

#### Armed Forces Retirement Home

# Communicator

Volume IV Number 08

**Armed Forces Retirement Home** 

**August 31, 2007** 



Army Command Sgt. Maj. William J. Gainey, senior enlisted advisor to the chairman of the Joint Chiefs of Staff, takes a few moments to talk with Jo Colvard and Willa Cooper during his visit to AFRH on Aug. 9.

## Top enlisted leader visits AFRH

"The minute you enter the door, you will feel the warmth. You'll actually be reliving history with every veteran you talk with."

By Navy Petty Officer 1st Class Derrick Ingle, assigned to the Joint Staff.

**WASHINGTON, Aug. 9, 2007** - The U.S. military's most senior enlisted member locked up his office yesterday in pursuit of other seniors - senior citizens living in the Armed Forces Retirement Home here.

Army Command Sgt. Maj. William J. Gainey, senior enlisted advisor to the chairman of the Joint Chiefs of Staff, and his travel crew of two soldiers, a sailor, an airman and a Marine, spent their workday visiting military veterans and retirees at the home.

The Armed Forces Retirement Home is funded by 50 cents deducted from all military enlisted members' pay each month, and only former enlisted servicemembers may reside here. Whether the residents once wore green fatigues or blue dungarees, Gainey and his staff gave the retirees something a half dollar just can't buy: their time.

"How are you doing, ma'am? So I hear you were in the Army, but you were married to a sailor. Well, I won't hold that against you," Gainey jokingly said to a 87-year-old World War II veteran.

"I thank you and your husband for giving me my freedom. It's not about the Navy, the Marines Corps, the Air Force or even the Army. It's just about us, yesterday and today," Gainey said. "You cover up the branch name on everybody's uniform and what's left? The initials U.S. I thank you for your service."

The Armed Forces Retirement Home is a true home to more than 1,000 former U.S. military members. The 272-acre college-like campus keeps residents busy and entertained with an indoor movie theater, a bowling alley, a fitness center, two fishing ponds and a nine-hole golf course. Yet for many veterans, no commodity can compare to the joy of sharing war stories with today's servicemembers.



Army Command Sgt. Maj. William J. Gainey, senior enlisted advisor to the chairman of the Joint Chiefs of Staff, wishes Edna Ast a happy 97th birthday.



Pasquale Giudice shakes hands with Sgt. Maj. Gainey.

"(Gainey) was telling me about how nice it is over in Okinawa, Japan. I was laughing at how much it has changed. Back in World War II, we got bombed nearly every day over there," 85-year-old veteran Charles K. Wallace said.

"I'd hardly call it nice. The bombs used to explode so hard that it would knock me out of my rack while I was sleeping. I can't complain. At least I was able to get up. Not everyone was so lucky back then"

Nine-year Army Air Corps veteran Edna K. Ast celebrated her 97th birthday during the Gainey's surprise visit.

"I'm just happy to have made it this long," she said. "I was shocked to have so many new visitors for my birthday. I enjoyed today's visit so much. Sergeant Major Gainey and his staff really made my day."

Whether visiting with smiling veterans with walkers or talkative retirees in wheelchairs, Gainey and his joint team enjoyed their time spent with those who once wore the uniform they wear today.

"The trip was good. It brings you back down to earth," said Army Sgt. 1st Class Ryan Kohles, who provides security for Gainey. "It made their day to see us in our new uniforms. They were surprised with how much the services have changed. I enjoyed comparing and contrasting stories with them."

"Fifty cents just isn't enough for what they've done. I would gladly pay more money in to the AFRH," Kohles said. "One day that could be me. There were people there that had two years in service, and some were retired 25-year veterans. The AFRH is a good deal. It's too bad more don't come out to visit."

Officials here noted the Armed Forces Retirement Home is always looking for military and civilian volunteers to help out in their fish ponds, flower beds, and dining areas. Many take for granted the residential 'house of heroes' located near the White House and the Capitol and once home to four U.S. presidents, including Abraham Lincoln. Yet the Defense Department's top enlisted leader realizes that future trips here are just a hop, skip and a jump away from his office at the Pentagon.

"I would encourage everyone in uniform to find time to visit the AFRH," Gainey said. "The minute you enter the door, you will feel the warmth. You'll actually be reliving history with every veteran you talk with. I plan on coming back at least once a month."

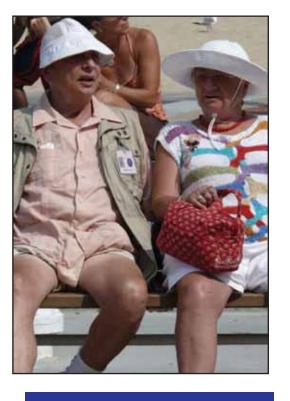
# Inside this Issue



Roofing project on Scott, page 3

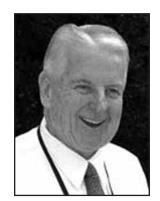


Fire
Department
trains
at AFRH-G



Day trip
to
Ocean City,
Page 12

AFRH Resident Advisory
Council Column



To begin with, I must state that the term "privatization" or "contracting out" has nothing to do with any issues proposed for the possible restructuring of AFRH. The proper term to use hereafter is

"nonprofit" and this will allow the Home to solicit donations, which is currently prohibited by federal laws. NOTE: The term "nonprofit" is employed here instead of the more accurate "not-for-profit" because "nonprofit" is the preferred term of the U.S Code. Henceforth, the Privatization Study Committee will be changed to "Nonprofit Study Group" and Mr. Bill Jenterra will continue to serve as Committee Chairman.

The Study Group members have diligently reviewed, researched and personally consulted with congressional staff members of the Armed Services Committee to compile data to enable themselves to be knowledgeable of the technical aspects of becoming a nonprofit agency. Their goal was primarily to assess the pros and cons of the proposal within the parameters set forth in their charter. The Study Group has not yet determined if the proposed Home's restructuring to "nonprofit" would be more beneficial for current and future residents; therefore, it cannot make a qualified recommendation at this time. When the committee felt sufficiently knowledgeable of subject matter members Jenterra, Chuck Felder, Esker McConnell, Henry Pike, and myself, met with AFRH/COO, Mr. Timothy Cox, on 14 August, to discuss this matter and other concerns. This meeting was conducted in a professional manner and Mr. Cox was most forthcoming with his explanations to our questions.

During the meeting Mr. Cox announced that the Secretary of Defense has directed that changing the Home's present status will not be a matter of further discussion until the new administration is in office. Thus, this issue is dormant until 2009 at the earliest. This in itself is good news and gives the Study Group additional time to formulate a plan of action and to receive suggestions from the Home's residents. Committee recommendations about any future nonprofit charter will be received by Mr. Tim Cox/COO, and forwarded to DOD at the proper time. The Nonprofit Study Group Committee will remain active a make reports to the RAC at its monthly meetings.

At this time I would like to thank and congratulate the entire Study Group for they expended many hours at their weekly meetings, and visiting congressional members of the Armed Services Committee. The numerous travel trips to senate offices and related expenses were paid for exclusively by donations from individual residents. I would be remiss if I failed to properly acknowledge other committee members for their involvement and in this regard special kudos to Mimi Rivkin, Marion Marques, Betty Lindstrom, Dr. Roy Cougle, Jack Cahill and Billy Malcomb. Thank you all for a job "well done", in all respects.

In closing, I want to remind RAC members that the next council meeting will be on September 19 at 9 a.m., in the Meditation Room. The meeting is open to all residents.

#### **Attention**

All RAC Members
The next council meeting is
September 19 at 9 a.m. in the
Meditation Room. The
meeting is open to all
residents.

#### **AFRH COMMUNICATOR**

Phone: 1-800-422-9988

Web site: www.afrh.gov Email: sheila.abarr@afrh.gov

Sheila Abarr, AFRH . . . . . Public Affairs Specialist, Marketing Sheila Motley . . . . . . . . . . . Public Affairs Specialist Mary Kay Gominger . . . . . . . . . Public Affairs Specialist

John BoweryPhotographer, WriterCharles T. Jones, Jr.PhotographerPhotographer

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

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

#### How to become a resident today



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

#### **Eligibility:**

Military veterans from each service branch can live at AFRH.

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

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

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

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

#### Message from Chief Security and Investigations Divisions

#### Identity theft prevention

By Jonathan Greenstein, Chief, SID

In the course of the day, you do many activities that put your personal information at risk - from writing a check at the store to charging merchandise in person, over the phone or internet. You may not think twice about these transactions, but others might.

Identity theft when a perpetrator assumes someone's identity for personal or financial gain, like stealing a credit card to make transactions in the victim's name, is the fastest growing crime in America.

According to the U.S. Postal Inspection Service, there were almost 10 million cases of identity theft in recent years, which amounted to over \$5 billion in losses.

The AFRH Security and Investigations Division, in conjunction with leading crime prevention programs, provide the following sim-

ple tips to help prevent identity theft:

1. Do not give out your personal information unless you initiate the contact or know the person or company with whom you are

- dealing.

  2. Never divulge your social security number or bank account information in response to an email. Legitimate businesses will not
- 2. Never divulge your social security number or bank account information in response to an email. Legitimate businesses will not ask you to do this.
- 3. Do not use your credit card or checking account on line unless it is an encrypted site. Look for the following to ensure it is a secure site. A golden lock at the bottom left of most browser windows and the web address should start with "http://."
  - 4. Do not write your social security number on checks or credit card payments.
- 5. Shred all unwanted credit card offers and unneeded bank and related paperwork. This prevents someone from fishing them out of the trash.
- 6. Use the Federal Trade Commissions free annual credit report service. You are entitled to a free report from the three major Bureaus. Ensure you only use the Government Site at: http://www.ftc.gov. There are similar sites that charge for this free service.
- 7. Keep your social security card at home. Never carry it with you unless required for a specific purpose and when done, lock it up.

As every resident is a former service member, we remember the time when our social security number was used for everything and even stenciled on our sea or duffel bags. That time is long gone. The Armed Forces Retirement Home maintains strict protection of your personal information under federal regulations and AFRH Policies. We are doing our part to help protect you use these tips to raise the shield and keep out identity thieves.

If you suspect you are the victim of identity theft or suspect fraudulent activity, notify S.I.D. as soon as possible, we will initiate the necessary reports and start an investigation. We are also a useful point to get other crime prevention information geared to our Community.

## Message from the Chief Operating Officer



The temperatures have been extremely high in our area but things should be improving as the days begin to shorten and fall arrives. With the arrival of fall, we also will see the progress and completion of many renovations and modernization efforts here at our Home.

By now I am sure most of our residents have seen the transformation of our canteen

area in the dining hall.

During the month of August, the designated area of the dining hall that is available for residents to get a cup of coffee or light snack, has undergone extensive rehabilitation including new walls, countertops and furniture. It has a new look now and is a great place for residents to gather with friends or just sit and relax as they go about their day or prior to settling in for the evening.



There will soon be more construction going on in the Scott building. An award was recently issued for the renovation of the Scott building main lobby and canteen area (just inside the main entrance on the right), the hall-way between the dining area and the theater. The work will be completed in phases with the project completion date set for next month. Your patience and cooperation during the various phases of these renovations is appreciated. Once the renovation is behind us, we can enjoy a fresh look and a much needed update to your general living areas.

Work is also underway on the Scott building roof. The estimated date of completion is the end of November and, as a note, the roofing work does not include the utilization of any tar.

In other news around campus, work is underway now on various elements of our heating plant. Our goal is improved boiler efficiencies and reliability of the steam system. The work being done of these mechanical systems is being performed under contract with a completion date

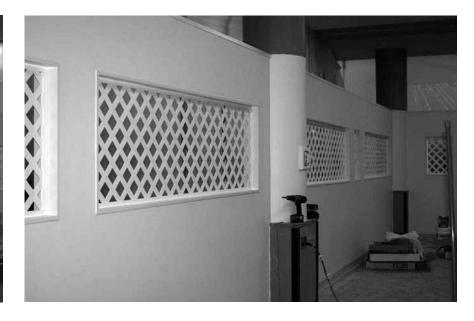


of September 30, 2007.

This is an exciting time at AFRH as we set about making the necessary upgrades and improvements to our historic but outdated facilities to improve the quality of life for our residents now and in the future. Our accomplishments now will be enjoyed by veterans for generations to come.

The latest news at our Gulfport campus came last week when GSA announced award of the Remediation and Demolition Services Task Order in connection with the replacement project of that facility. The award was made to Ma-Chis Lower Creek Indian Tribe Enterprises (LCITE), Inc. Ma-Chis LCITE is based in Samson, Ala., and is certified by the Small Business Administration as a tribally owned 8(a) Small Disadvantaged Business. We will continue to give you updates of the progress of this project as we get them from GSA.

Tim Cox



#### Conversation with the Chief Financial Officer



I appreciate the time of all the residents who participated earlier this month in our resident fee focus group meetings. The meetings highlighted the resident fee information con-

tained in my July CFO article. During the last part of August and September we will be notifying those specific residents who have not provided the necessary information to the Business Center to compute their fees. We will also post a list of names in Resident Services of those who have not provided the necessary information. We have had some residents indicate they do not file taxes; and consequently, they do not have a federal tax form 1040. For those residents who do not file taxes, a statement to the same will be required for their file.

Here are a few things going on around the home you may not be aware of:

We have executed a landscape management contract for the beautification of the Campus. It will include a new sprinkler system and floral display between the Scott and Sherman; redesign of the Eagle Gate entrance; walkway between the Sheridan and the flag pole; and sprinkler system for Rose Chapel.

We have started work replacing the Scott roof.

We are developing a new Facility Maintenance Contract and Transportation Contract to begin July 1, 2008, and October 1, 2008, respectively.

We are establishing a contract to paint the Scott dining facility this calendar year.

The Business Center will be relocated in September 2007 to the west wing of the Scott Building for better resident service.

We are purchasing a Table Saw and Lathe for the Wood Shop.

Here is a little trivia on annual cost around the Home:

In Fiscal Year 2007 we will spend approximately \$8 million for subsistence

and dining services combined.

We will spend approximately \$1.7 million in custodial costs this fiscal year. Custodial support includes the entire LaGarde Building; common areas in the Scott and Sheridan; and Assisted Living in the Scott.

We spend approximately \$1.3 million for security services on the campus.

Healthcare Services is our largest

workforce with labor costs of approximately \$14.5 million. Healthcare Services also has non-labor cost of approximately \$2.8 million bringing the total cost to approximately \$17.3 million. In comparison, the Home earns approximately \$11 million from annual resident fees.

Funding for Healthcare Services covers costs for a nursing staff of approximately 170, four Medical Doctors; three Nurse

Practitioners, one of which is a contactor; two Dentists and two hygienists, one each of which is a contractor; and one optometrist.

Transportation costs for the home are approximately \$1.1 million.

Again, thank you for your great support on Resident Fees. Keep the questions coming.

Steve McManus

## AFRH seeks additional accreditation

The AFRH is presently seeking CARF/CCAC - Commission on Accreditation of Rehabilitation Facilities and the Continuing Care Accreditation Commission.

According to Dr. Linda Rader, Chief of Health Care Services, the certification consists of evaluating care for Independent Living, Assisted Living, Long Term Care, and Dementia. The components consist of: screenings, ongoing monitoring of health needs, transition planning when appropriate, seamless transfer between levels of care, care that is centered on the person served, quality of life, wellness, individual choice and ongoing strategic planning.

"Presently we are surveyed and accredited by JCAHO - The Joint Commission on Accreditation of Healthcare Organizations," said Dr. Rader. "JCAHO now only surveys Long Term Care and Ambulatory Care. CARF/CCAC will evaluate services that our residents receive throughout the whole continuum of care from Independent Living, Assisted Living and Long Term Care."

According to Dr. Rader, the first step in gaining certification is receiving training consisting of eight hours review of the CARF/CCAC certification process, all staff members involved, and the process AFRH needs to go through in order to become certified.

"We have to use the standards for six months before we can apply for certification," she said.

#### Here is some background about the CARF organization:

Founded in 1966, CARF is a private, not-for-profit organization that promotes quality rehabilitation services. It does this by establishing standards of quality for organizations to use as guidelines in developing and offering their programs or services to consumers. CARF uses the standards to determine how well an organization is serving its consumers and how it can improve.

The CARF standards are developed with input from consumers, rehabilitation professionals, state and national organizations, and funders. Every year the standards are reviewed and new ones are developed to keep pace with changing conditions and current consumer needs.

#### What does it mean to be accredited?

After an organization applies for accreditation of its services or programs, CARF sends professionals in the field to conduct an on-site survey to determine the degree to which the organization meets the standards. CARF surveyors also consult with staff members and offer suggestions for improving the quality of services.

CARF accreditation means that you can be confident that an organization has made a commitment to continually enhance the sality of its services and programs, and its focus is on consumer satis-

quality of its services and programs, and its focus is on consumer satisfaction.

The benefits of accreditation to you, the consumer of services: Choosing CARF-accredited programs and services gives you the assurance that:

- The programs or services actively involve consumers in selecting, planning, and using services.
  The organization's programs and services have met consumer-
- focused, state-of-the-art international standards of performance.

  •These standards were developed with the involvement and

input of consumers.

•The organization is focused on assisting each consumer in achieving his or her chosen goals and outcomes.



AFRH staff attend the CARF/CCAC review training.

#### From the Interim Director



A proverb moves from being just mere 'words of wisdom' to 'sayings with real-life value' when the truth revealed through it is supported with actual practice and experience. If we were to re-visit the

article that I wrote some time ago about the community/village life here at AFRH, we could see that the words concerning what it takes to raise a child and the fact that no man lives only unto himself are quite true. Let's take another look at

portions of that article.

Our life together here at the Armed Forces Retirement Home—Washington is really that of living in a village inside a city that is one of the great cities of the world. Yet, our hopes and expectations are still the same that we had years ago in our hometowns scattered throughout the land. We are a special group of people and our community is unique. Where can you find so many talented leaders who have traveled and lived in so many places in the world? What village or town is made up of so many people who have helped make the history that enabled our county to become what it is today? Show me a map and point to a town whose citizens even come close to being as special as those who make

up our community.

All communities are bound together by certain common characteristics. Such communities must be places where people can live and continue to develop their interests and curiosities. This place has to be a safe place, which upholds shared values and encourages caring for each other. There must be, in such a community, clear moral responsibilities that each person has for another. These standards are understood by the institution itself and communicated clearly to all those within.

. But community and living together are aspects of life of which all of us have a part. It is not the "other person's" responsibility. It is our responsibility because we live on this island together. Community means "getting along and supporting one another!" It means we all help

each other and report things that need to be done, and then help in seeing that it can be and is done. It means we have a real reason to have those smiles on our faces and to take time to greet one another with good things to say.

The Home continues to seek to do just this – promote community living. Every community that is alive and vibrant continues to evolve, changing from time to time in response to the shifting social and economic landscape in which it finds itself. So does AFRH-W. Let's keep reminding each other that no person here is alone or is an island unto him/herself. And just like the village story it takes us all, together, with a common hope and willingness to continue building America's most distinguished retirement community.

Chuck Dickerson

#### 217th U.S. Coast Guard celebration at AFRH

Story by Melodie Menke Photos by Sheila Motley

BMCM Mark Allen was the guest speaker at the USCG birthday celebration that was held here on July 31.

Master Chief Allen first volunteered at the AFRH three years ago with the U. S. Coast Guard Chief Warrant Officer's Association and the Chief Petty Officer's Association. The USCG is a huge supporter of the AFRH and each year, they volunteer their time and muscle power to ensure the fishing ponds are cleaned and the area is pristine for the fishing season. The Coasties also take the time to host an outdoor lunch for the veterans at the ponds. The partnership with the CWOA and CPOA is one that our veterans and staff treasures.



BMCM Mark Allen presents resident Ola Williams with the USGG's 217th birthday flag and thanks him for his service to our country.



Youngest U.S. Coast Guard Seaman Nicholas Kelly, left, BMCM Mark H. Allen and Donald Stout (oldest) share in the cutting of the cake.

#### Residents come to the rescue with their talent and skills

By Laura R. Fogarty

The AFRH is very fortunate to have many residents who are very talented and enjoy 'doing for others' by being involved with a craft. The wood shop is one place where residents do just that. As you enter the shop you will see several projects in progress daily.

Residents Bob Stone and Jim Webster are in the shop daily assisting other residents with their projects and also completing projects for residents. Trays for their battery powered wheelchairs have been built and often residents have end tables and chairs which need to be repaired. These men are always eager to help. A special thanks also goes to George Lang and George Orawsky who faithfully help in the shop daily.

Recently Bob and Jim built six benches which were placed at the softball field. The AFRH softball team commented that the old benches (only two) were worn down and more seating was needed for each team. The new benches were put in place at the beginning of the season and are greatly appreciated by all the team players.

Thank you Bob and Jim for your hard work and dedication.

Bob Stone and Jim Webster in the Wood Shop at the beginning stage of building the much needed benches for AFRH's softball field.



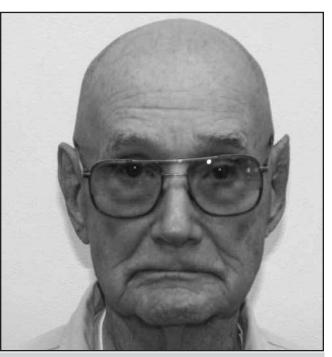


Bob Stone and Jim Webster sit on one of the benches they built for the softball field.

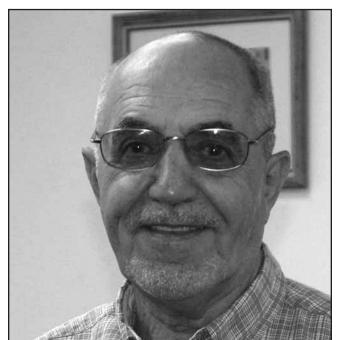
## Welcome Aboard



Name: Wesley E. Brown
Branch of Service: USAF
Entry Date: 1954
Separation Date: 1974
Rank: E5
War Theaters: Vietnam



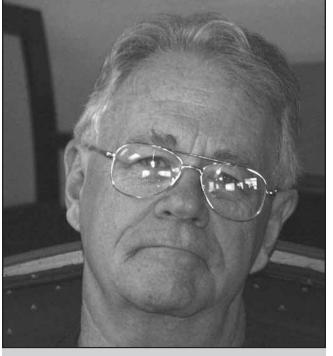
Name: James Vancil
Branch of Service: USA
Entry Date: August 1935
Separation Date: September 1966
Rank: E9
War Theaters: Korea & WWII



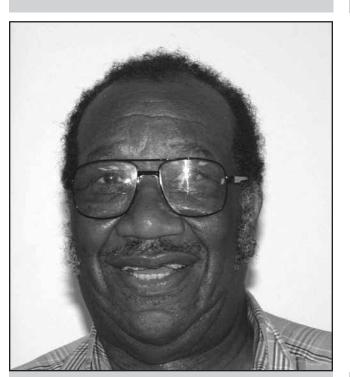
Name: Lewis Oliver
Branch of Service: USA
Entry Date: January 1949
Separation Date: July 1972
Rank: E-8
War Theaters: Korea & Vietnam



Name: Charles E. Davis
Branch of Service: USAF
Entry Date: January 1946
Separation Date: January 1966
Rank: E6
War Theaters: None



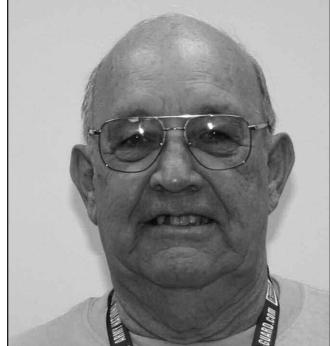
Name: Byron P. Mathis
Branch of Service: USN
Entry Date: June 1960
Separation Date: November 1981
Rank: E-6
War Theaters: Vietnam



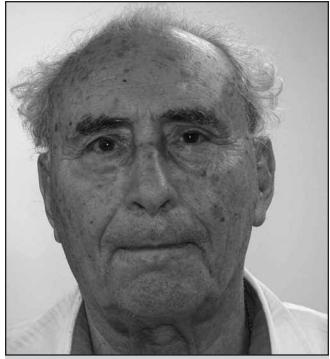
Name: Richard Whittle
Branch of Service: USA
Entry Date: July 1952
Separation Date: June 1954
Rank: E-4
War Theaters: Korea



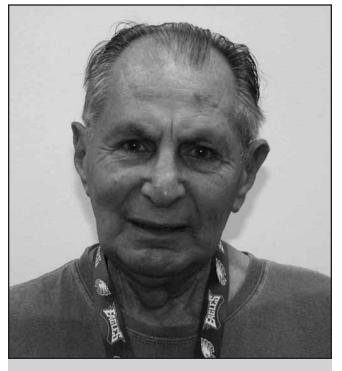
Name: Phillip A. Merritt
Branch of Service: USN
Entry Date: August 1960
Separation Date: August 1964
Rank: E-5
War Theaters: Vietnam



Name: Bernard C. Hipchen Branch of Service: USA Entry Date: January 1954 Separation Date: August 1975 Rank: E-7 War Theaters: Korea



Name: Anthony Decicco
Branch of Service: USN
Entry Date: June 1942
Separation Date: December 1965
Rank: Senior Petty Officer
War Theaters: Pacific



Name: Robert A. Carlozzi
Branch of Service: USAF
Entry Date: May 1953
Separation Date: February 1974
Rank: E-7
War Theaters: Vietnam



Name: Richard Chitwood
Branch of Service: USA
Entry Date: July 1948
Separation Date: June 1970
Rank: E-7
War Theaters: Korea

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

## AFRH monthly trip selection meetings are open to everyone

"99% of the time you'll get the trip that you request, but you have to attend the monthly meetings," said Keith Turner of Recreation Services.

By Keith Turner Photograph by Sheila Motley

Every first Wednesday of every month, the residents meet with Keith Turner in the Scott Theater at 9 a.m. to discuss trips from the previous month, and select trips for the next month. The meetings are always positive, relaxing, and informative. And most of all the meetings are open to everyone and last for an average of 40 minutes. The meetings are so important, that every row is taken along with minutes. Everyone who attends the meetings has a voice as to which trips will go on the calendar for the next month.

We encourage everyone to participate in the selections of the trips provided by AFRH. I'll see you at the next meeting which will be held on September 5 in the theater.



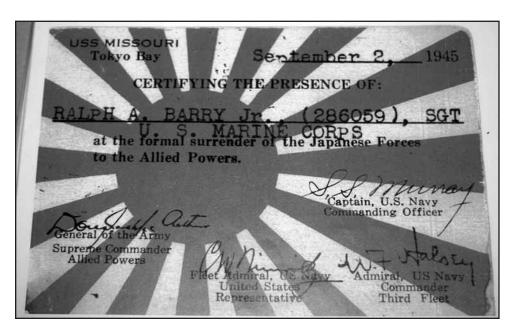
Residents gather in the Scott Theater to recommend trips for the upcoming month.

# He was there at the beginning of the end

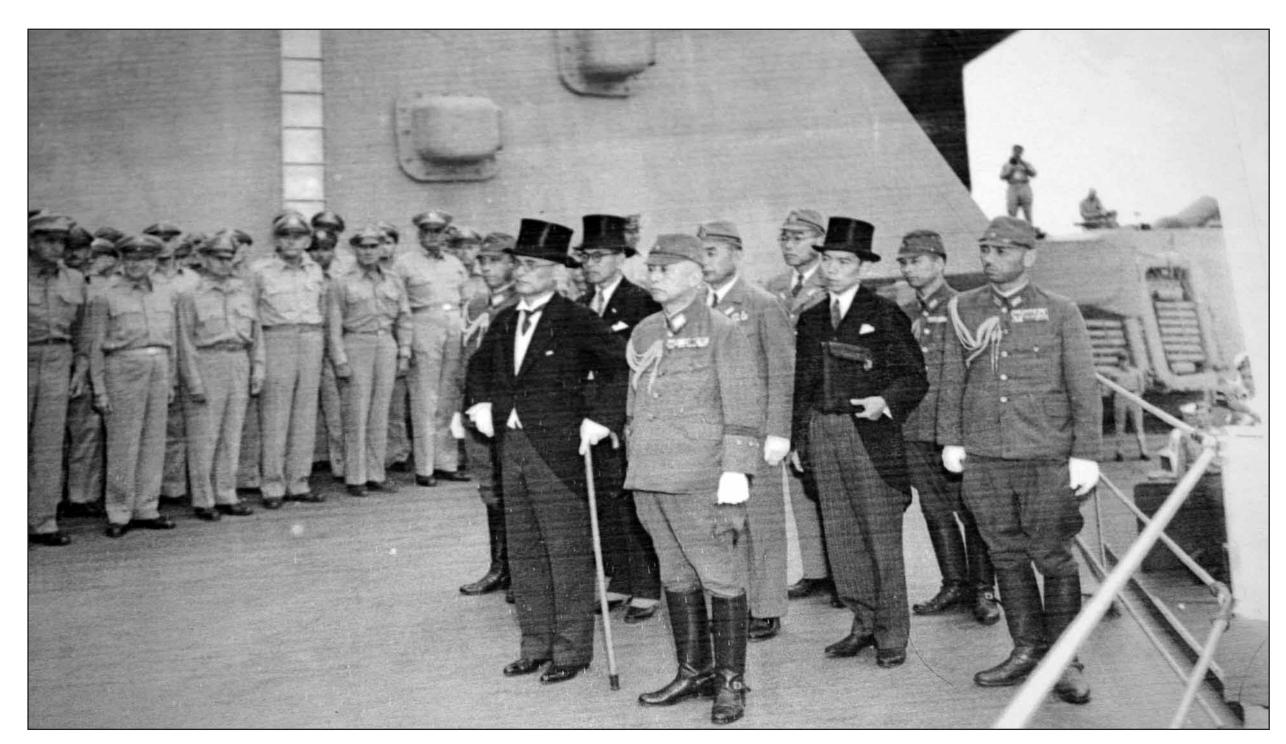
## World War II ends - resident witnessed the events unfold



Ralph Barry goes through an old photo album and remembers his days aboard the USS Missouri.

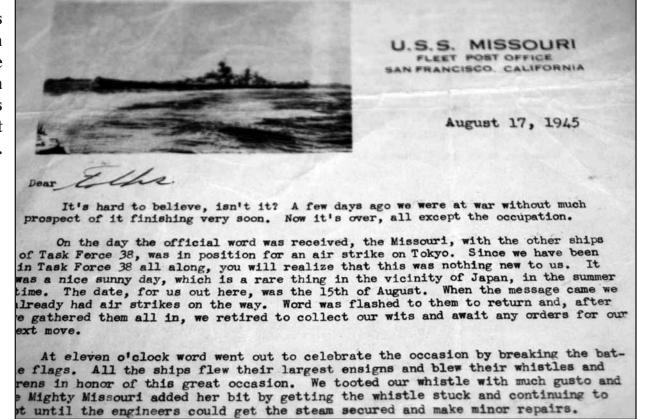


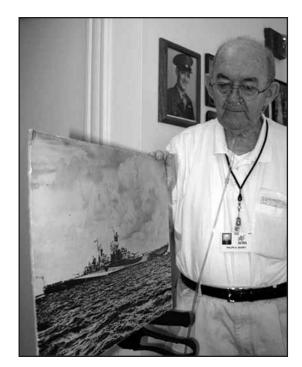
This is an ID card that Ralph Barry has signifying his presence aboard the USS Missouri at the formal surrender of the Japanese Forces to the Allied Powers.



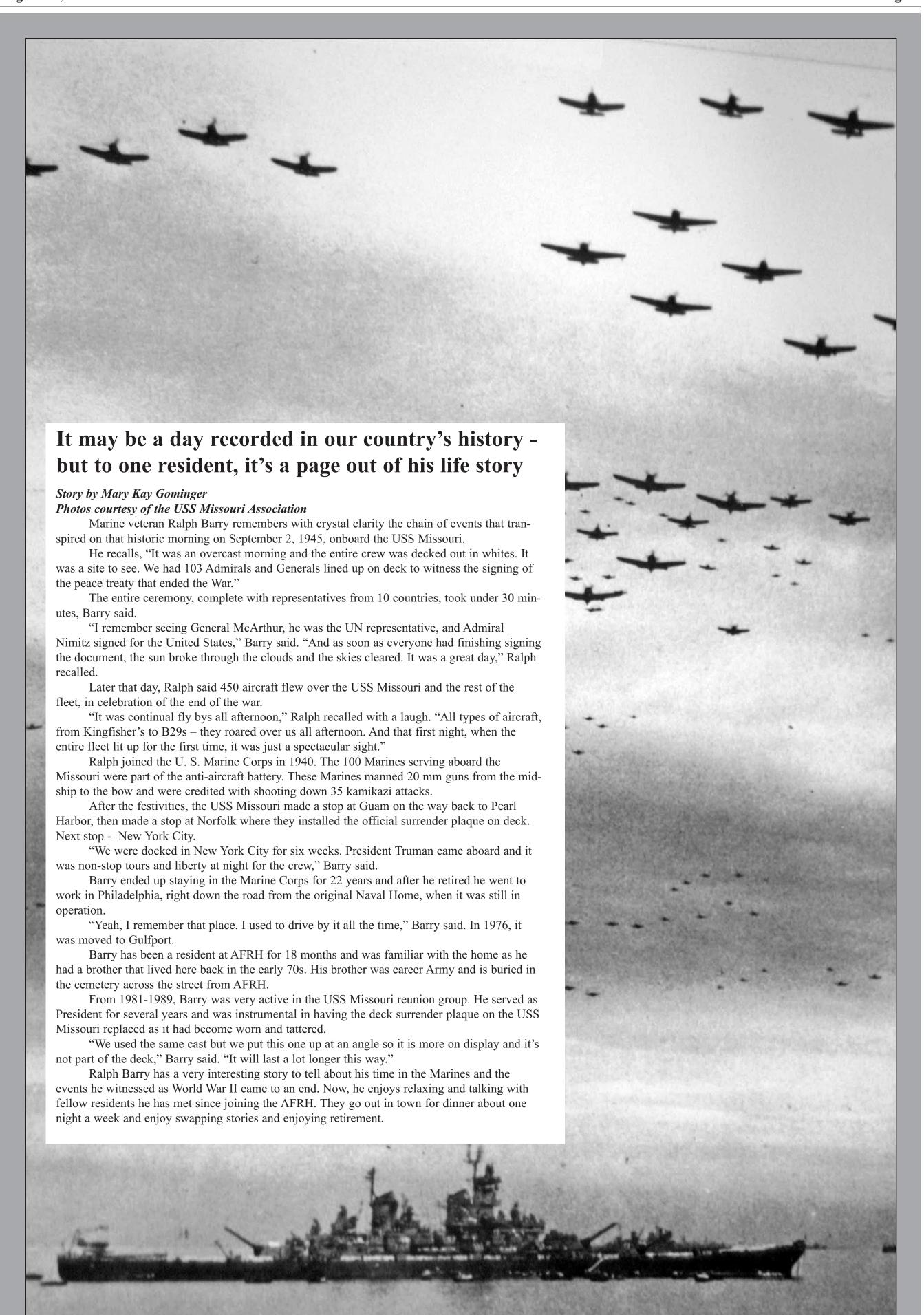
This old photograph shows the representatives from the 10 countries aboard the USS Missouri, there to sign the peace treaty that ended World War II.

Ralph Barry has kept this letter in safe keeping since he received it back in 1945. The letter is the official word that the war was over.





Ralph keeps a photograph of the USS Missouri in his room at the AFRH.



## Residents and employees partner up for 'The Price is Right' game show

By Keith Turner Photographs by Sheila Motley

"A great time was had by all," is how one resident described it. "Awesome, just awesome! We need more employees' to show up, but it was still splendid!" said Michael Longwell.

What was everyone so pleased about? It was the 'Price Is Right Game Show' that was designed for homemade services and put on by Keith Turner, Tracie Thomas, Lorenzo Tribbett, Michele Bailey, and outside volunteer Deborah Wilson from Ft. Washington, Md. The residents partnered up with AFRH employees Sarah Kenan, Angela Karabatsos, Michele Bailey, and Greg Moore, and what a great time everyone had. Mike Longwell who ALWAYS brings a lot of energy to the events that are provided by Recreation Services was one of the residents who made it to the final show case against Doris Jones (a natural born winner). Mike Longwell made an outstanding guess on the total price of his showcase, missing the exact price by \$5.75, while Doris Jones did just a little bit better, missing her showcase by only \$5.13. Congratulations to our 1st place winner Doris Jones, but watch out Doris because Mike said he will take the title next time, "Ladies First," said Mike,

always the perfect gentleman.



Marie Townsend, after winning the round, tosses the rings to find out how much she won as partner Angela Karabatsos cheers her on.



Mike Longwell reaches for his winnings. Mike won the first round.



Alfred Naydock spins the wheel for the championship round as partner Greg Moore looks on.



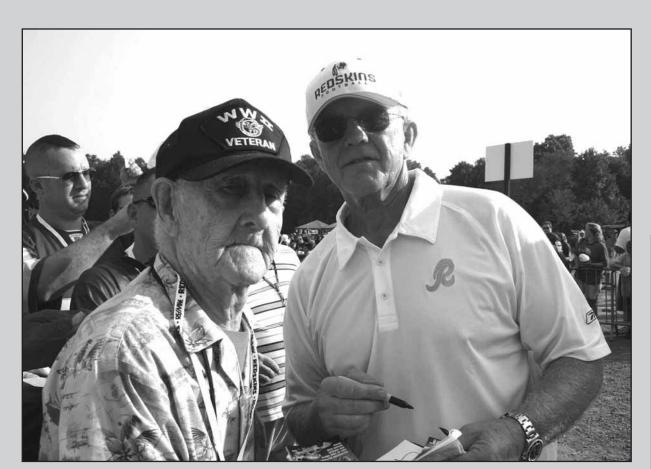
Doris Jones guesses the cost of the TV on her first try, leaving host, Keith Turner, stunned.

## AFRH residents attend Washington Redskins football training practice

By Keith Turner

Photographs by Sheila Motley

The Washington Redskins extended a special invitation, thru Purple Heart, to the AFRH Veterans that would allow the residents to have their own special huge tent with food and drinks, and special passage to watch the football practice up close and personal from the sideline. Many residents made sure they got some of the players' autograph and some of us went a step higher and caught up with the Head Coach "Joe Gibbs" and left extremely happy with his autograph. It was truly a beautiful day that will be remembered by the residents who attended that trip. Next up, the Redskins Cheerleaders will be coming to the AFRH to spend time with the residents. What an evening that's going to be.



Harold Schultz gets Washington Redskins Head Coach Joe Gibbs' autograph.



First row - Michael George, Stephen Neal and Pat Garrity, second row; Steven Johnson of Red Zebra Broadcasting, Keith Turner, Warren Helm, Ralph Giovenco of ESPN Radio, Home of the Redskins, take a group picture after practice.



Marie Townsend gets an autograph of Washington Redskin Cornerback Fred Smoot.

## AFRH's stone soup judging

#### More than just a tradition

By Jerry Carter
Photographs by Sheila Motley

The crowd gathered once again this month for the 16th Annual Stone Soup luncheon & garden judging contest to celebrate our resident gardeners. Rick Langford our super chef and the produce grown by our gardeners, became the main ingredients for this very special stone soup. Not only is it fun for everyone, but it provided a healthy lunch for everyone. Yellow squash, green string beans, cabbage, cucumbers, all kinds of peppers, zucchini, egg plant, lettuce and spices combined with the special stone made this a favorable feast! Special thanks go to Rick Langford for his cooking expertise, U.S. Department of Agriculture Fruit Lab judges and AFRH 2007 gardeners. Lastly, to all residents who attended this event.

Congratulations to the following gardeners. The results from the garden judging contest were first place - Frank Nelson, second place - Chester Mahaffey, and third place = Ronald Smith.



Ricky Langford tells Harvey Stackpole the history of "Stone Soup."



L-R; Frank Nelson, 1st place winner, USDA judges, Elizabeth Ogden, Geoff White, KHC Administrator, Linda Rader and 2nd place winner, Ronald Smith.



Kathleen and Nancy Newcomer enjoy the stone soup festivities while visiting Margaret Newcomer.

## Fun times at the AFRH Luau dance

By Sarah E. Kenan Photographs by John Bowery

On August 10, 2007, ALU residents attended the AFRH Hawaiian Dance. The ALU residents were greeted with Hawaiian leis and island sun hats and the ladies also received colorful wrist bands. The event was a festive affair with an island band and Hawaiian dancers for entertainment. The residents were mezmorized by the hula dancers and taken in with the story of their hands and body motions. The residents and employees were given the opportunity to come up on the floor to try their best in demonstrating their own technique at hula dancing. ALU Residents Lindsay Boone and Harold Schultz did a wonderful job at doing the hula... Everyone enjoyed the program immensely. The traditional Hawaiian food was a feast of island fruit, pork, and rice dishes. They also had a variety of delectable desserts. It was truly an enjoyable night for all.



Residents enjoy the festivities.



Michael Longwell stands by the Hawaiian totum pole as employee Michelle Bailey (right) serves refreshments.



Residents being taught by the dancers how to the interpret each movement.



Corrine Robinson dressed for the occasion with her beautiful floral dress.

## Our veterans' history - preserving the past, teaching the future

#### A picture tells a thousand words...

... for Armand M. Johnston, 1,000 pictures told the story

By Sheila M. Motley

Armand M. "Johnny" Johnston was born on Feb. 18, 1928, in San Francisco, California. He graduated from San Rafael High School located in San Rafael, California, in 1945. As a youth, Mr. Johnston was a member of both the Boy Scouts and the Sea Scouts. He worked in a photographic store and the associated photo lab. He stated that he had always intended to join the military due to his favorite uncle being a retired U.S. Navy Captain. He was a destroyer sailor. He retired before WWII but was called back to active duty during WWII and was the coordinator of the Fleet Postal Service for the entire Pacific. The Fleet Post Office in San Francisco microfilmed the letters to service men overseas and placed them on V-Mail and sent them out on microfilm. Once the letters reached the field, they were reproduced and given to the servicemen. This method saved a great deal of weight due to the amount of pictures on the 35mm microfilm. This is what peeked his interest in photography.

Mr. Johnston's military career in the U.S. Navy began in May 1945. When he was stationed in Pensacola, Florida, he was taught in the advanced photographic school specializing in motion picture photography. He served as Photographers Mate in charge of Combat Photo Unit ONE in Korea where he was later advanced to the Chief Aviation Photographers Mate (AFC) in March 1953. Mr. Johnston also attended an 18 month Aviation Electronics Change of Rate Program where his rank was changed to Chief Aviation Fire Control Technician (AQC) and in January of 1957, he was responsible for develop-



Armand Johnston holds an Eyemo 35mm motion picture camera.

ment of electronic training programs and fleet implementation of the RA-5C "Vigilante" Integrated Operational Intelligence System.

Mr. Johnston stated that when you plan aerial mapping you plan it on a map and you make a path in one direction then reverse directions and shift. So at the end, you have all these runs that are a predetermined distance made of photographs that were taken at a particular time depending upon the altitude and speed. Afterwards, we

return to the base and process the pictures. They are then laid out in sequence to form a map. Once the layout is complete, the individual pictures were cut out and glued on a board using adhesive and this was how the maps were made.



In 1946, photographers lay out photographs for preparation of cutting and matching pictures for mapping.

Once completed, it looks like one big picture, but in actuality it consists of 100, 200 or even 1,000 different pictures. The maps were needed anytime there was going to be an invasion of an island or the coast so it was imperative that the maps be accurate so the soldiers on the ground fighting would know what they were going to run into. The longer the focal lens length determined what the altitude should be. There were some cameras that were 4 to 5 feet in height which determined the magnification of the pictures. So, for small areas it only took a few pictures to make a map. But if it was a larger area, it required 24 or more photos to complete the map.

In a most unusual change of command, in December 1950, Armand M. Johnston, Aviation Photographers Mate 1st Class, U.S. Navy, was relieved on station by John Ford, Rear Admiral, U.S. Navy Reserve. Since the early part of the Korean War, Johnny had been senior man in Navy Combat Camera Unit ONE and when his crew was ordered back to the states, all of their motion picture equipment was transferred to a reserve movie crew commanded by the famous director, John Ford. Ten Navy photographers from San Diego's North Island had been selected immediately after the start of the Korean War to photograph military operations. The purpose of the special photo units was the production of motion and still pictures at the scene of action. The movies taken by the photographers during battle conditions were rushed to the U.S. from the Far East for use in newsreels. After some quick field training, courtesy of the Marine Corps at Camp Elliot north of San Diego, the photographers headed to Korea. There, the landings at Inchon and Wonsan as well as other Navy, Army and Marine Corp operations were recorded by these Navy crews. These films provided the information showing progress of the ongoing "police action". In addition to filming military action, these teams were tasked by the United Nation to record the atrocities that were committed by the North Koreans during their pullback. After their tour of duty, they returned back to the states to establish training programs for future combat photographers.

Mr. Johnston retired from the U.S. Navy in September 1964 as a Master Chief Aviation Fire Control Technician (AQCM) and began his civilian career working for Xerox, Rochester, New York, in facsimile manufacture

where he was responsible for the development of processes to assure facsimile product conformance. At Sanders Associates (Later Lockheed Sanders), Nashua, New Hampshire, he was responsible for product assurance and testing of electronic countermeasure systems. He was ASQC certified as both a Quality and Reliability Engineer. After retiring from Sanders he operated Your Computer Place in Harrison, NJ, where he designed, trained users, and sold computer systems to individuals and business organizations.

In May of 2006 after the loss of his wife of 20+ years, Mr. Johnston decided to reside at the Armed Forces Retirement Home where he volunteers his time teaching Sunday school at Stanley Chapel and is active in the Protestant Chapel activities. His good deeds do not stop there. He also help other residents by providing transportation to doctor's appointments, shopping and assisting with computer lessons by teaching the use of the internet.



1946, Pensacola, Fla., Mr. Johnston wears gear for high altitude photography.

#### Local fire fighters train at AFRH-G

By Mary Kay Gominger

Just days before the contractor moved onto the Gulfport campus to begin demolition work, the Gulfport Fire Department used the building one last time to gain some valuable experience running ladders and hoses up a high rise. The training began on Monday, August 27 and will last throughout the week.

Scaling ladders on the outside of the building, front and back, and

running hoses up the stairwells on the inside, the group of firefighters got a full range of valuable training that is not easily available. Earlier this year the building was used by the FBI too as a training grounds.



A firefighter checks all his gear before going into the building for training with hoses in the stairwell.



The Gulfport main building proves to be a great place for firefighters to train with ladders.

#### A resident remembers...

## Inchon invasion a huge success, the tides of the war turn

By Bill Tobin

The war in Korea was not going the way General Douglas MacArthur had planned so he envisioned a way to get around it. None of the higher ups in the military thought much of his plan, but he was the boss so the Amphibious landing at Inchon was a go.

The USS Mt. McKinley AGC-7 was designated as the flagship for the operation and it left Tokyo with MacArthur and his staff aboard. It was reported by the "snoops" in PhibGruOne's staff that "Mac" had become a little queasy with the rolling motion of the ship at sea. Nobody laughed about that, but we all felt a little better in knowing that the "omnipotent one" was human after all.

The rest of the invasion fleet had assembled at Kobe and the stage was set. And so very early the next morning it left Kobe and traveled up the Yellow Sea towards Inchon. It was 0400 hours on Sept. 15th when the LCVP that I was in was lowered into the water. There was no moon and it was pretty dark with no land visible anywhere. The coxswain (boat driver) had been given a compass course and told to find an APD "just up ahead" and take his orders from a boat officer there.

After what seemed like hours with nothing in sight the boat crew was convinced that they were lost. And then! WHOOSH! What sounded like a freight train passing right overhead woke everybody up. And then again, and again, and

again. It wasn't the Wabash Cannonball, but a naval battleship out at sea firing shells from its main batteries. It was easy to find Inchon after that. The boat just followed the shells as they headed for the beach, and the invasion of Inchon had begun.

"GC-7 come alongside." The LCVP made fast to the ladder of the APD and took aboard a group of Marines who were a radio team. The boat had also been given a "wave paddle" which was just a sign on a pole placed in the bow of the boat. All the boat crew had to do was find an assembly circle with the same number, join in, and circle around with them until it was time to "hit the beach."

By now it was daylight and, even though Korea was called the "Land of the Morning Calm," the water wasn't calm. A lot of chop had been caused by hundreds of boats milling around and it wasn't long before the boat's wave paddle fell overboard and sank.

The coxswain looked at me and said, "What now?" I replied, "Just join an assembly circle." And that's what we tried to do. But every time we tried to join up, the boat officer of that particular circle would wave us off. Finally the 2nd Lt. in charge of the Marines said "F--- it! Hit the beach. That's where we're going anyway. And away we went.

We hit the beach on an island called Wolmi-Do. If this island, with its high ground, wasn't taken then all bets for this landing were off. The LCVP went into the

beach right behind the first wave of LVT's and LCU's, and right ahead of the second one. A lot of "stuff" was going on and I tried to take it all in. I saw a tank trundle up to a cave with a Korean interpreter. The interpreter said something, listened, then turned to the tank and shrugged his shoulders. The tank fired its cannon and sealed the cave shut.

The LCVP then tried to back off the beach but found its' ramp had become snagged on some barbed wire. What a mess! And to make matters worse, the hand operated ramp winch had broken. This just wouldn't do! And what followed was a half hour of back breaking effort. With a lot of yelling and cussing thrown in.

Finally the ramp was freed and closed up, and the LCVP went back to the APD. The rest of the morning was spent in ferrying men and materials from the ships at anchor to the beach.

The morning wore on and soon it was noon. The sun was high above and all were warm and toasty. Since the crew of the LCVP had been up since 0200 they were beginning to get a little sleepy, even with all the ruckus going on.

Each man took turns at the helm of the boat while the others tried to doze a little. I was in the stern sheets of the boat manning one of the .30 cal machine guns there and idly watching all the smoke and tracers on the beach. There were no human figures to be seen as most of the action had now shifted to the inner city.

Someone in the boat said,"What's that? Are they shooting at us?" This brought me awake with a start. I could see several lines of water spouts leading right to the LCVP and recognized them as rifle fire from the beach. There was no one to be seen, and I didn't know exactly where the Marines were, so I didn't return fire. Instead I intently watched the shore until I felt a searing pain in my lower left calf.

worst, but a quick look showed me that what I had was just a flesh wound. The wound was not bad at all, so I just put a battle dressing on it. The dressing stayed in place for several days but, luckily; the wound never did get infected. When the bowhook told me that maybe I would get a Purple Heart, I said I didn't think I would. "After all," I said, "this is not the way to get a Purple Heart," and no more was said about it.

The rest of the day was spent delivering people, equipment and troops from the ships at anchor to and from the beach. When not doing that the LCVP would simply lie to and drift, unless the tide was running in or out. Inchon had a tremendous tide and so the LCVP would have to stay at half throttle to simply stay in one place.

All too soon it was time for the evening phase of the landing. The LCVP picked up some more Marines and headed for Red Beach. It took with it two long, metal, scaling ladders. The boat was to let the Marines off at a high sea wall and the ladders would let them get "over the top," It sounds easy but it wasn't. The morning landings had been relatively unopposed, but the evening ones were not. In fact as the boat hit the sea wall, the first two Marines reached the top okay but were immediately hit by enemy fire and tumbled back down into the boat. An air strike let the rest of the Marines make it over the sea wall with no more casualties.

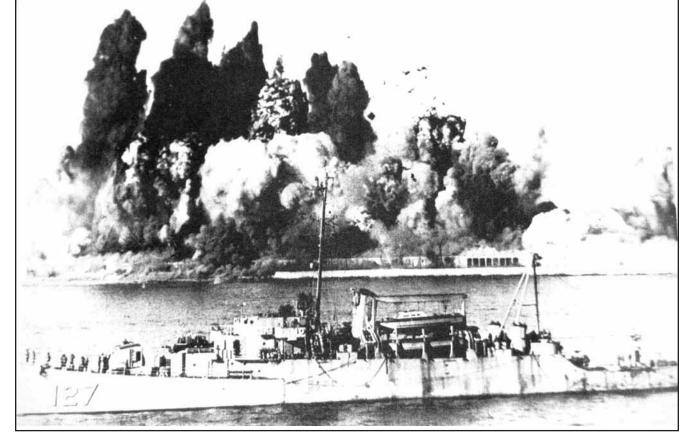
The transport of wounded from the beach to the hospital ship, the USS Consolation, took up most of the LCVP's time for the next few days. One memorable moment came when a badly burned Marine was loaded aboard. He had been burned mostly on one leg and was in a lot of pain. The corpsman who had treated him evidently didn't have too much medicine, as he had cut away the pants leg from the burns, and given the Marine some APC's. These were mostly aspirin and were called All Purpose Candy and were dispensed liberally by all the medics.

The Marine was shivering uncontrollably and said to me, "Doc, please cover me up. That wind is killing me." He'd mistaken me for a corpsman, which of course I wasn't, but he had touched a nerve. I couldn't stand to see him suffer. So I did the only thing I could. I took some water pump grease and applied it to the burns. This kept the air from the burns and the wounded man quieted right down.

He said, "Thanks Doc, you're a genius." I didn't think so and wondered just what the doctors and nurses aboard the hospital ship would think of my actions, and just hoped they wouldn't court martial me.

The skies darkened as the sun went I knew I'd been hit and feared for the down and the LCVP was sent back to the Mt. McKinley. A small storm had come up and with the wind was a lot of rain. Coming alongside the Mt. McKinley's accommodation ladder for orders, I noticed a small figure huddled at the bottom of it. The Officer of the Deck yelled down at me to check on the person. I was very surprised to find that it was a woman in combat fatigues. I told the OD what it was and watched as two sailors came down the ladder, hoisted the woman in their arms, and took her aboard the ship. I found out later that the woman was a war correspondent named Higgins. She had evidently gotten sea sick while riding a small boat out to the Mt. McKinley.

> The invasion of Inchon was a huge success, and it turned the tides of the war. Next would be more landings at Wonsan and Hungnam, but that's another story!



Inchon invasion photograph provided by Bill Tobin.

## Couple celebrates 60th anniversary

Barbara and Harry Copare will celebrate their 60th anniversary on September 6. The couple met in 1946 on a train from Frankfurt to Germany. They were married six months later and have been together ever since. They have been residents of AFRH since 2000.





#### **Recreation Services sponsors**

## A Trip to Ocean City, Maryland

Earlier this month, a bus of residents enjoyed a trip to Ocean City, Maryland. This trip was just one of many sponsored every month by Resident Services for the enjoyment of the residents. Check out the September calendar and see what places Recreation Services has planned for next month. If you have an idea or a place in mind that you would like to have a trip planned, attend the monthly planning meeting which is held the first Wednesday of every month at 9 a.m. in the theater or stop by the Recreation Service offices and let someone on the staff know. They are

there to serve you and all residents. Start making plans now to enjoy the local culture, casinos, beautiful outlying country settings, close by beaches or military events in our local area.

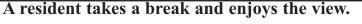
> Strolling along the boardwalk -Two residents take in some shopping as they enjoy the trip to Ocean City.





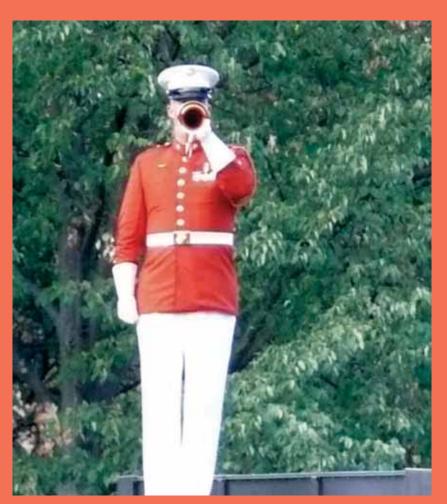
This sand sculpture greets visitors to Ocean City.







Enjoying the view - a group of residents take a break from cruising the boardwalk.



# Residents attend Marine Corps Evening Parade

These pictures were taken last month at the Iwo Jima Memorial, which is a short block from a side entrance to Arlington National Cemetery. Over 25 residents attended the event. The parade review is held periodically throughout the summer season. The band (in the red uniforms) is called the "Commandants Own." There were approximately 800 people present at the hour-long ceremony.



