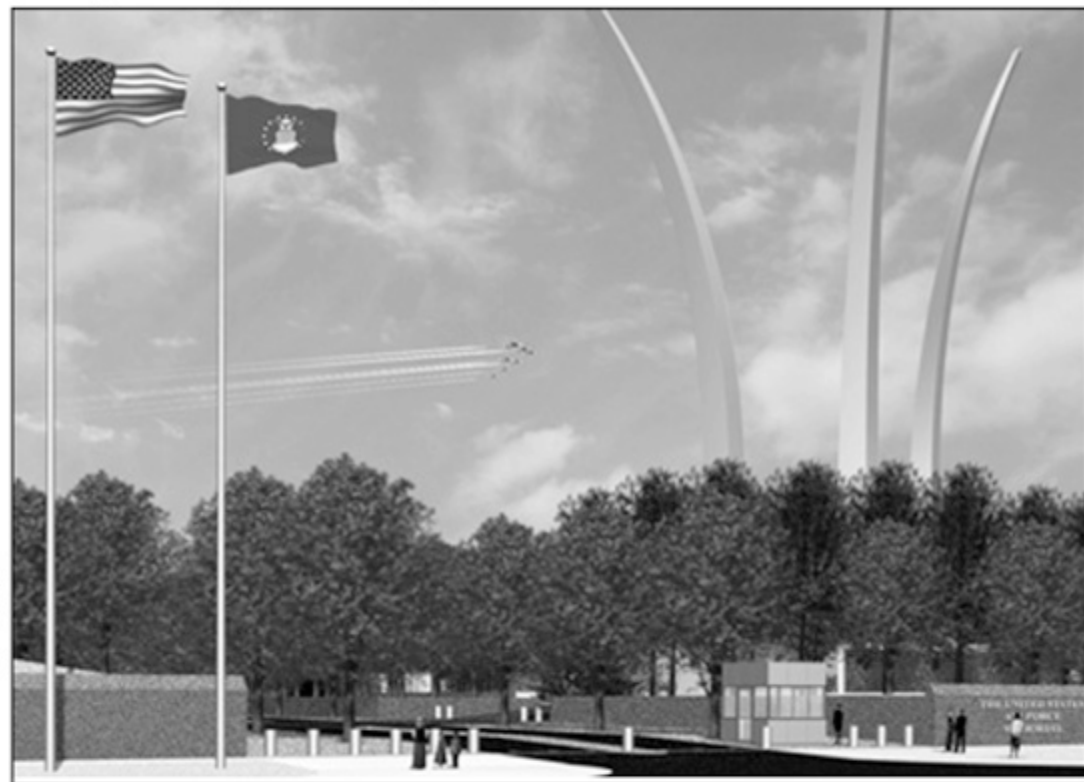
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The National Capitol Planning Commission, March 12, 2003

Welcome Aboard!



Resident: Charles Cromack
Branch of Service: USA & USAF
War theaters: Vietnam
Entry Date: April 1951
Separation Date: May 1981
Rank: SCF-E7



Resident: Don Harris
Branch of Service: USAF
War theaters: Korea, Vietnam
Entry Date: January, 1951
Separation Date: August, 1982
Rank: TSGT-E6



Resident: John Cahill
Branch of Service: USAF
War theaters:
Entry Date: November, 1954
Separation Date: December, 1974
Rank: MSGT, E7



Resident: Elias Solomon
Branch of Service: USA
War theaters: WWII and Korea
Entry Date: March, 1941
Separation Date: July, 1968
Rank: SFC-E7



Resident: Bub Fischer
Branch of Service: USAF
War theaters: Korea and Vietnam
Entry Date: November, 1950
Separation Date: June, 1972
Rank: SMGT-E8



Resident: John P. Rumph
Branch of Service: USAF
War theaters: WWII, Korea
Entry Date: December, 1939
Separation Date: November, 1963
Rank: CMSGT-E7



Resident: James Denney
Branch of Service: USMC
War theaters: Vietnam
Entry Date: September, 1961
Separation Date: May, 1982
Rank: GYSGT-E7



Resident: James Grant
Branch of Service: USAF
War theaters:
Entry Date: February, 1954
Separation Date: June, 1974
Rank: E6



Resident: Clara Jones
Branch of Service: USN
War theaters: WWII, Korea, Vietnam
Entry Date: November, 1943
Separation Date: December, 1963
Rank: JO, E7

Welcome Aboard!



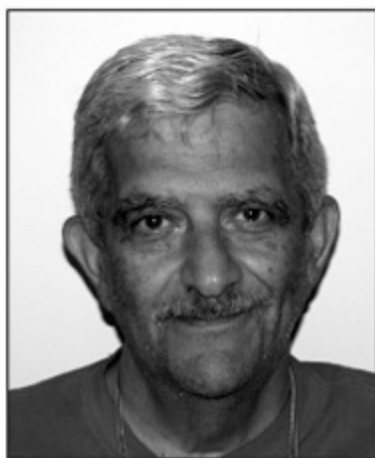
Resident: Kenneth Postlewait
Branch of Service: USMC
War theaters: WWII, Korea, Vietnam
Entry Date:
Separation Date:
Rank: SGM, E7



Resident: Leo Brown
Branch of Service: USA & USAF
War theaters:
Entry Date: March, 1951
Separation Date: July, 1979
Rank: E6



Resident: Marvin Heth
Branch of Service: USA
War theaters: Korea & Vietnam
Entry Date: January, 1951
Separation Date: June, 1973
Rank: SFC-E7



Resident: Milton Reiss
Branch of Service: USN
War theaters: Granada
Entry Date: July, 1955
Separation Date: May, 1995
Rank: SKC-E7



Resident: Truman Parker
Branch of Service: USA
War theaters: Vietnam
Entry Date:
Separation Date:
Rank: MSG-E7



Resident: Roy Walker
Branch of Service: USA
War theaters: Vietnam
Entry Date: December, 1953
Separation Date: February, 1974
Rank: MSGT-E8



Resident: Wesley Whitson
Branch of Service: USA
War theaters: Vietnam
Entry Date: October, 1951
Separation Date: May, 1973
Rank: SGT-E5



Resident: Henry Zasowski
Branch of Service: USAF
War theaters: Vietnam
Entry Date: September, 1979
Separation Date: November, 1985
Rank: TSGT-E6



Resident: Gwendolyn Hendly
Branch of Service: USA
War theaters: Vietnam
Entry Date: April, 1965
Separation Date: September, 1986
Rank: E6

Welcome Aboard!



Resident: Robert Heinrich
Branch of Service: USAF
War theaters:
Entry Date: 1957
Separation Date: 1978
Rank: TSGT-E9



Resident: Arlan E. Reed
Branch of Service: USN
War theaters: Korea
Entry Date: February, 1946
Separation Date: February, 1964
Rank: E-6



Resident: James A. Radford
Branch of Service: USN
War theaters: Vietnam
Entry Date: July, 1956
Separation Date: October, 1980
Rank: CPO, E-7



Resident: Joseph Kahut
Branch of Service: USA
War theaters: Vietnam
Entry Date: August, 1946
Separation Date: November, 1976
Rank: SGM-E9



Resident: Frank Nash
Branch of Service:
War theaters: MSGT-E7
Entry Date: February, 1942
Separation Date: June, 1963
Rank: MSGT-E7



Resident: Paul Chartier
Branch of Service: USA
War theaters: Korea and Vietnam
Entry Date:
Separation Date:
Rank: E-8



Resident: Robert E. Patton
Branch of Service: USA
War theaters: WWII and Korea
Entry Date: July, 1945
Separation Date: March, 1968
Rank: SGM, E9



Resident: Herbert M. Thompson
Branch of Service: USN
War theaters: WWII
Entry Date: February, 1943
Separation Date: February, 1947
Rank: Electrician, 2nd Class



Resident: Robert F. Dahl
Branch of Service: USN
War theaters: WWII and Korea
Entry Date: January, 1944
Separation Date: July, 1961
Rank: AEC, E-7

Resident Advisory Council Candidates

The election will be held on Wednesday, September 6, 2006, on the ground floor lobby in front of the dining room entrance. This year's candidates are:

Chairman

Larry G. Friesel
W. R. (Kit) Kitson
Esker F. McConnell

Scott Building Floor Representatives

Richard A. Robinson
Esker F. McConnell
Henry R. Smith
William D. Woods
Billy Malcomb
Andrew Pellkofer
William Grubb
Doris Jones
Robert Macy

Sheridan Building Floor Representatives

Roger R. Brown
Robert O. Devaney
Homer C. Rutherford
William D. Anderberg
Jerry W. Cole
Edith A. Ellington
Neville L. Smith
Donald W. Barnard
Francis J. Conley
Charles Gray
Holly Hayes
Suzanne Grizzard
Charles Kepreades
Russell Smith

Note: List of candidates available at press time.

Stone Soup served up



Once again, Recreation Services sponsored the 15th annual Stone Soup contest in the gardens on Aug. 17. This year there were 14 participants, each winning \$25 and an official Stone Soup T-shirt for their efforts.



Volunteer Recognized

Homer "Bud" Rutherford (left) and Mimi Rivkin present Donald Pence, one of the original workers of the Thrift Shop, with a plaque and certificate of appreciation for his services in the Thrift Shop. Bud states that in Navy terms, Don is a "plank owner."

Due to Don's failing eye sight, he had to discontinue his volunteering services at the Thrift Shop. He will be greatly missed by co-workers and residents.

Softball Picnic is a home run

By Jerry Carter

AFRH hit a home run of a different sort recently by hosting the first ever DC Community League Picnic on Thursday, August 3. The AFRH team hopes to make this picnic an annual event. All the teams from the DC Community League were invited and the 1st place trophy was presented to the Washington Outsiders. AFRH Food Service grilled hotdogs, hamburgers, and provided beverages for residents and team members. The D'Backs thanks all our supporters for making our season lots of fun. We look forward to next year's season!

*AFRH would like to thank Jerry Carter for an outstanding job during the softball season.



Recreation Services sponsors trip to Redskins Football camp

Approximately 25 residents took advantage of the opportunity to watch the NFL Football team the Washington Redskins during a recent open session training day. The practice session included a variety of exercises and drills and ended with a scrimmage. The team was then available to sign autographs and visit briefly with their fans.

The trip was just one of Recreation Services activities scheduled. See the September Recreation Calendar and sign up early to attend some of the many activities offered every month by Rec Services.



A Washington Redskin player heads to the fieldhouse after signing autographs for the many fans that attended the open training session.



Taking a break - several residents take a break from the heat during the Redskins training session.

Walk your way to a healthier, more active lifestyle - now safely

By Jerry Carter

A Global Positioning System one and a half-mile walk took place here on Thursday, July 27th. Resident Ed Sullivan talked with the group of walkers before the walk began and provided them with information about the GPS. Part of his discussion included showing them how to set up routes in an outdoor setting, a very popular technology for older adults.

“GPS is the greatest invention since sliced bread,” said Ed with a laugh. “Seriously, once you establish your return point, when you get out, either walking or by vehicle, it can get you not only to where you are trying to go but get you home without a problem. No more getting turned around and lost. And that’s



Roger Davis, Queenie Manogian and David Nokes keep in stride in the 1.5 mile walk.

important for a lot of us that are in a new area and we don’t know the city very well. It’s also great for traveling, anywhere around the country.”

After the discussion, the residents had several questions for Ed regarding using the GPS. Upon conclusion of the presentation, the 1.5 mile walk began.

Here are the results of the walk – finishing first was **Edmund Crump** with **Dale Baker** and **Roger Davis** finishing second and third.

After the walk, Edmund said, “It’s important to be consistent. I walk every-day. It’s a good way to stay fit.”

Following the 1.5 mile walk Catholic University nursing students presented PATH (Physically Active Towards Health) certificates to the participants. The students talked with the walkers about how everyday physical activity can improve their health.

Healthy snacks, water and literature were available during this presentation.

The residents enjoyed the opportunity to exercise through walking and taking in the educational information presented by Ed Sullivan and the

Catholic University students.

Jerry Carter, the coordinator for the event, said, “The residents that participated had a good time. I will plan this again next year.”



Residents started the walk off in a group but as the walk continued, each took his or her own pace. The key to staying fit through walking is consistency.

Congressional Golf & Crab Society
**Ninth annual event tees
 up in support of AFRH**



Corrine Robinson doesn't waste anytime getting down to leg pullin' and butter dippen' at this annual event.



Willa and Donald Cooper dig into some good ole eastern shore crab during afternoon feast.



L to R: George Lang, Dick Robinson, David Anderberg, Corrine Robinson, Mike Longwell, James Webster, Willia Cooper, Donald Cooper, Willa Farrell and Mimi Rivkin gladly accept the generous donation from the Congressional Golf & Crab Society.