

AFRH residents attend J5 Christmas Party with the Joint Chiefs at the Pentagon

Story and photos by Gregory Moore

On December 15, a group of 10 residents were invited to the Pentagon to help the Joint Chiefs celebrate their Christmas. The residents received a warm and gracious welcome by the Pentagon personnel. Our residents were treated to a VIP tour of the Pentagon by several active duty personnel. Also along on the tour were 15 combat wounded soldiers from Walter Reed Army Medical Center.

Upon the conclusion of the tour, the residents were recognized during an awards ceremony in their honor. The afternoon concluded with a dinner extravaganza that included foods and beverages from around the world arranged throughout the halls surrounding the Joint Chiefs area. All those in attendance had a great time.



LTG Sattler presents a certificate and coin of appreciation for service to AFRH resident Richard Robinson. All the residents that attended the Joint Chiefs holiday celebration received certificates and coins during the awards ceremony.



Wilfred McCarty stands next to the J5 recognition billboard and points to his photo.



Prior to leaving for the Pentagon, the group stops for a photo shoot.

Door decorating contest Our holiday neighborhood...

Story and photo by Melodie Menke

Tis the season for the Armed Forces Retirement Home Annual Holiday Door Decorating Contest. For the last two years, Volunteer Services has asked residents to participate in decorating their doors to make a festive inside display and so far residents have not disappointed the judges or fellow residents. Almost like taking a car ride on a crisp winter night to see the neighborhood lights, within our Home on each floor, on each wing, small community neighborhoods have been built and taking the time to stroll through the corridors is a holiday delight to the senses.

The creativity of our veterans always evokes holiday memories.

As the community volunteer judges, Ken Garrison and Donna Conti, took their time looking at residents' doors; both were touched by the creativity of the doors, "like walking by someone's front porch" and the care of each neighborhood lobby area. Like in the Sheridan neighborhood, on the 7th floor 1st wing lobby, with its beautiful holly wreaths hung on each archway and echoing down the corridor. And the whimsy positioning of a large snowman over a horse and rider picture - A cowboy Snowman! And the wonderfully elegant 4th floor 1st wing lobby with snowmen. And the second floor 1st wing with is winter wonderland and then the beautiful carved nativity. And the Lady Sheridan Lobby with all its' beautiful decorated tree and adding an element of holiday surprise with its ledge of festive stuffed animals.

The LaGarde neighborhood with the 4th floor so cheery, decorations on every nursing area decorated for the holiday and the homey decorations in the Recreation Therapy and the blow up Winnie the Pooh Santa in the Physical Therapy.

The Scott neighborhood with the 3rd floor and a lit tree on every wing. And in the main lobby our military wood cracker soldiers standing guard to the visitors' lounge with its snow cov-

ered window sill. Before the season is gone and the ornaments packed away, make the time to take a "drive through your neighborhoods" and enjoy the holiday season.

The winners are as follows: 1st Place for Most Creative George Quick; 2nd Place for Most Creative Paul Schlegel; 1st Place for Most Humorous Mike Longwell; 2nd Place for Most Humorous Ron Harding; 1st Place for Most Patriotic Pete Peterson; 2nd Place for Most Patriotic Holly Hayes; 1st place for Most Traditional Ray Whitelow; 2nd place most Traditional Thomas Bartleman. And a tie for 3rd place for Most Traditional Willia Cooper and Goldie Goldstein



Community volunteer judges Donna Conti and Ken Garrison pose with 1st place winner (center), Ray Whitelow, for the most traditional door decoration.

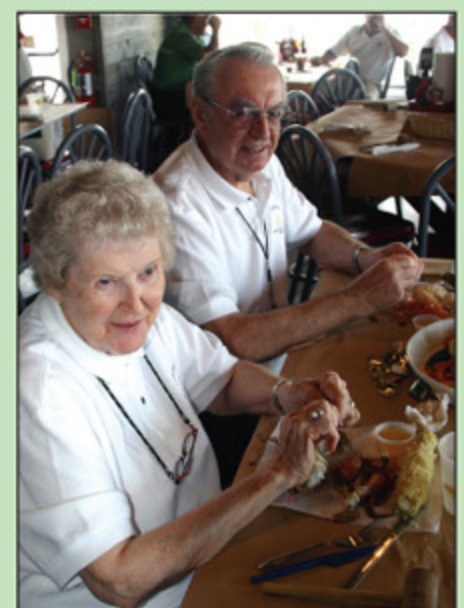
Inside this
Issue



Special holiday
season
supplement,
pages 5-8



Afghan
donation,
page 7



2006 -
a photo
recap,
page 12

AFRH Editors Column



A New Year Beckons

This is the occasion when the New Year 2007 is about to start.

Isn't it nice to be able to start out with a clean slate in all of our affairs. How do we start out with a clean slate? This thought brings me to my point, which is - "How to start out with a clean slate."

Nations and other political units have the answer to this question. The solution is expressed in the word, Amnesty, a complete forgiveness for all crimes against a political unit.

Let's define amnesty with a personal touch as a complete forgiveness for all personal offenses, whether real or imagined.

It's hard to get through a year without "...ruffling somebody's feathers..." or vice versa.

First I will deal with the vice versa. I grant amnesty to all who have offended me whether the offense be real or imagined. The only condition for this amnesty is that it be accepted and reciprocated.

There - I have a clean slate and can start the New Year 2007 without animosities. How about you?

For The New Year 2007

For at least two years now I have been bringing the problem of an unreachable credit card reader



to the attention of the AFFES Manager (See below). I am informed by the Manager that he was told it couldn't be corrected.

Frankly I believe it is time for AFFES with it's outstanding resources to resolve this problem. Not words, action!

Happy New Year 2007 BPV Handicapped AFRH Residents.

May the peace and blessings of the season be with you and yours now and throughout the New Year.

May the New Year 2007 be fulfilling for you and yours.

Enjoy your newspaper!

Note: The American Disabilities Act (ADA) recommends counters should be 36 inches high for the convenience of personnel in wheelchairs or motorized personal vehicles (BPVs).

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.

How to become a resident today



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>

65 years later...

AFRH recognizes Pearl Harbor survivors

By Sheila Motley

On Dec. 7, 1941, the Japanese Navy attacked military airfields and the U.S. Pacific Fleet anchored in Pearl Harbor. When the two-hour attack ended, 21 ships were damaged or sunk.

In the past we have had ceremonies recognizing those who gave their lives at Pearl Harbor, but 65 years later, AFRH recognized the last survivors as well. Ben Laub, Director, personally acknowledge each of the following residents - George Mamula, Murven Holley, Clyde Simpson, Louis Richardson, William Locke, John Kees, Francis Stueve, Harris Bircher, Bob Carson, Howard Reeves, Ed McCullough, Andrew Gardner, John McBeath, and Charles Smith. He eloquently quoted Franklin D. Roosevelt with the statement, "this date will live in infamy. Over 2,400 sailors died in the bombing at Pearl Harbor."

Mr. Laub stated, "The residents with us here today represent the triumph of our nation and the soldiers who survived the horror of that day. We here at AFRH could not let the sacrifices our residents made for our freedoms during the attack on Pearl Harbor go unobserved. They are truly one of the greatest generations."



From left - Pearl Harbor veterans Robert Carson, William Locke and Clyde Simpson cut the cake made in the honor of all Pearl Harbor veterans residing at the AFRH.

AFRH Director's Message



We are winding down our holidays season and preparing for the New Year. We have taken part of the wonderful array of good fortune, the magical ingredients that make up our good food and friendship.

I suggest that you take this occasion to stand back and assess this season. One of our residents wrote to me that he has taken the opportunity to participate in many programs at the AFRH and he feels fortunate to live in our Home.

I recommend that you consider this

residents' observation where he resolves to continue to be active in the array of programs, and as a resolution for the New Year, make these activities your own.

This resident begins with the benefits of AFRH in that it mirrors many of the amenities that reflect communities that we have lived in; a commissary where groceries, personal products, and other items can be purchased; bowling alley, barber shop, crafts ceramic workshop, woodworking shop, artist colony, auto hobby shop, library, computer internet club, cafe/canteen, lounge, golf course, walking trails, and other personal hobby arrangements.

Although the above list is not all inclusive, we also have trips and excursions to local and regional areas, and we have a

theater offering movies, entertainment, and where official assemblies are held.

The men and women who perform and entertain you in the Scott Theater have come to us from various branches of service and locals, but most of all; they have come to see you, the men and women who preceded them in the armed forces and in whose footsteps these young people are now walking. Some of these men and women performers were not yet born when you were fighting and serving our country, especially the young kids from the various towns around the country that are still in grade and high schools. They need to see you in order to give back to you the favor and privilege that you have offered them, with your service.

Bottom line, you have a richness of resources around you today and each day in

which you need to enjoy and participate. The only element missing in this ingredient is you.

Ben Laub

Welcome Aboard



Name: Dayton Edie
Branch of Service: USA
Entry Date: March 1943
Separation Date: May 1965
Rank: MSG E8
War Theaters: WWII, Korea & Europe



Name: Theodore Fahy
Branch of Service: USA
Entry Date: July 1948
Separation Date: Jan 1969
Rank: SFC E7
War Theaters: Korea & Vietnam



Name: John W. Reynolds
Branch of Service: USA
Entry Date: March 1945
Separation Date: March 1971
Rank: CW3
War Theaters: Korea & Vietnam



Name: Verlin W. Booty
Branch of Service: USAF
Entry Date: January 1949
Separation Date: February 1969
Rank: TSGT E6
War Theaters: Korea



Name: Nathan L. Thomas
Branch of Service: USA
Entry Date: February 1943
Separation Date: July 1972
Rank: E6
War Theaters: Korea, Vietnam & WWII



Name: Al Meringolo
Branch of Service: USMC
Entry Date: July 1948
Separation Date: November 1970
Rank: SGM E9
War Theaters: Korea



Name: Stephen Lucas
Branch of Service: USN
Entry Date: 1935
Separation Date: 1963
Rank: E-6
War Theaters: WWII & Korea



Name: James Thomas
Branch of Service: USA
Entry Date: April 1942
Separation Date: August 1945
Rank: PFC E3
War Theaters: WWII



Name: Billy Reeves
Branch of Service: USMC & USAF
Entry Date: October 1955
Separation Date: April 1978
Rank: TSGT E6
War Theaters: Vietnam



Name: Herman Ayers
Branch of Service: USA
Entry Date: February 1950
Separation Date: February 1972
Rank: CW3
War Theaters: Korea & Vietnam

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 228-348-6604 or Sheila Motley at ext. 3556

Special Holiday Supplement



Armed Forces Retirement Home

Communicator

The many volunteers at AFRH join together to spread holiday cheer during this festive time

Story and photos by Melodie Menke
Volunteer Services Officer

The giving season is always at AFRH but from Veterans Day to Christmas Day, AFRH is never without community volunteers to lend a helping hand. To kick off the holiday season, volunteers came onboard and for three days, the Navy, Army, Air Force, Marines and Coast Guard become one team with one mission, to decorate every floor at AFRH with a Christmas tree. Over 24 trees were assembled and decorated. This major project included the unpacking of the newest addition to the Scott Lobby, two impressive six feet tall wooden soldiers in full holiday dress.

Our good four-legged furry friends from PAL, People Animals Love, even



Volunteer Trena Raines and her two year old toy poodle, Alex, stand by the special tree decorated for dogs.

received the holiday spirit, as residents decorated a special tree for the dogs. The tree was red ribboned with rawhide chews and dog biscuits. It was a special gift with the dogs and the owners too.

One Sunday afternoon, 30 volunteers had signed up and only 10 arrived but with hearts as big as the season. These 10 did the job of 50 volunteers. They delivered holiday cards to over 1,200 veterans and then delivered over 220 resident volunteer gift bags. With swollen feet but lightness in

their hearts, they knew their Elf Delivery Day was a success filled with laughter and good cheer.

Volunteers came in and wrapped personal gifts the veterans had brought for family and friends. The VFW Ladies Auxiliary of Woodbridge #975597 of Virginia, brought their smiles and the USCG even lent a wrapping hand. Community volunteers Cathie Reid, from Reid Enterprises, Connie Mercer from Interior Design, and Mary Catherine West from Ballet Academy brought their artist talent to gift wrapping.

Three active duty Navy Secret Santas worked from their own home and in the Volunteer Team Room, finishing the last minute details on snowflake ornaments and wooden door handle ornaments.

Volunteers helped set up for the holiday dance and even manned a new photograph booth, designing a backdrop along with holiday props and taking pictures of the residents and their guests for free.

Gold Star Wives of America brought their annual cheer to LaGarde residents, bringing beautiful gifts and goodies. What a delight it is to see these wonderful ladies every quarter.

Victory Church of Jesus Christ brought their 3rd Annual "Spirit of the Holiday" with a social filled with goodies and song.

Our next door neighbor in Petworth, the Parkview Elementary School 5th graders, visited us on a Saturday afternoon and brought smiles to our faces with their homemade holiday cards and rousing renditions of holiday carols.

The Veteran's Administration Board of Appeals lead by Alice Booher and Red Top Cab Owner George Padkis with driver Harold brought in donations of holiday cheer with holiday mugs filled with sweets and gorgeous paper linens to make our socials sparkle.

Hand crafted holiday cards were donated by Cub Scouts of Den 3 and delivered by Colonel Michael Bell.

Better Opportunities for Single Soldiers (BOSS) from the Army Fort Detrick brought their sports good cheer as residents and Army challenged in a bowling and pool tournament.



Al Giunta poses with Parkview Elementary School 5th graders. The children brought hand-made cards to the residents and spent the afternoon visiting and singing carols. It was a special treat for everyone in attendance.

The Catholic University of America all female Field Hockey team came out and lent a helping hand with decorating and had a good visit with residents.

The Army Management Staff College from Ft. Belvoir, Va., hosted an old fashioned bingo and brought gifts galore, plus their fun personalities were enough to make everyone smile.

The Delta Alpha Maryland Chapter lead by Sherrie Bell brought homemade paper lantern ornaments and stockings and spent three hours with residents in Scott Assisted Living hanging door ornaments on every residents' door and bringing good cheer.

The Girl Scouts Troop 3 lent a helping hand to Recreation Therapy staff Steven Briefs and dished up ice cream and toppings and even brought goodie bags filled with sugar free candy and nuts. They sang a few carols and even held a mini concert with clarinets and a keyboard, that volunteer Ray Anderson generously loaned them.

Costco, a huge supporter of AFRH, brought their annual sleigh load of goodies, making spirits bright. But this year the sleigh was weighted down with a 50 inch big screen tv for residents in Recreation Therapy. Movies will be much better for the year 2007.

The Northern Virginia Chapter of Military Officers Association sponsored a holiday luncheon and former Gulfport residents Bill Malcolm and Ray Gishcia were able to say thank you for MOAA's continued support of the veterans at AFRH.

Volunteers lent a helping hand at the LaGarde holiday party, joining in with nursing staff and recreation therapy to make sure residents were served and enjoying the party.

Christmas morning found volunteers in the Dining Hall setting festive tables with tablecloths, placemats and napkins, and assisting the Dining Room staff. They also helped where they could for the holiday lunch and enjoyed being with the veterans and enjoying a good meal and good conversation.

And then on Christmas night, when the day was winding down, volunteers held a sparkling cider and wine tasting. Little sips of wine and cider and big memories of the 2006 holiday season.

To all volunteers, military, retired military, civilian, corporate and AFRH veterans, thank you for your generous donation of your time and talents. We look forward to a healthy and happy 2007. Our wish to you for the new year - May we all love from our hearts, laugh from our bellies and live from our soul.



Pulling the Costco Sleigh into the building are (from left), Charles Dickerson, Chief of Resident Services, Mary Darden, Librarian, Timothy Cox, Chief Operating Officer and Jerry Carter, Fitness Specialist. Costco brought a sleigh load of goodies including a 50-inch screen tv for residents in Recreation Therapy.



Volunteer elves joined together to deliver over 1,200 holiday cards to our veterans and then they delivered over 220 gifts to the resident volunteers. The volunteers elves came from all branches of the service, both military and civilian. They passed out gifts on Dec. 17, 2006.

Annual Christmas dance officially kicks off the holiday season

By Howard Keith Turner

The Armed Forces Retirement Home celebrated its 2006 Holiday Dance on Friday, December 15th. If you missed this celebration, you missed the hottest dance of the year.

This was said by many to be the best holiday dance within the last four years and that is saying a lot. Over 450 residents and guest attended the dance and the U.S. Army Combo Band had everyone on their feet dancing from beginning to end. It would have put a huge smile on your face when the residents and employees from LaGarde took the dance floor with the 'party spirit' and much laughter. They danced with one another as if they were one big happy family. Beautiful women and handsome gentlemen filled the hall and it was a classy affair. The atmosphere that controlled the entire night can't be described, but shame on anyone who likes to have fun and missed this one.

The dance was coordinated by Keith Turner, but the teamwork that Melodie Menke, her volunteers, and the recreation staff put together was a work of perfection. Even Mr. Dickerson took his jacket off and wanted to help with the setup of the Dining Hall. This was teamwork at its finest. The food from Rachael's crew was right on point with taste and creativity as Mr. Snow always takes so much pride in his work. Now you know that when the 2007 Holiday Dance comes around, you can't miss it, get your tickets and come and see everything for yourself. Next year won't do anything except get even better. Hope your Christmas was nice and enjoy the New Year.



Recreational Therapist Carol Mitchell dances with Arthur Doyle.



Doris Jones makes a trip to the dance floor with none other than Santa (Harold Schultz).



Henry "Hank" Smith with a guest.



Andrew Pellkofer and Louise Hogan enjoy watching their friends on the dance floor.



Residents sat very little during the holiday dance. Here a couple dances to music performed by the U.S. Army Combo Band.



Lester Gibson takes a break from the dancing.



Joseph Ceryak and Rachael Hatten take to the dance floor.

Warmth comes in many colors

By Mary Kay Gominger

Four generous ladies from the Maryland and Virginia areas spread some warmth at AFRH recently with the donation of more than 30 homemade afghans. This latest delivery on December 14 brought the count to over 100 afghans donated to our residents since December 2005.

Maryland resident Debbie Matthews came up with the idea of donating afghans to the residents right after Hurricane Katrina when she watching the news.

"I saw the veterans from Gulfport coming into DC on buses right after the storm," said Mrs. Matthews. "I don't know how I would feel to be displaced and having to live so far away from home. I thought them having something homemade like this would make them feel more at home."

The three other ladies crocheting afghans are Patricia Long, Mary Milstead and Harriott Gough.

"We are making some to fit a single size bed and some smaller lap blankets," Mrs. Matthews said. "We hope the residents enjoy them."

The ladies have spent countless hours working on the afghans. They tag each one with the name and address of the maker so if the resident wants to respond back to them, then can.



Jean Ringuette accepts one of the 'labors of love' made by some special ladies in the DC area.



Steve McManus, AFRH Chief Financial Officer, hands a surprised Jo Colvard an afghan. Four ladies in the area have been making afghans and so far have donated over 100 of them for our residents to enjoy.



The ladies that worked so hard on the afghans are, from left, Debbie Matthews, Mary Milstead and Harriott Gough. They are pictured here with our COO, Tim Cox.

Photos by Sheila Abarr

Agency sponsored Ladies Tea enjoyed by all

By Mary Kay Gominger

The third annual Ladies Tea was held on December 14 at Quarters One. This year the event, which is sponsored by the AFRH agency staff (Nancy Duran, Donna Smith and Karen Harry) was attended by 30 ladies. Sherry Artis of the PAO Marketing Team designed sing-a-long books and the ladies participated in tree decorating, singing and a trivia game. This year's highlight was the singing of the Twelve Days of Christmas lead by staff member Teri Guy. The AFRH agency staff male members joined the group and celebrated with the ladies. Each table was assigned a specific day to sing:

3 French horns - resident Jeanne Beasley's table

5 Golden Rings - Tim Cox

7 Ducks a laying - lead by Irene Smith and a band of ducklings

8 Maids a milking - Rachael Hatten, Nancy Duran and Sherry Artis

10 Lords a leaping had our CFO Steve McManus leaping in the air

Music for the event was provided by Bernice Goldstein. Door prizes were given out during the event and all types of hot tea were available from spice to green teas.



Kim Carlton (left), a DoD social worker helps Adell Condon fill out answers to the trivia game.

Photos by Sheila Abarr



Marie Townsend enjoys the afternoon with the ladies of AFRH.



Ethel Blythe helps decorate the Quarters One Christmas tree.



Mary Ann McManus, wife of AFRH CFO Steve McManus, serves tea.

AFRH 2006 Annual Christmas Tree Lighting Ceremony kicks off the holiday season

By Keith Turner

The official "Tree Lighting" took place Tuesday, December 5th. The ceremony was hosted by Keith Turner and Ben Laub, and the music was sung and played by the Air Force Band and the ARFH Chorus. The Invocation was fabulously done by Chaplain Goodloe with that very distinguished voice, and the attendance was close to 160 residents. Along with officially getting into the holiday spirit, the Tree Lighting Ceremony initiates the lighting of all of the trees on the grounds from that moment on. Although the trees are put up in the lobbies' days before the ceremony, no tree is to be plugged in until after the Theater Tree is official clicked on. A short sweet ceremony was a big success.



Steven Briefs and Sara Kenan hand out refreshments after the tree lighting ceremony.



Linda Rader, KHC Administrator, takes a moment to visit with a resident.

Photos by Sheila Motley



From left - Homer Bud Rutherford, AFRH Director Ben Laub and RAC Kit Kitson simultaneously push switch to light the Scott Building tree.



The AFRH Chorus entertains residents and staff at the KHC tree lighting ceremony by singing festive Christmas carols. The music was enjoyed by all.

Residents show off their talents at the annual Arts and Crafts Show



Michele Bailey, a ceramic volunteer, sets up her table of crafts. Michele had a variety of ceramics on hand for residents to view.



A resident browses through the many tables of arts and crafts on display at the Arts and Crafts Show held here earlier this month. Residents and vendors had items on display.



Patrick Johnson inspects a hand-crafted bulldozer.



Gregory Moore of the Marketing Office admires wind chimes made by Bruce Dwight.



Viola Grubb shows off her cross-stitched pillows. Viola had her pillows on display at the Arts and Craft Show.

Photos by Sheila Abarr

A 2006 visitor recap

AFRH honored to meet many distinguished visitors this year



Prince Charles of Wales greets Joseph Montgomery and Margaret Jirak at the WWII Memorial wreath laying ceremony. Joseph and Margaret were representing AFRH and American Legion Post #70.



Daniel Funk meets Secretary of Defense Donald Rumsfeld at the Pentagon for the Army Birthday.



Admiral Robert F. Willard, Vice Chief of Naval Operations, talks with Margaret Jirak and Tim Cox in the Ceramics Studio.



Resident George Gallagher receives his 40 year service award from Mr. Gunter, Regional President, East Coast Fleet Reserve Association.



Tim Cox and Gulfport Major Brett Warr looking over plans for the Gulfport facility.



American Legion National Commander Thomas Bock meets with Barbara Folk and Sara Manning.



Cardinal McCarrick visits with Lorraine Murphy.



William Jenterra is sworn in as AFRH's representative to the DC Advisory Neighborhood Commissions (ANC), Ward 5 by Councilman Vincent Orange.

A reading of Truman Capote's "A Christmas Morning"

The birth of a literary event...

Story and photos by Melodie Menke

The library glowed warmly in the soft lighting, it was as if it was officially coming back to life in the after hours. This beautiful library was given a new surge of intellectual energy. Our neighbors, Catholic University Drama Department, in their gracious partnership, brought the talented television stars, Colleen Zenk - Pinter and Mark Pinter, a husband and wife team, that volunteered their time and talent and read the wonderful play, "Love Letters."

After their performance and the interest by residents for more social literary events, our newly hired Librarian, Mary Darden, knew she could tailor a literary event to the library and add a cozy atmosphere where the actors and audience could become one into the story. She was right. And so on Thursday evening, December 21, with the winter chill setting in for the evening, over 30 residents attended the first Armed Forces Retirement Home Literary Reading of Truman Capote's, "A Christmas Morning."

With a diverse cast of staff, community volunteer and residents, the library was turned back in time to 1930 in a small town in Alabama, and it was fruitcake weather!

Charles Dickerson with his smooth resounding voice brought imagines to mind and Melodie Menke, with her theatrical background turned the characters to life.

Cathie Reid with her clear and talented voice adding the right balance to the story;

Russ Quimby, with his southern charm, felt like he was rocking on a front porch telling you a story, and Charlie Bronson, with his baritone voice and laughter in his eyes made you feel like you were in on a secret and Ed Clark, the newest member to the library, with his slow country drawl, made you feel the Alabama soil between your toes.

Before the performance, you could hear many snippets of conversations amongst the residents. One was the whispered tale of meeting Capote in his New York heydays. Another was a louder debate on what was the exact pinpoint sentence of the story, that one sentence that just rolls off your tongue and lodges an imagine in your heart. Was it, "The candle burns too short to hold," or was it, "As for me, I could leave the world with today in my eyes."

After the performance, the cast was graciously awarded with accolades and made to feel that theater adrenal rush of camaraderie. Staff, residents and volunteers all in one cast. Russ Quimby gave a moving tribute to Mary Darden for her vision, her professionalism and exuberance for dealing and directing such a cast.

Then with a wine and cheese buffet, residents lingered, talking about memories of their childhood and their own relatives and their own fruitcake experiences. And as with any good literary event, the conversations turned to authors, their personal favorites and who would be the next reading and when the next reading would be held.

And as residents left this late night social with hugs and handshakes, the echoes of Merry Christmas lingered in the library, and as Mary turned off the lights, one by one, you could feel the library's warmth and hear the hum of new energy and know this grand library dame eagerly awaits this new birth of tomorrow's debates, viewpoints, book clubs and of course, the next reading.

Left - An adverse cast of staff, community volunteers and residents all participated in the first AFRH Literary Reading on Dec. 21. Here is a cast picture of (from left) Russ Quimby, Ed Clark, Charles Dickerson, Mary Darden, Charlie Bronson, Cathie Reid, and Melodie Menke.



Residents Ed Woessner, Ray Gischia and Dick Beynon discuss the merits of Truman Capote.



Amateur Radio Association holds exhibition

Story by Sheila Motley
Photos by Chuck Jones

On December, 13, 2006, the AFRH-W Amateur Radio Association held an exhibit outside of the Scott Dining facility featuring Amateur Radio activities.

Featured was a six minute promotional video from the American Radio Relay League, Inc. Narrated by Walter Cronkite, this video focused on the tremendous value of emergency communications and the role of licensed Amateur Radio operators.

Vintage equipment from the '50s and mid '70s featured American made radios from that era and featured Hallicrafters receiver that was a tube type from the 1950's vintage and Ten-Tec used a solid state transceiver. There was also a Morse code key attached to an audio oscillator which provided residents the opportunity to relive their military radio days. The Morse code demonstrations included an opportunity for residents to try an old hand key. Several club members were on-hand to answer any questions.

Allan Hubbert demonstrates the use of radio equipment to residents.



Residents gathered to view the promotional video.

Allan Hubbert, President/Trustee of AF3RH (Armed Forces 3 Retirement Home) was surprised to see all of the old military operators come out of the woodwork for this event which was highlighted by the residents reflecting back to the old times and remembering their military history.



Annual Holiday Bingo held

By Jeff Anderson

On Sunday, December 3, 2006, members of Fairfax VFW Post 8469 made their annual trip to KHC for their Holiday Bingo. The residents of KHC enjoy the bingo as well as the time spent socializing with the members of the VFW Blue & Gray Post. This activity has been a positive experience for the residents and volunteers in the past and we look forward to many more years of visits by the Post.



Residents check their cards as numbers are called out during the holiday bingo game held Dec. 3.

KHC annual holiday party has good music, food, fun

By Ricky D. Langford CTRS

A festive holiday season was in full swing at KHC Recreation Therapy Thursday December, 21 2006. Great music was provided by Melanie & Rick, great food was provided by KHC food service and great gifts for all, provided by the Daughters of the American Revolution, North Virginia chapters.

Thanks to all the volunteers and staff that made this such an eventful activity and special thanks, from me, to the Recreation Therapy staff that I have the honor to work with.



A resident opens a gift given by the Daughters of the American Revolution, North Virginia chapters. The group brought gifts for the residents of King Health Center.

Looking forward to retirement

Former Army musician joins fellow veterans

Story by Mary Kay Gominger
Photo by Sheila Abarr

One of the unique things about the AFRH is the military heritage that each and every resident shares. It's so interesting to listen to residents talk about their time in the military – the jobs they did, the places they were stationed, the people they knew. Together, their stories make up the pages of our history books.

Harvey Stackpole, a newcomer to AFRH, shared his story recently. Harvey became a resident here this past September. He had actually only visited the campus one other time, back in the late 1980s, when he was on active duty. Harvey was a member of the Army Fife and Drum Corps and he remembers vividly the day he was here.

"Our group was scheduled to play here and I remember thinking what a pretty place this was as we drove onto the grounds," Harvey said. "I made the decision then that when I got old enough to retire, this would be the perfect place for me."

And that's exactly what he did. Harvey retired from the Army and when he reached age 60, he put his application in and made plans to join his fellow retirees and veterans.

"I knew that as I aged, I didn't want the expense and maintenance of a house or a car and this place made that possible at a price I could afford," Harvey said. "The city has a lot to offer. Moving here has been the best thing I have done for myself."

Harvey graduated from Long Beach State College in California with a degree in music. He taught school for a short time but he realized after a short time that he was not cut out for that kind of work. He joined the Army and, with his musical background, eventually was assigned to the Fife and Drum Corps where he served for 12 years prior to retiring.

"Some of the highlights of my time with the Corps include performing for Margaret Thatcher and Mikhail Gorbachev. We were a ceremonial band and performed countless times at the White House. I remember playing there when Ronald Reagan was president. He stopped and spoke to everyone in the band," Harvey recalled.

"In the late 80s, the band members were all male," Harvey said. "Now it's about

half male and half female."

Harvey played the fife (a small, high-pitched, transverse flute that is similar to the piccolo) and his days with the Corps included long hours of practice, memorizing music, and traveling to a wide assortment of ceremonies and parades, entertaining and promoting the Army.

"One thing about being in the Corps is that once you were in, you stayed in as long as you wanted. Some people were with the band 25 years or more without being transferred to another duty station," Harvey explained.

With his military career behind him, Harvey looks forward to enjoying retirement at the AFRH. He bicycles, likes to sight see and is interested in genealogy.

"From what I have seen so far, there is no better place to be," Harvey said.



Harvey Stackpole examines a Fife that was in the basement of the Sherman Building, stored with museum items.



Harvey (center) during his days on active duty where he performed for 12 years with the Army Fife and Drum Corps.

Commitment

Military man, father, puts all efforts into raising his family

By Bill Tobin

This is a story about commitment. More specifically, about resident Ivan C. Shelton's commitment to his family. He was born in Rayville, Missouri, on Feb. 2, 1928, where he went to grade school and then on to Lawson, also in Missouri, to high school for two years. After that he worked in a restaurant until in 1947 he joined the Air Force, then called the Air Corps. Lackland AFB, Texas, was where he received his basic training. Next he was sent to Okinawa where he was a cook for about a year until he was sent to Pastry & Baking School, coming out of there as a baker and eventually making Mess Sgt. Then on to Clovis, New Mexico, where he helped open up an old Army Base, which is now Cannon AFB.

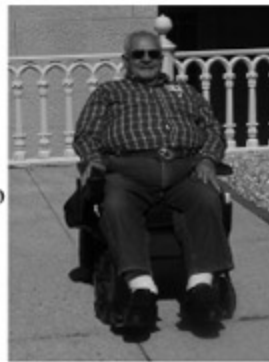
The Korean War was now in full swing so it was off to Seoul, Korea, in 1952. While Ivan was in Okinawa he had met a woman who was to become his wife. His preparations for marriage having been finalized, after three years of red tape, Ivan took leave to Okinawa and married his sweetheart. Then it was back to Korea for him and he found that "Parting WAS really sweet sorrow." From Seoul he went to Japan and waited until his wife could join him there and then both of them sailed aboard the USNS General Patrick to the USA.

It was at Barksdale AFB that his two sons were born. And then off to Okinawa for a four year tour with Food Service. Later he would be retrained at Keesler AFB in Biloxi, Miss. This was to be in electronics and was a 47 week course.

And now it was on to Dyess, AFB, Texas as a radar technician. It was at Dyess that his daughter was born. Then it was on to Bermuda where he also worked in radar. It was here that his wife expired and Ivan soon learned what commitment was all about, as he was now both a father AND a mother to his three children (two boys and one girl).

Ivan retired from McGuire AFB in 1967 and moved his family back to Missouri where his kids went to school and he went to work for the school district. He also became the president and treasurer for the Lions Club of Rich Hill, Missouri from 1976 until 1990. He opened a store for arts and crafts, as well as locksmithing. With all this activity and stress he had several small heart attacks and acquired some blood pressure problems. His family had all grown by now so he joined one of his sons in Oklahoma prior to becoming a home member of USSAH in 1996.

Since then Ivan has seen all the many changes that have taken place here, and there have been many. If you can do so, ask Ivan about his "worry stick," which is now 26 years old. It will show you what patience, perseverance, AND commitment can do. Ivan has "graduated" from a wheel chair and now pilots a BPV. Most of his family has scattered about the country with the exception of his daughter who lives near Annapolis and works in DC for the Department of Commerce. Ivan is now in the autumn of his life, as aren't we all, but still retains a zest for life. Personally, I think he should patent his "worry stick," but, see for yourself.



Ivan Shelton pictured in front of the Sherman Building.



Ivan Shelton pictured with one of his comrades while he was in the military.

Ft. Meade Rod and Gun Club hosts celebration for retired veterans

Story and photos by Charisma Wooten

The Ft. Meade Rod and Gun Club hosted a Christmas celebration for retired veterans who are residents at the Armed Forces Retirement Home at the Harry L. Cooper Veteran of Foreign Wars Post 160 in Glen Burnie, Maryland, Sunday, December 17, 2006. Farmer's and Hunters Feeding the Hungry donated the scrumptious venison which was prepared and served by volunteers from the Ft. Meade Rod and Gun Club and Ladies' Auxiliary. The Harry L. Cooper VFW Post 160 donated the use of their facility for this event and the Morale, Welfare and Recreation of Ft. Meade provided immeasurable support.

This Christmas Dinner celebration is one of the many community outreach events that the Ft. Meade Rod and Gun Club sponsor throughout the year. The Ft. Meade Rod and Gun Club is a partner with the Maryland Department of Natural Resources. The Ft. Meade Rod & Gun Club is a private, not-for-profit organization under Sec. 501 (c) (3) of the Internal Revenue Service Code. The club has been in existence under its current organization since 1992 and in various forms since the early 1970's. The Club has a proud history of teaching marksmanship and shooting competitively. The Club is a National Rifle Association (NRA) Affiliated club and a Civilian Marksmanship Program (CMP) affiliated club. CMP Club No. 71115.

The Club meets the first Thursday of every month at 7 p.m. at the Outdoor Adventure Center (Bldg. T4) at Ft. Meade, Maryland, which is located between Baltimore and Annapolis. From Hwy 295, take Rt. 175 east toward Ft. Meade. Turn right into the main gate at Ft. Meade on Mapes Rd. Take a left turn at the first light onto Ernie Pyle St. You will go through three STOP signs and over a bridge across Rt. 32. Turn right at the "T". The Outdoor Adventure Center is the first building on the right, just before the firing ranges.

The Ft. Meade Rod & Gun Club conducts NRA firearm training courses, Civilian Marksmanship Program Marksmanship Clinics, Fishing Rodeos and a variety of other related activities. The Ft. Meade Rod & Gun Club currently has approximately 100 members. Membership dues for the Club are 25.00 dollars for the first year and 15.00 dollars per year for renewal for individuals. The Club also offers Family Memberships for \$30.00 per year for new members and \$25.00 dollars per year for



Pictured at the Christmas dinner (from left) are Bobbie Naboni, Mary Lou Polk, a Rod and Gun Club Ft. Meade volunteer, and Evelyn Ann Whittaker

renewal membership. Junior memberships available for \$1. New club members are required to be members of the National Rifle Association (NRA) and are required to maintain their NRA memberships. For more information or to obtain a membership application, contact us using the link at the bottom of the page.

For more information about becoming a member of the Ft. Meade Rod and Gun Club, send an email to webmaster@fmrhc.20mil.com.

2006 - The year at a glance *AFRH moves from surviving to thriving*

By Mary Kay Gominger

It's hard to believe this year has come and gone. As corny as it sounds, it really does seem like yesterday that we rang in the new year with toasts and resolutions that have long since been forgotten. Looking back at past issues of the *Communicator*, it was hard to select just eight pictures that highlighted the year. Residents of AFRH were involved in so many events and activities this past year that we could have printed an entire paper of 2006 highlights! But in the interest of space, I've narrowed my selection to just eight because, to me, they capture the spirit

of this special group of military retirees and veterans that live at the AFRH.

As we settled into 2006, the AFRH leadership and many of our residents were still coping with the loss of our Gulfport campus and the challenges and frustrations associated with the closing of that facility. The effects of Katrina were not limited to Gulfport residents and staff - they impacted each and every person associated with both homes in some way. You should all feel a deep sense of satisfaction that we as an organization not only survived such a life-altering disaster but now we have the capability to look back and realize the lessons we learned and marvel at the obstacles and challenges we overcame to get to where we are today. These photos demonstrate - in a way that words cannot - the spirit of our home and the people that live here. Take a minute and look at them closely. If you do, you'll find residents actively involved in our community - meeting people, having fun and spreading cheer. You will also see people with huge hearts and smiles to match them. You'll see love, compassion and the kind of smile that only a dog can give to a dog lover. You'll see residents taking on the role of teachers to an audience of young military members, eager to learn all they can about life before their time. Most importantly, in these photos, you will see people actively engaged in life.

Next week, as you ring in the new year, raise your glass and give a toast to the people that make up the AFRH family. Together we can continue to make this a veterans' retirement community that will last for generations to come.



A Mardi Gras celebration - Barbara Folk leads a dance during AFRH's Mardi Gras celebration last February.



Volunteers make life easier - This military member assists a resident as he goes through the boxes of belongings that came from the hurricane-damaged Gulfport campus.



Our four-legged friends bring joy to our residents - A young member of the group People Animals Love (PALs) shares her poodle with a resident during a regular visit to the home.



Tying the knot - AFRH residents Claire Dimler and Carl Smith cut the cake at the reception held in the Chapel following their wedding on August 4.



Goodwill ambassadors meet veterans - Resident Margaret Jirak meets Miss Arlington 2006, Adrianna Sgarlata (center) and Mrs. Virginia-America 2005, Rose Lopez-Keravuori, during a visit last March.

The generations meet -

Active duty Navy members listen as Marian Ritchie explains what the military was like when she served. The Navy visitors were here as part of Let The Generations Meet, sponsored by Volunteer Services.



Heading for home - Resident Roy Cougle rounds third base and heads toward home during a slow pitch softball game held on campus in July. The AFRH Diamondbacks finished the season with 7 wins and 4 losses and they are looking forward to next year's season.