



A Night of Heroes

The Pentagon Federal Credit Union hosted the annual Night of Heroes which featured a evening with military dignitaries, soldier from Walter Reed Army Medical Center and residents from the AFRH. It was a night of sharing memories, meeting and greeting and a special dinner.



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Ship christening stirs memory of former USS Truxton shipmate



AFRH resident Lanier Phillips (left) and another former USS Truxton crewmember Ed Lewis, at the christening ceremony of the USS Truxton (DDG 103) held at Northrup Grunman in Pascagoula, Miss., on June 2, 2007.

Story and photo by Mary Kay Gominger

One of our own was the 'man of the hour' at a Christening Ceremony for the USS Truxton (DDG 103), held at Northrup Grunman in Pascagoula, Miss., on June 2.

Lanier Phillips, a former crewman of the USS Truxton and now a resident at the AFRH, was a special guest at the ceremony and was recognized by the guest speaker, The Honorable Gene Taylor, U.S. Representative, Mississippi, 4th District.

Congressman Taylor acknowledged how far this country and the Navy has come in providing equal opportunities to all Americans and he applauded Lanier Phillips for his continuing resolve to make things right for not only African Americans but for every minority.

There were more than 1,000 dignitaries and guests in attendance to witness the historic christening of the sixth Truxton ship to bear the name of the U.S. Navy's first captain, Commodore Thomas Truxton. The present day Truxton is the 25th Arleigh Burke Class destroyer built by Northrup Grunman at a cost of \$1 billion. It is a 512 foot ship whose mission it will be to conduct sustained combat operations at

sea, and it is capable of simultaneously fighting air, surface and subsurface battles. The ship will be commanded by Cmdr. Timothy R. Weber and a crew of 270.

Also in attendance was Rear Admiral Charles H. Goddard, USN, Program Executive Officer, Ships, and many dignitaries from Northrup Grunman.

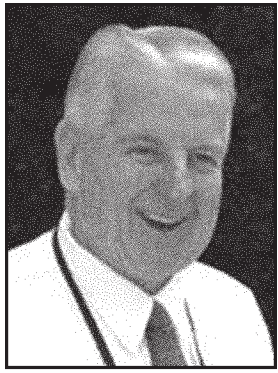
Another special guest at the ceremony was His Worship Wayde Rowwell, the mayor of St. Lawrence, Newfoundland, Canada. It was just off the coast of this small mining community that the USS Truxton went aground in 1942. The entire town helped rescue the sailors and since then, they have felt a bond for this American ship and its crew members.

"We still hold a memorial service every year for those Americans that lost their lives that date so many years ago," said His Worship Rowwell. "I am honored to be here today to take part in this historic event."

Resident Lanier Phillips, on the day of the christening ceremony said, "This is a great day for me. To look around and see all these people here and see the fruits of some of my sacrifices...well, it is just great."

See Phillips' story, page 5

AFRH Resident Advisory Council Column



Last month I discussed the movement to privatize AFRH which is being actively pursued by DOD. Since then I have been inundated with inquiries on this matter. If I were to ask five people to define "privatization," I would likely get some partial definitions mixed together with "Huh?" It is one of those terms which "everyone knows" until you try to reduce it to a few simple sentences.

In order to start with a solid understanding of proposed AFRH privatization I have discussed this matter with the RAC Special Committee. Their recommendation was to appoint a committee to conduct an in depth analysis of privatization.

I therefore appointed a RAC special committee called "Privatization Study Group," and Mr. Bill Jentarra was unanimously elected as the Chairman. The Study Group is charged with conducting an in depth comprehensive analysis to determine the financial, managerial and social advantages and disadvantages of converting the AFRH from an agency reporting to DOD to a private not for profit organizational entity. The Group will review and assess the pros or cons within the parameters of two alternatives (1) retain the AFRH in its current reporting, financial and organizational structure, and (2) converting the AFRH to a private organizational entity within the current federal guidelines.

The Group will report its finding at monthly RAC meeting. Other appointed members of the Study Group are: Roy Cogle, Billy Malcomb, Mimi Rivkin, Marion Marques, Chuck Felder, Esker McConnell, Bill Sinnott, W. R. Kitson, Jack Cahill, Betty Lindstrom and Henry Pike. Please note that this is a diversified representation of RAC members and residents.

On another subject matter, the General Accounting Office (GAO) rendered their report to congressional leaders of the Armed Services Committee on May 30, 2007, subject: Armed Services Retirement Home: Health Care Oversight Should be Strengthened. GAO recommended that the Secretary of DOD take several actions to improve health care oversight at AFRH and DOD concurred in GAO findings. However, GAO report did not evaluate the quality of health care because of pending lawsuit. You can view the GAO report on the internet at <http://www.gao.gov/new.items/d07790r.pdf>.

In our June meeting it was mutually agreed that July and August council meetings be canceled for summer vacations, but the Committees and floor representatives will continue to be functional. Special thanks to all the "volunteers" who offered their time and service to improve the quality of life and instill a sense of commonality amongst our honored residents.

In closing, I will say it has been a long and contentious year as Chairman, but I could not have enjoyed working with a finer group of RAC members, and residents. It was a pleasure to serve all residents; without reservations.

W. R. "Kit" Kitson

AFRH COMMUNICATOR

Phone: 1-800-422-9988

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

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

John Bowery Photographer, Writer
Charles T. Jones, Jr. Photographer

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.

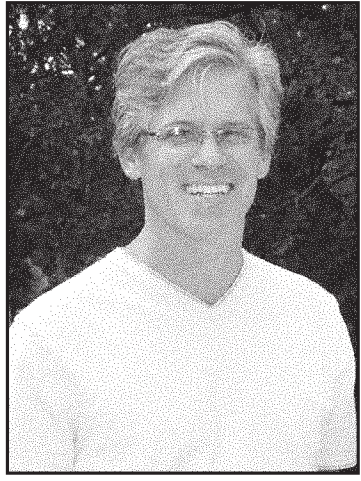
To receive an informational brochure please contact the following office: AFRH at 1-800-422-9988, or write to AFRH Public Affairs Office, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

American Legion, Post 70, sponsors raffle



American Legion, Post 70, members (from left) - Doris Jones, Martin Tobiassen, Richard Robinson, Corrine Robinson and James Smalczewski present the winning check from the raffle in the amount of \$1,500 to Mr. Tobiassen. The raffle was held at the American Legion Department luncheon on June 13, 2007.

Message from the Chief Operating Officer



The response I received from last month's COO article was overwhelming. Many residents stopped by to thank me personally, others told staff members of their support and

work order - from the time the request is submitted by the customer - to the time the work is complete. Depending on the type of maintenance work requested (from something as simple as a light bulb change to repairing a leaking faucet, to complete overhaul of a vacated room) there is often a wide variance in the time it takes to have the work completed. Based on your feedback, this is an area that needs improvement. You will be kept informed of the progress of this team as we work towards streamlining that process and building consistency in the way the work is accomplished.

Other teams are focusing on staff retention, training and awards; getting all staff onboard with our new healthcare software that is a complete 'one stop' bundling of resident data that allows the sharing of data between departments and eliminates the need for duplication of effort and exploring how other features of the software can be beneficial during the transition of residents between levels of care; and a team is tasked with developing new and innovative ways of keeping our military heritage at the forefront as we continue our journey towards excellent care and services for our veterans.

These are just a few areas, there are many more. Your suggestions and ideas

have been very useful. As we move forward and execute our tasks on a daily basis, we must do so with an eye on our future so that when today's active duty sailors, soldiers and Marines decide to join us in their retirement, we will be ready and they can reap the benefits of our diligent efforts.

In the upcoming months, while we recruit for a new director, our three service chiefs will rotate as interim directors. David

Rouse, Chuck Dickerson and Dr. Linda Radar are all familiar with our residents and our organization and I am confident that this will be a seamless transition with virtually no disruption in the way we do business. It is also an excellent opportunity for each of them to expand outside their area of expertise and see firsthand the contributions of all areas toward the success of the AFRH.

Your continued support is appreciated.

Tim Cox

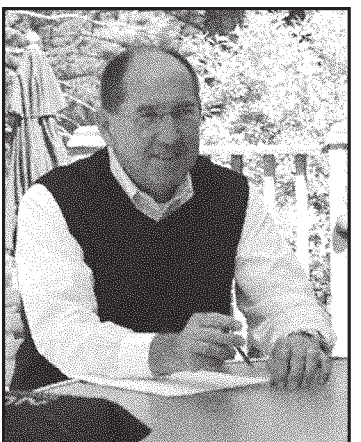
we also had residents' family members call in to voice their agreement with my message. It's extremely gratifying to know the majority of our residents know and understand that their interest is always first and foremost and that together, we can flourish in a pleasant, nurturing environment.

Last month, the AFRH management team and many of our key staff members met off campus for three days of strategic planning. We've had several shorter follow up meetings since then to help us maintain our focus and ensure that we, as a team, are taking measured steps toward achieving certain milestones. Smaller teams were also established to examine your responses to our surveys and put into place ways to achieve a higher level of customer satisfaction in services we provide. One team, for instance, is reviewing the life cycle of a



AFRH Chief Operating Officer Tim Cox, center, discusses ideas for processing work orders with Maurice Swinton, left, and Steve McManus.

Conversation with the Chief Financial Officer



Received I received some very positive feedback on last month's Communicator article. This month I would like to address topics from the past like resident fees and a few trivia highlights. In February 2007's article, I highlighted the following about resident fee computation:

The focus group meetings on resident fees provided some great discussion that resulted in good questions. As a result, we will be getting a legal review of many questions like the following:

Should the distributions from Thrift Savings Plans, annuities, life insurance policies, etc., be included as the monthly income and monthly payments (including Federal payments) received by a resident?

If a resident's spouse is in a retirement home other than the AFRH and part of their income goes towards the spouse's fees, should those fees be deducted from the resident's income as part of the resident fee computation?

If a resident receives winnings from legalized gambling, should the winnings be included in the resident fee computation as income?

If a resident cashes in bonds, should the cash received from the bond be considered as income? If yes, is there any type bond that should not be included as income?

April's letter provided an update on our effort with resident fees. The following paragraph highlighted the status:

"A special thanks to many of you who have already started to bring your paperwork into the Business Center for computation of next year's resident fees. Through this mutual effort and approach we will be able to avoid the normal stress of waiting in line and added frustration of not knowing your fees until the last moment. There is still plenty of time for you to bring your paperwork to the Business Center for those who have not yet done so. Also, paperwork can be dropped at Patient Finance during its established hours. This summer we will be sending reminders to those who still need to submit their paperwork; the last notice will be in November. We will also be having focus group meetings once we receive legal opinions on many of the questions we have asked about— what should or should not be included in fees. As discussed during earlier focus group meetings, those residents who fail to provide the necessary paperwork to compute their fee will receive the maximum fee beginning January 2008."

We are currently about 30 percent complete on our resident fee computation for next year. We still have a ways to go. A few weeks ago we sent out reminders to everyone about submitting the necessary paperwork for your resident fees. In July, we will be sending out notices to those residents who have not submitted the necessary

paperwork to compute their fees. If we have not received your paperwork by the end of August, you will be notified by letter and your name placed on a list in Admissions. In fairness to the many residents who do submit their paperwork annually, we will require it of all residents. We will make every effort to notify you.

We expect our legal review back by the end of June or just after the fourth of July weekend. As noted in the paragraph above, we will begin focus group meetings once we have received our legal opinion. Through the focus group meetings, we hope to address questions you may have and enhance the each resident's understanding of the resident fee process and computation.

Here is a little trivia about Long-term care resident

fees:

The average monthly fee for long-term care at the Armed Forces Retirement Home is \$1,333 or \$15,996 annually. In contrast - the 2005 average daily rate for a private room in a nursing home was \$203 per day or annually - \$74,095. (Note: this information was taken from Metlife's website.)

There are nine residents who pay the maximum of \$2,858 and 46 who pay under \$1,000.

Our lowest monthly and annual fee received for long-term care is \$364.23 and \$4,370.76 respectively.

Keep the questions coming! I enjoy talking to each of you.

Steve McManus

Coast Guard volunteers plan more projects

Volunteer Services

In September 2007, the U.S. Coast Guard and AFRH will have a dedication ceremony at the ponds, in celebration of their long lasting commitment of beautifying the ponds for the veterans at AFRH.

For the past three years, the United States Coast Guard, Chief Warrant Officer's Association, CWOA, and the United States Chief Petty Officer's Association, CPOA Washington DC Chapter, have adopted the ponds. This year the CWOA and the CPOA have expanded their projects for the ponds to include building a new bridge; creating a new pathway to the ponds; and building fish-

ing rails for the veterans to enjoy.

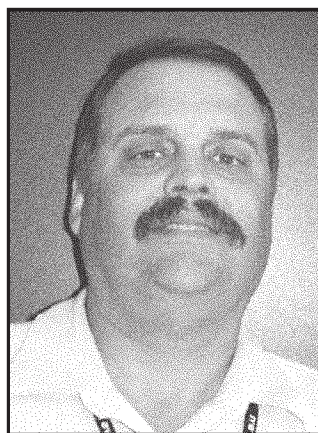
These hard working men and women volunteer in the spring for the "Opening of the Ponds" and do the spring cleaning of the ponds. The Coasties also host a cook-out for the veterans at the newly cleaned ponds. The U.S. Coast Guard will come back 2-3 times a year to keep up on the maintenance of the ponds. And the Coasties volunteer for different in-house special projects at AFRH.

If your group would like to "Adopt a Project at AFRH", please contact Volunteer Services at 202-730-3410 or email volunteer@afrh.gov.



Members of the Coast Guard Chief Warrant Officer's Association and Chief Petty Officer's Association, Washington, DC, proudly display their partnership with AFRH as they plan on more beautification projects at AFRH.

From the Interim Director



To quote an ancient Chinese philosophy, "Our wants are many, our needs are few." Never could such words be truer than now at AFRH Washington. Although we are in a time of great

change with ongoing plans for the development of the southern portion of the Washington Campus, the progress on getting Gulfport reconstruction moving forward, a project to relocate the Business Center, interior renovations of Scott Building, and a roof replacement project about to begin on the Scott Building, we continue to strive to ensure needs of our residents are being met on a daily basis.

In meeting your needs, AFRH staff members and contractors are working to provide a safe and clean environment, good nutritious meals, quality health care, and myriad of recreational opportunities to keep you involved and active no matter where your interest may lay. These efforts by no means implies "everything is okay," in fact, there are serious issues that need to be addressed, the largest of which is a very aged infrastructure that sometimes

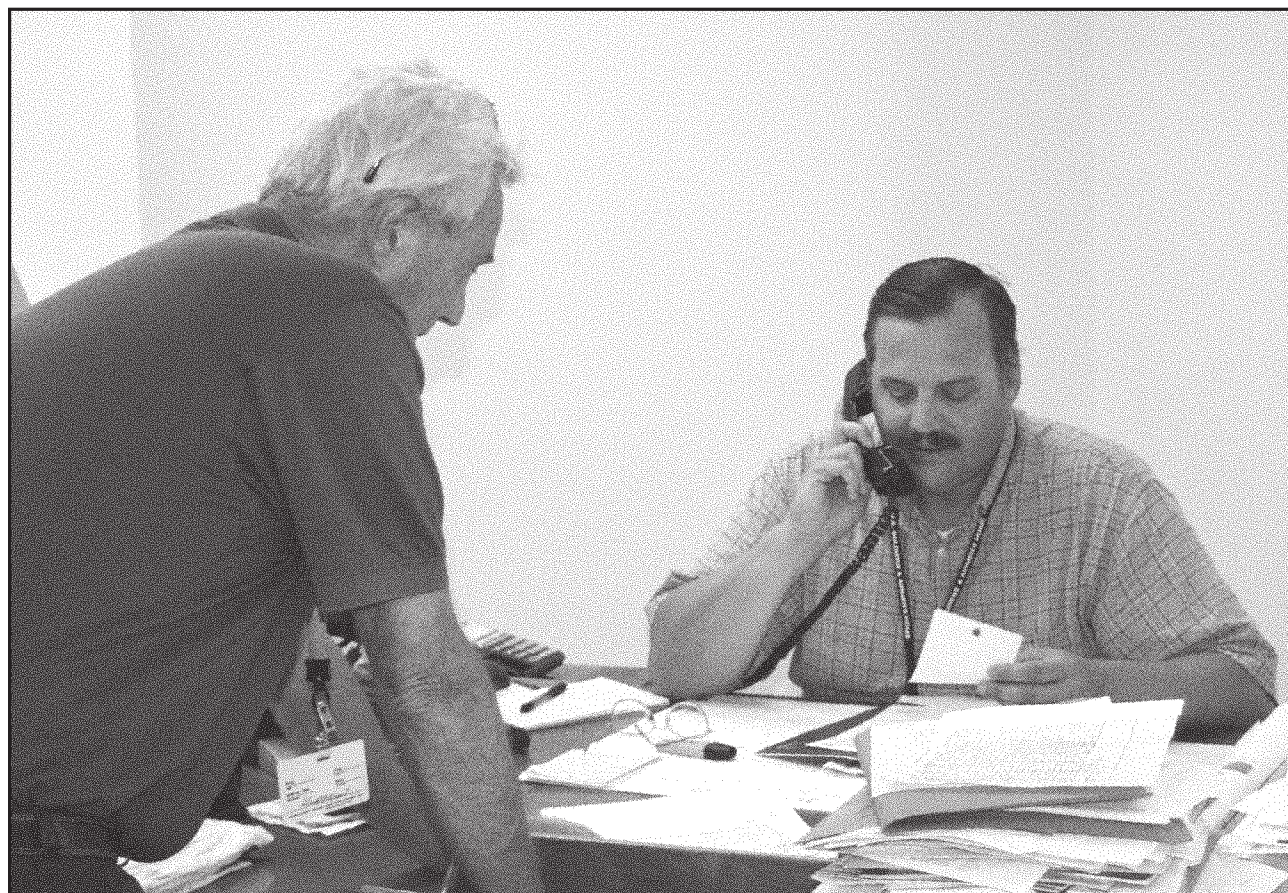
fails and is extremely difficult to get back in balance. The permanent corrective actions required for many of these buildings and systems are extremely large undertaking; however, resources to correct problems as rapidly as possible are being expended while a long range revitalization plan for the Washington Campus is being developed. Will this solve all of today's problems now, obviously not; but it does show an honest desire to meet the needs of residents today and tomorrow.

As with any community though, the residents want things to constantly improve and AFRH Washington is no exception. Your input through the official channels of communication such as the Resident Advisory Council, Resident Fund Advisory Board, Dining Facility Committee, and Recreation Trip Committee provides a means of focusing the various resident desired wants into a comprehensive list of items that can be addressed. Can we fulfill all of these desires, obviously not; because just like you, AFRH doesn't have an unlimited amount of resources. Residential wants compete in many cases for the same scarce resources that are used to meet Campus wide needs.

When you reflect upon this article, I hope you can honestly say, "My needs are

few, my wants are many," and AFRH Washington's Staff and contractors are determined to improve upon meeting both my needs and wants.

David Rouse



Jerry Wessel of Campus Ops discusses a work order with David Rouse.

Welcome Aboard



Name: Edward F. Davis
Branch of Service: USA
Entry Date: May 1940
Separation Date: January 19700
Rank: 1st SGT
War Theaters: WWII, Korea & Vietnam



Name: Richard R. Powers
Branch of Service: USN
Entry Date: August 1940
Separation Date: September 1959
Rank: E7
War Theaters: Pacific & Korea



Name: Victor U. Sutter
Branch of Service: USN
Entry Date: December 1946
Separation Date: June 1967
Rank: E7
War Theaters: Korea & Vietnam



Name: James Landry
Branch of Service: USA
Entry Date: February 1940
Separation Date: January 1981
War Theaters: WWII, South Pacific, Korea

Birthday Celebration

Grace Mueller, a resident at AFRH since 2000, celebrated her 90th birthday in grand style at the Women's Memorial recently. Grace was a Sergeant Major in the U.S. Army.



Lady residents attending Grace Mueller's 90th birthday celebration are from left to right - Althea Gromacke, Ruth Woodworth, Anna Munzer, Jo Soboleski, Catherine McCarty.



Left - Grace Mueller and her nephew Leonard A. Mueller, USMC Major (ret).

Below - Grace's birthday cake was festive and had a photo of her taken from her days in the military.



Former Navy Mess Specialist knew he could do more

Breaking the barriers

Story and photo by Mary Kay Gominger

On page 1 of this issue of the Communicator you read about the christening ceremony held on June 2 for the USS Truxton. One of our residents, Lanier Phillips, served aboard that particular ship in the early 40s and he has an interesting story to tell.

Being part of such a celebration was something Phillips never even dreamed about as a child. Phillips was aboard the USS Truxton in 1943 when it went aground during a storm off the coast of St. Lawrence, Newfoundland, Canada, along with the supply ship Pollux. One hundred and ten crewman died in the icy elements, but Phillips, and 47 other crewmen, were saved.

"Being rescued that day changed my life," a teary-eyed Phillips said. "And it wasn't just being alive...it was the treatment I got from the people of that town. They treated me, for the first time in my life, just like they treated every other person rescued. The difference was - I was a black man and they were all white. They knew nothing about racism and segregation. They treated me like a person, a worthy human being, and for me, it was life-altering," he said.

To understand the profoundness of that statement, you really have to know a little bit about Lanier Phillips'

background. Lanier grew up in the deep south, in Lithonia, Georgia. From as early as he can remember, he was fearful for his life and for the life of his family as discrimination against people of color was a daily threat. The school he attended was burned to the ground. The only thing Phillips had going for him were his dreams.

"When I got old enough to get out of town, I did," said Phillips. "I joined the Navy. I didn't have many other options."

The Navy, too, had discriminatory practices back in that era so upon entrance, Phillips was assigned as a messman, the only place blacks were allowed to serve. He did this for many years. With the experience of the USS Truxton still heavy on his mind, Phillips then did the unthinkable. He applied for the Navy's sonar school and was not immediately but eventually accepted and became the first black Navy sailor to become something more than a messman. He was a sonar technician but more important for that, he cracked open the door for all races to forge ahead and follow their dreams.

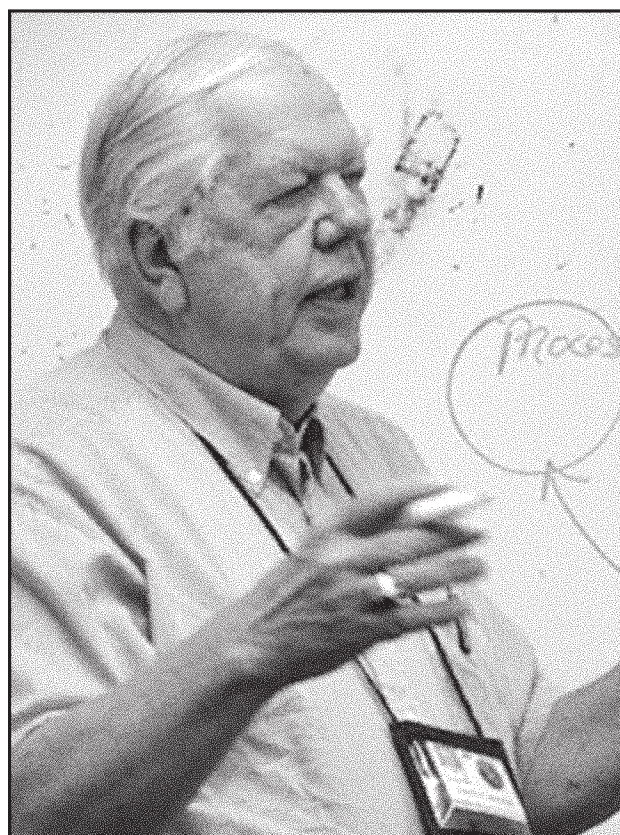
Phillips has been a resident of the AFRH for the past 10 years and he encourages everyone to always strive to reach your dreams. It's easy to give up, he says, but well worth the effort once you achieve your goals.



Lanier Phillips stands at attention during the posting of the colors at the christening ceremony for the USS Truxton held in Pascagoula, Miss., on June 2. Lanier and some of his family were special guests at the christening ceremony.

Residents' life experiences benefit fellow veterans

Pursuit to learn more pushed this Army veteran to excel in military career and all areas of life



"I was born in Hancock, Maryland, at a very young age," quipped resident Joseph (Joe) Wachter. Unfortunately, Joe's parents were killed in an automobile accident when he was barely two years old. He was raised by a stern grandmother until he began to fend for himself at the age of 13. He worked on apple orchards and restaurants, and then, at the age of 17 worked on a General Motors assembly line. He states that there were many reasons for him enlisting in the U.S. Army at the age of 18; he needed the discipline, social environment, and opportunities, and he intended to, somehow, pursue an education.

Joe was in Korea, assigned to the elite 5th Regimental Combat Team, during the latter part of the Korean war. After the truce he was appointed "Troop Information and Education NCO" although he was only a Private First Class. He believes that his appointment was

granted because he was often observed reading and, even then, had a somewhat extroverted personality, and good platform presence. His duties led him to learn a lot about the military education opportunities. He earned his General Education Diploma (GED) the same year the high school class he would have been in graduated. "The Army could have promoted me a dozen times, but I could not have been more elated than when I earned that GED; my first academic success!" he stated.

As soon as Joe's unit moved into a rear area reserve encampment, he attended his first college course, sponsored by the University of California. "I recall that the subject was zoology, something I had very little interest in, but I earned three semester credits - and to me that was better than payday!"

After completing communications and cryptography school, Joe was assigned as one of the few military advisors in Viet Nam in the early sixties.

He stated, "I was, and am, very proud of our early efforts in Viet Nam. We were educating, training and assisting the population to establish self-rule after hundreds of years on subjugation - unfortunately, it was too little, too late."

From that point on Joe pursued his education at night school wherever he was assigned. In Germany, where Joe served as a Missile Operations Sergeant, he was able to carry a full college course load; attending University of Maryland classes, two classes per night, four nights per week.

Attending college in Germany was not the only high point of his assignment to Germany - it was there that he met and married his wife of 47 years. He and his wife, Elly, raised four 'Army Brats' and they added to his good fortune. His wife died one and a half years ago, so Joe returned to the type of social environment he likes.

"Now that I have endured and persevered, I want to be with the same type of military men that had been a source of comradeship for so many years; besides I get to live in Washington, DC; my favorite city in the world, and be close to my home state of Maryland.

While serving as an Operations Sergeant at Fort Bliss, Texas, and attending the University of Texas at night, Joe was very close to earning a college degree in history. He had almost forgotten that years before he had applied for an Army scholarship. In 1967 he was awarded a two year scholarship to study business data processing and computer science (all tuition, expenses, and Army pay included) to Orange Coast College in California. Because of his previous college credits he graduated during his first semester

there, so he was able to attend the University of California part-time, while fulfilling the computer science requirements at Orange Coast. His Orange Coast curriculum allowed him to be one of the first military persons to program the IBM 360 computer - a very sophisticated system in its day.

As luck would have it, his first assignment after his scholarship was to Headquarters, U.S. Army Korea, where he was chief programmer on a very antiquated computer.

While he never earned a teaching degree he, nevertheless, began teaching night schools. He taught Army programming and personnel proficient skills to soldiers so they could earn proficient pay, and taught computer operations skills to Korean civilians so they could achieve a higher standard of living.

After serving as Chief Computer Programmer for U.S. Army Korea, the Army Finance Command, and U.S. Army Europe, Joe retired as a Master Specialist (SP7) from the Army in 1974 and immediately went to work for Sperry-Univac, which was, at that time, the second largest computer manufacturer in the world (after IBM). The Univac experience caused him to specialize in very large non-IBM computers, and prepared him to take on many very large system tasks for several fortune 500 computers, and for the U.S. Navy and U.S. Air Force Logistics Commands.

In addition to his college degrees, Joe earned the Certified System Professional, Certified Systems Programmer, and Certified Data Processor designations for the Institute for Certification of Computer Professionals, and the Certified Manager designation for George Mason University.

Since arriving at AFRH, Joe has not slowed down. He teaches computer skills to the residents four days per week. He stated, "It is a great joy to teach our residents to exchange email with their family and friends, and see them expand their knowledge and pleasure by 'surfing the net.'"

Joe has also taught genealogy courses at AFRH and will, most likely, teach another one next year. "Genealogy is my passion and avocation. For one to trace one's ancestors back many generations serves to put our heritage blessings in perspective," said Joe. Joe's genealogy web site, still under construction, can be found at www.viaprocess.com/viatic, it shows his lineage back to 1611 in Virginia and 1767 in Pennsylvania.

He is quick to thank Mary Darden of the AFRH library and the home leadership for increasing the number of computers available for use. "When we open the computer window-on-the-world for our residents we need a lot of windows."



Joe Wachter (right) helps a fellow resident learn how to surf the internet during a classroom session. Joe enjoys teaching classes and helping the residents learn how to better navigate on the computer.

Competition is tough in Senior Olympics

By Keith Tuner

The Armed Forces Retirement Home held its 2nd Annual Senior Olympics, and oh boy, was it awesome! Over 70 residents signed up to participate in the 25 events that were designed for them and the competition was fierce. This two day event was highlighted by the BPV's tournaments on the final day with many spectators on site. Although it would be too much to go into detail about each individual event, some things just have to be mentioned because of how awesome the Olympians were.

Curt Young was simply brilliant in the Bike Race and the Iron Man "75 years and under" category with 43 sit-ups, 56 push-ups, and 199 leg lifts while being given only 60 seconds for each exercise.

Ruby Bloomer took the Gold medal in the Strongest Woman "76 and over" section while Corrine Robinson wiped everyone out for the Strongest Woman "75 and under." Eugene Allison stole the show in the bowling department with his skills that were amazing from the beginning thru the end. Susan Chubb took home a record "8" medals, while Curt Young set a new record for the 1mile Speed Walk at 6:09.

In all, the event was a total success and is expected to grow even larger next year. The final results of the Olympics will be posted soon. To everyone who participated, we salute you and your efforts. You are truly Champions!

Taking Aim

Joseph O'Carroll aims and throws in the Dart Throwing contest.

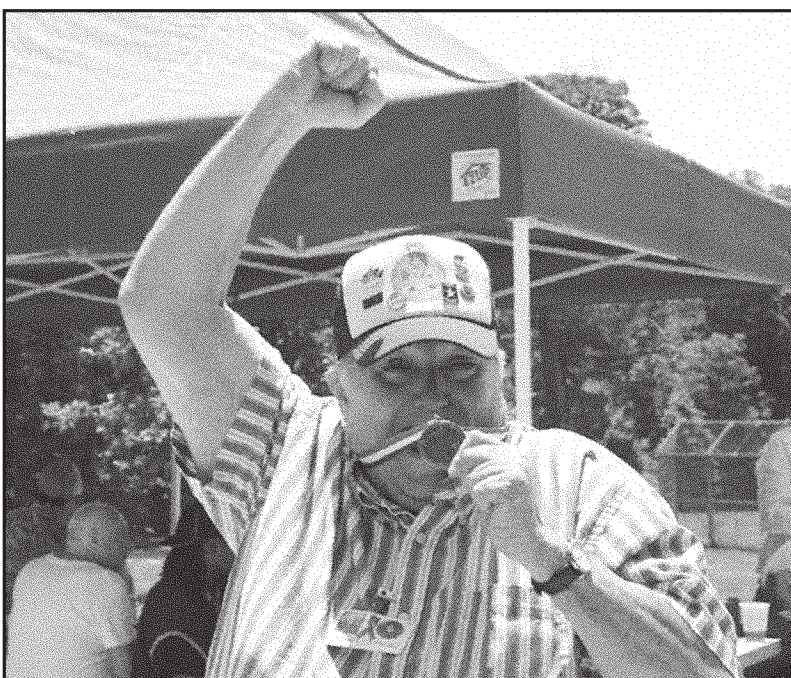


Basketball Throw - Betty Lindstrom takes the Bronze medal in the 'Hot Shot' category.



Tug of War

Ruby Bloomer surprises everyone during the tug of war competition. She most certainly captured the 'Strongest Woman' title.

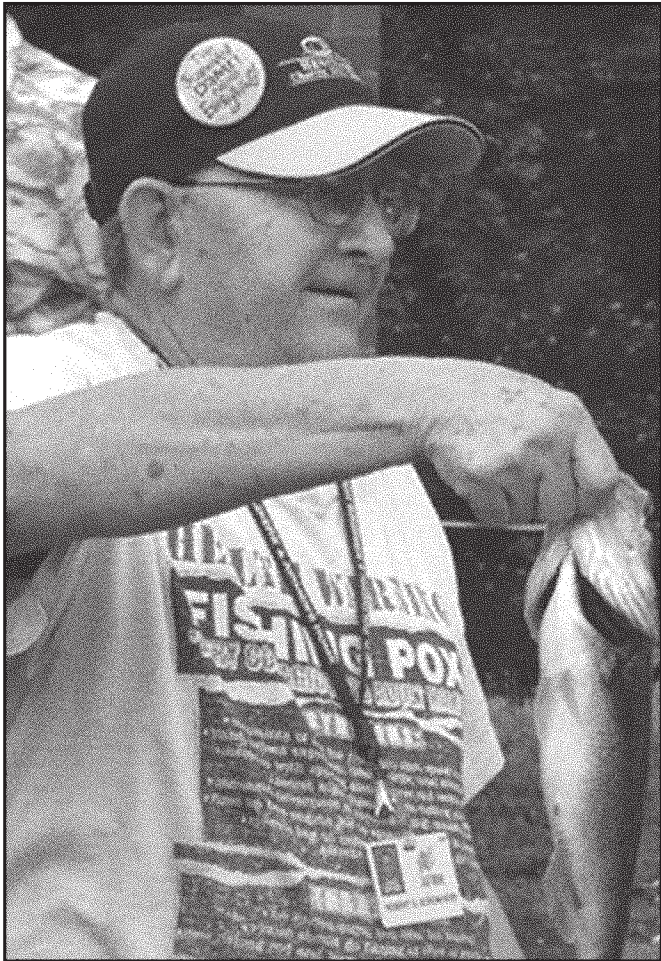


Gold Medalist

Michael Longwell shows off his 1st place medal in the Pool Shooting contest. Michael is now a Gold Medalist winner.

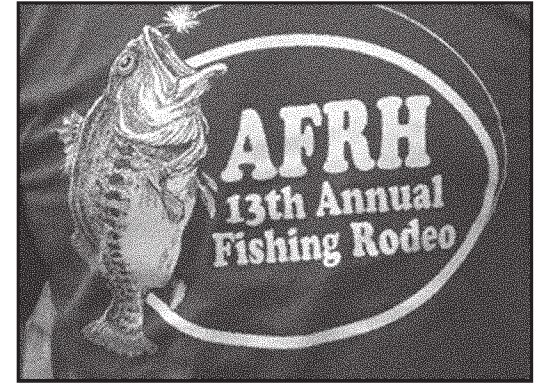


Ab Builder - Iron Man Curtis Young earning 1st place in the 'Sit Up' category with 43 sit ups in 60 seconds.



Robert Schonherr waits for his fish to get measured and weighed.

The BIG one didn't get away!

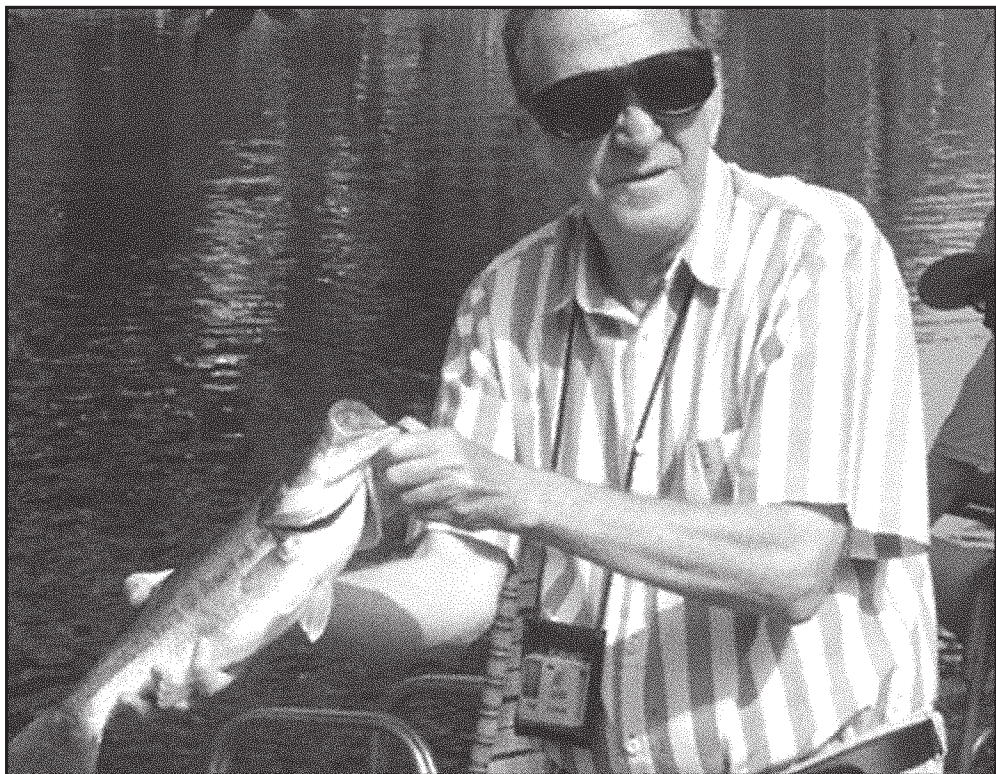


By Ashleigh Wesche, Volunteer

Early on the morning on Friday June 8, the AFRH residents journeyed down to the pond for the 13th Annual Fishing Rodeo. The fish started biting early and around 7:30 a.m. the first fish of the day was caught by Mr. Harold Fillyaw who later won the award for "Most Fish Caught" with 54 fish total! One especially exciting part of the day was when Harry Casino, age 88, caught his first fish ever! Mr. Casino had never fished before in his life and ended his day with a total of five fish!

Joining the AFRH residents, active duty members from Walter Reed's Recreational Therapy showed up to join in the fun. ROTC cadets from Detachment 130 also volunteered their time to help measure, weigh, and score the fish. The rodeo ended just as the heat of the day started to set in and everyone enjoyed drinks and snacks as Mr David Rouse, Acting Director, presented awards. The "Smallest Fish" award was given to Mr. Ernest Sylvester whose tiny fish was only 4.75 inches. Mr. Bob Farnam received both the "Longest Fish Caught" and the "Heaviest Fish" awards with the same fish measuring at 16.5 inches long, and weighing 2 pounds and 1ounce!

It was exciting to have service men and women from our nations past present and even future, fishing together and enjoying each other's company.



Bob Farnam shows off the fish he caught during the Fishing Rodeo at the AFRH pond.



Roger Davison and Doris Jones (casting) as they try to snag the big one.

AFRH Diamondbacks lose out in action-packed game

By Jerry Carter

On Wednesday, June 6th, the AFRH Diamondbacks were defeated by Childrens' Hospital Bears 26 - 18 in extra innings. The game was tied 18 - 18 after seven innings, the Bears scored eight runs in the top of the 8th to pull away in a fun, and action packed game. Resident Warren Helms had three hits in four at bats and Curt Young played two positions, first base and pitcher, during the game. Over 80 residents watched the game from the hill and enjoyed the cook-out hosted by Food Service. The D'Backs are currently in third place with a record of 1 - 3 in the DC Community League.

The AFRH Diamondbacks would like to thank all the residents who attend the games held here on campus.



Curtis Young gets a base hit to left field.



Lorenzo Tibbett of Recreation Services takes off from first base.

Photographs by Chuck Jones

King Health Center celebrates May 2007 Country Fair in grand style

It was a beautiful night for a fair! On Thursday, May 24, 2007, KHC Recreation Therapy put on a Fair to remember. Everyone was welcome to some good ole' toe tapping Country/Western music tunes played by the six piece band "Oklahoma Twisters." Brightly decorated game booths such as: Basketball Shoot, Balloon Darts, Bean Bag Toss, Blackjack Table, and Sink-It Putting were set up for residents to try their luck and win a prize. There was also an exciting watermelon seed spitting contest with winners taking home cash prizes. And to top it off there were fun fair foods flowing... Snow Cones, Watermelon, Hot Dogs on the Grill, Beer, and Lemonade!



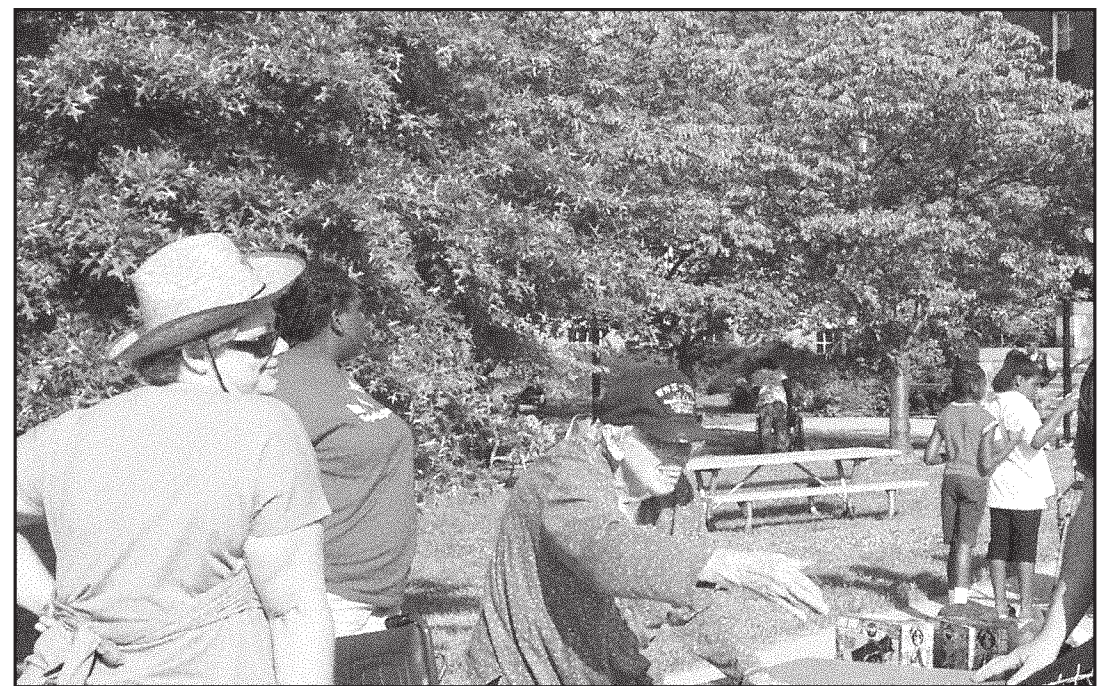
Eugene Pelle aims for the balloons during the KHC Country Fair.



Louis Dicroce aims for two points while volunteer Karen Moore cheers him on.



Michelle Bailey (left) serves up a hotdog to Frances Scott and other residents during the Country Fair activities.



Loretta Turner participates in the "Watermelon Spitting" contest.

Preparing for future emergencies

Amateur Radio Field Day held at AFRH

By Allan Hubbert

America changed forever after the events of 9-11. Our nation's leaders have placed significant emphasis on the mitigation and recovery from natural and man-made catastrophic events.

The Department of Homeland Security has taken steps to ensure the continuation of our national communications infrastructure. DHS, through their Citizen's Corp., signed a Statement of Affiliation (SOA) with the American Radio Relay League (ARRL), a Connecticut not-for-profit fraternal organization. That SOA pledged a cooperative effort to bring volunteer Amateur Radio operators on-board to provide emergency communications support to ensure continuity of communications in support of national defense.

The American Radio Relay League sponsors an annual Field Day communications exercise to test the ability of Amateurs to provide emergency communications support to many served agencies at the federal, state, and municipal levels.

This year the Field Day was held on June 23 and 24. Thousands of Hams, as they are sometimes called, take to the field and set up their equipment, portable antennas, and power systems to see just how prepared they really are. It is always a learning experience and an opportunity to correct problems discovered.

Our own AFRH-W Amateur Radio Association set up operations in the large field behind the Scott Residential Building. They invited Metro DC individuals, groups, and clubs to join them.

Setup of equipment began about 8 a.m. and actual on-the-air operations began promptly at 2 p.m. These folks are either really dedicated, challenged, or a little of both.

Several modes of communications were used; from old fashioned Morse code, voice, and some of the new digital, high-tech. modes.

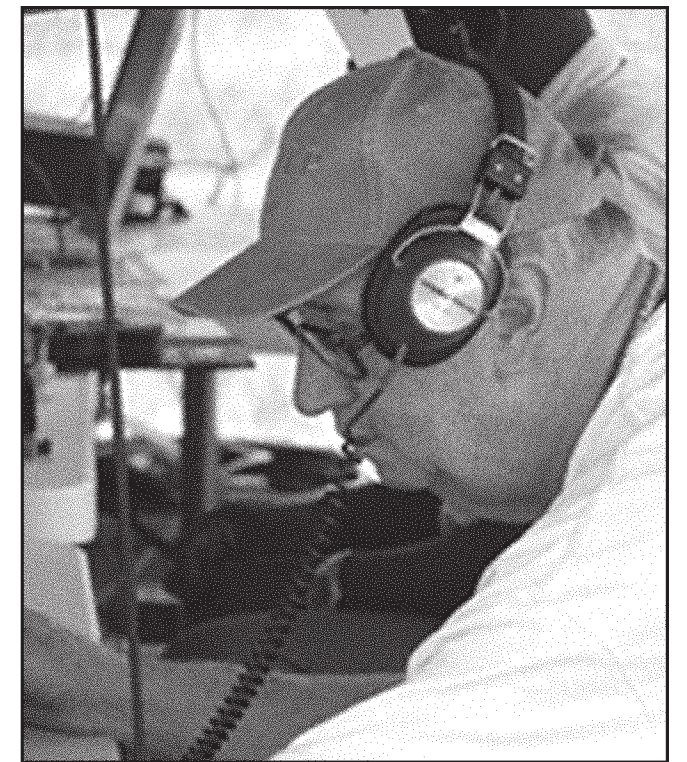
It's interesting to learn that Amateurs can also transmit live television video to each other. Demonstrations of Amateur

Television, or ATV as it is called, were the highlight of the event. Many residents got a chance to see familiar faces as they passed the camera. One of our guests, Doug Lindsey, brought his remote controlled helicopter, and brought a live video feed from the airborne platform.

The success of the event is measured by a point system that gives credit for contacts made, plus bonus points for meeting specific criteria. The results will be published in the ARRL monthly publica-



As part of the Amateur Radio Field Day, a guest participant demonstrates his remote control helicopter and the new technology it offers.



Allan Hubbert tweaks his radio equipment as he makes contact with another radio operator.

tion, QST magazine, several months down the road.

Members of the Metro DC Amateur community are sometimes referred to as "First Responders" when the traditional commercial communications infrastructure is knocked out of service.

Many of the Gulfport residents experienced, first hand, what happens when the landline and cellular phones no longer work. They can tell you exactly how isolated and helpless it makes them feel.

Our Amateur Radio Association has taken steps to ensure the ability to communicate, via emergency powered radios, with local, regional, and national government agencies. They also operate a federal Shared Resources (SHARES) High-Frequency Radio station directly tied to major Federal support agencies.

A resident profile

Navy bugler now honors his comrades

By John I. Bowery

I am extremely pleased to present for your pleasure, Mr. Francis (Frank) Ward, a man that has a mountain of talent and I can truthfully say that he is a gentleman and a scholar. He has the degrees to back up my statement. In addition to his credit he was awarded the degree of Master Bugler from the Bugle Master School at San Diego class C at San Diego, California. This was a branch of the Navy School of Music. He also taught himself to play the Bagpipes and excelled at playing them. Being a true Scotsman, he also has complete changes of summer and winter dress uniforms including many Scottish kilts in different colors of plaids.

Frank served on many ships during WWII. It seems that this is the time to tell you that when he was aboard the USS Chester during WWII the ship took a torpedo amidships during the battle of Guadalcanal. It broke the keel on the Chester and he was injured during that action.

The ship did not sink, however, and Francis and the Chester survived. The Chester was repaired in Australia and returned to sea duty.

It was during the Korean War that Frank had an unusual job. He was part of a top secret project and in that capacity he was Petty Officer in Command of two different PT Boats. They were the T-34 and Q-63 and they operated in and around Inchon north. His crew consisted of two sailors, seven Koreans, one House Boy and a cook. When they were at sea, there was an also Army Crypto operator on board.

Frank likes to say that he got his training during WWII then he put it all

together in the Korean War. During WWII Frank's first ship was the USS Chester. He served as an apprentice seaman from August 12, 1942, and was promoted to Seaman 2nd on September 10, 1943. He was promoted to Bugler first class by January 10, 1944. He served on the USS Pine Island from May to June '46 and then the USS Shangri-La March 15, 1947 to June 1947 and he was Bugler first class on the ships. He served on the USS Princeton until June 1949 as Quartermaster third class, transferred to the USS Mansfield, then to USS Collett, then again to the USS Toledo. He then went aboard the USS Shangri-La as quartermaster 1st class. He then transferred to the USS Hornet and was a Chief Quartermaster and carried that rate to the USS Yorktown and

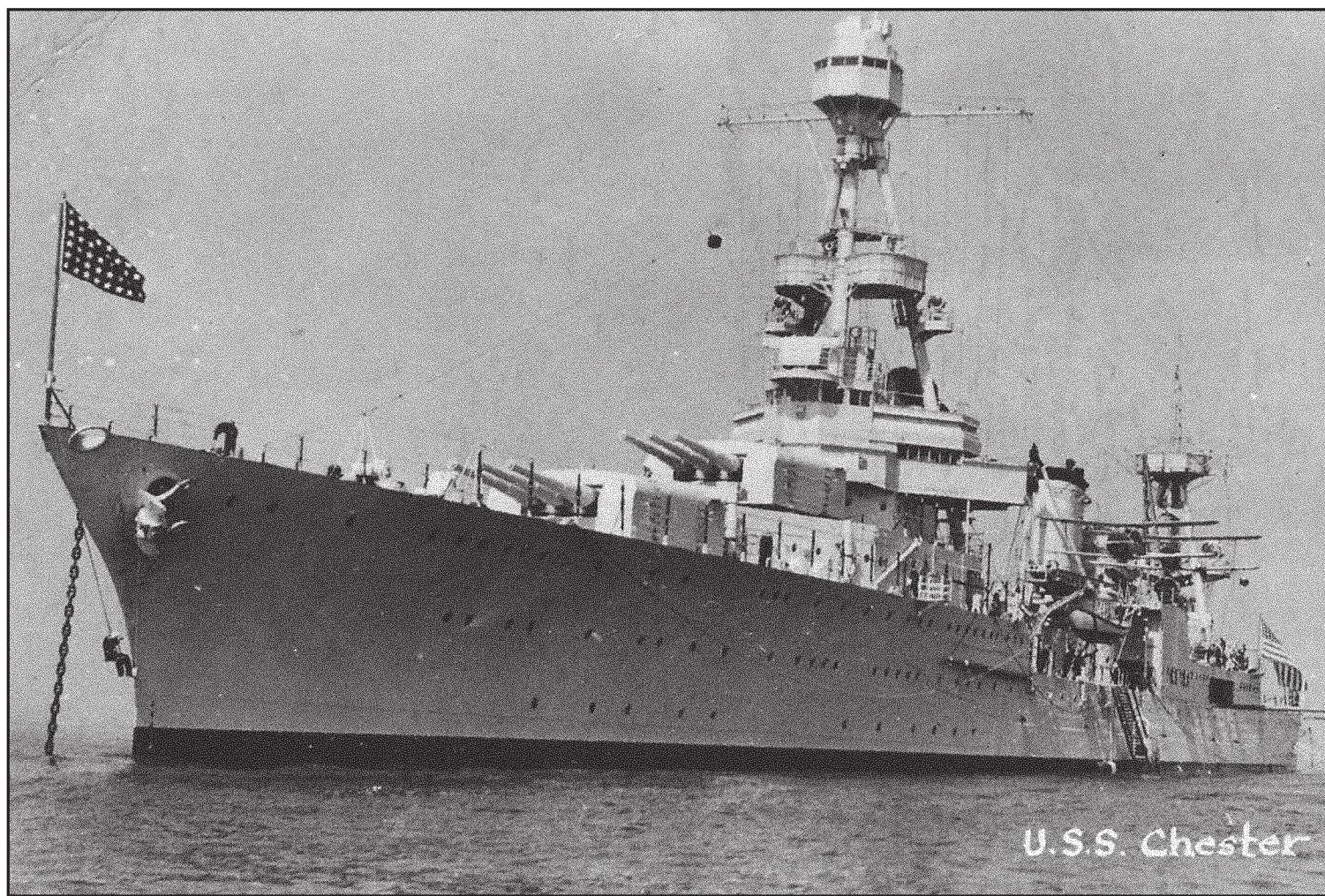
he finished his career on board the USS Mereus, a submarine Tender.

While serving on the Collett, the ship received nine hits, but survived the action. He received the Navy Unit Citation from the Department of the Navy and from the Secretary of the Navy he received the commendation for serving in Task Element 90. This is straight from the official transcript of Frank's Sea Service.

Frank was married 41 years to Elsa Boone (she was a direct descendent of Daniel Boone). He still misses her and made the decision to come to the Home for one purpose and one purpose only - to play the Pipes and Bugle to honor the deceased veterans and play their last retreat on the Pipes and the Bugle.



Above - Francis Ward in Salado, Texas, on November 10, 1968, with Highlanders of Oklahoma City. There were 18 band members.



Left - The USS Chester, a ship that Frank Ward spent time on while serving in the Navy.

Chaplain's Corner

One of the most difficult things for us to deal with as believers is unanswered prayers. You prayed for a friend or relative to be healed, but they were not. You prayed for a promotion on your job, but it did not come through. And then you began to ask yourself "Why should I pray?"

A few months ago I had a member of the church where I pastor ask us as a church to pray for her sister who was terminally ill with cancer. The sister lived in North Carolina and our church member would visit her sister often.

Our church prayed fervently that her sister would be healed. We had previously prayed for another person with a similar diagnosis, and that person was healed. Unfortunately, we did not get the same result when we prayed this time. Approximately a month or two after we started praying for her, our member's sister died.

Understandably, our member was very upset because her sister was not healed. This was truly an unanswered prayer! Or was it really? You see, many times when we pray, we want the prayer to be answered in a certain way and at a certain time. We have made up our minds how God should "do it". When it comes to healing we sometimes think more in terms of a physical healing rather than a spiritual healing.

In talking to our church member, I got her to see that God had answered the prayer for healing by healing the soul of her sister. In this case God had to take her sister to be with him for her ultimate healing.

Yes, God does answer our prayers — all of them. Sometimes the answer comes as a simple "Yes". But other times God answers the prayer in a way that we had not contemplated.

Chaplain Ronald K. Austin

Artists' talents showcased at Art Show

Right - Al Guinta (left) and Paul Hessler cruise the hallway enjoying the art work on display.

Bottom left - Frank Hale checks out the art work .

Bottom right - Billy White enjoys the beauty of the art.



U.S. Army Birthday Celebration

AFRH residents answered the "Call to Duty"

By Sheila Motley

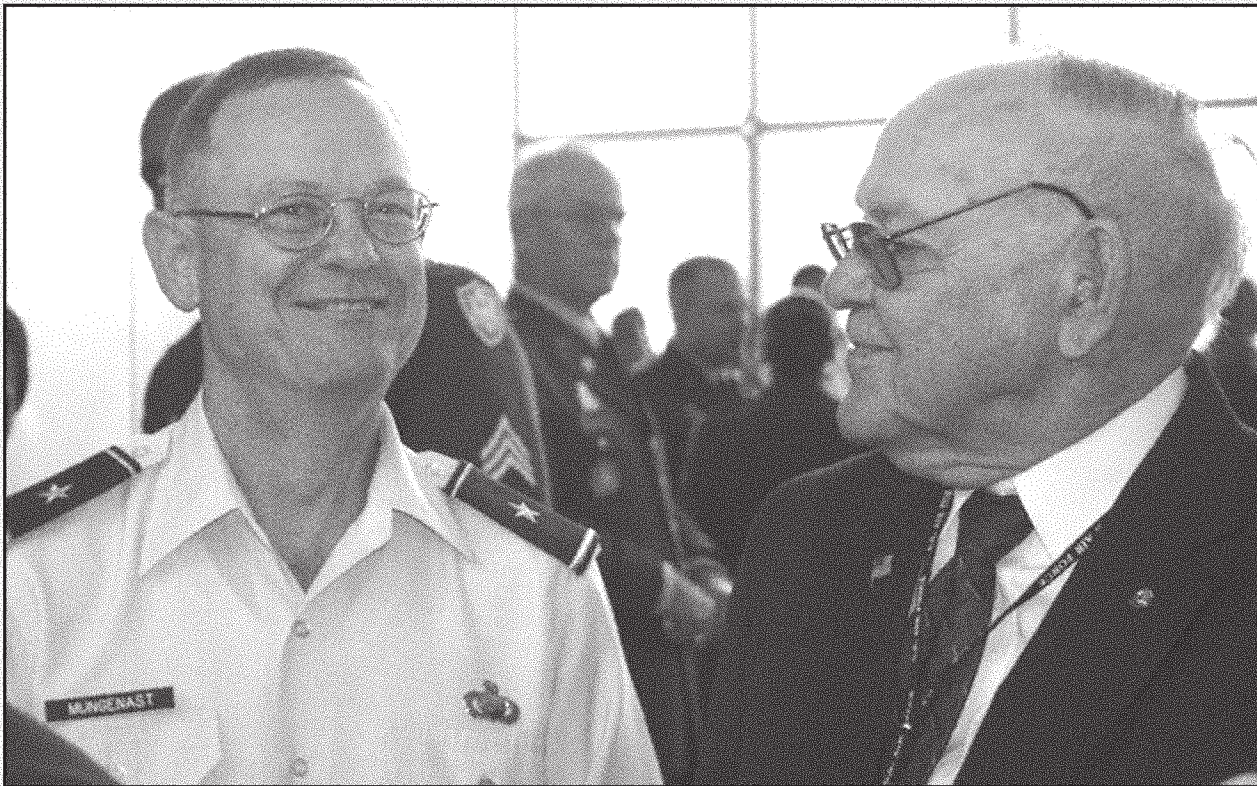
Since its birth on June 14, 1775, over a year before the signing of the Declaration of Independence, the U.S. Army has played a vital role in the growth and development of our nation. Soldiers have fought more than 10 wars, from the American Revolution through the Cold War, the Gulf War, to the current global war on terrorism. This 232nd birthday is in recognition of the Army's history, traditions, and service to the nation, "A Call to Duty," 232 years of service to our nation.

This 232nd celebration honors all soldiers who have answered the call to duty to serve our nation. As operations continue around the globe, our soldiers continue to be a well-trained, disciplined Army, comprised of the best men and women the nation has to offer.

Recently, AFRH residents had the opportunity to celebrate this special occasion at many places; here at AFRH, Pentagon, Defense Threat Reduction Agency (DTRA) at Ft. Belvoir, and the Defense Intelligence Agency at Bolling AFB. As the U.S. Army celebrated this special day in history, we all should reflect on the memories of our veterans and the ultimate sacrifice they made and continue to make for our country.



At Army birthday celebrations, a cake cutting ceremony was held. Pictured here (from left) are: Al Mori, CMS Jeff Greer, the youngest Army soldier Sgt Matthew Nicols, and Army veteran resident Robert Stevenson.



Resident Jim Hammett talks with Brigadier General Mungenast at the Defense Intelligence Agency (DIA) Army birthday celebration held at Bolling AFB.



Residents attended the Army Birthday celebration at Defense Threat Reduction Agency (DTRA) at Fort Belvoir.



Don Egolf (right) talks to a guest at the Defense Threat Reduction Agency Army birthday party.



U.S. Army Chief of Staff, General George W. Casey, Jr., and Major Yvonne Breece enjoy the company of Marie Townsend.



Sergeant Major of the Army Kenneth Preston (center) with residents at the U.S. Army Birthday celebration held at the Pentagon.

Photographs by Sheila Motley and Gregory Moore

Congressional 'Golf & Crab' Society's Charity Golf Tournament

Nineteen residents attended the 10th annual event on the eastern shore of Maryland.

AFRH would like to thank the Armed Forces Foundation, Congressman Duncan Hunter and Jerry Woods for making this event such a success!



Above - Donald Cooper, Clyde Hairston and Mary Varva enjoy the seafood served.



Left - Steve McManus (far left) AFRH CFO with Armed Forces Foundation Representatives and Jerry Woods and wife (far right).



Nelson Jamison tops off the meal with an ice cream cone.



James Webster digs into a fresh pile of shrimp before the main course.

Photographs by Gregory Moore

Lifetrails Ribbon Cutting

A new outdoor experience at AFRH

By Laura R. Fogarty

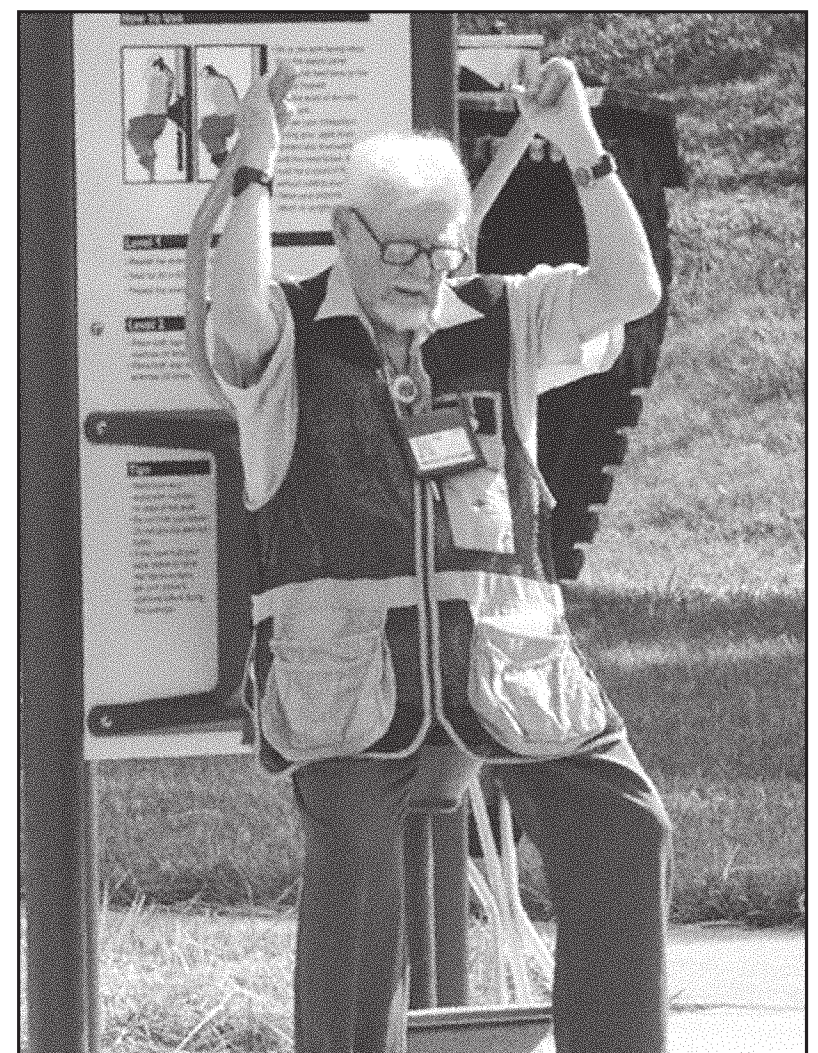
On Thursday, June 7th the Lifetrail Ribbon Cutting ceremony took place behind the Sheridan building, the Home of this "Pathway to Total Wellness." The 12 fitness stations are positioned around the 1/8th of a mile walking path and these series of stations provide enjoyable strengthening, flexibility and balance exercises. Using these machines will provide a well rounded fitness program for our residents.

Residents are encouraged to use the stations on their own or with a friend at their convenience. For those residents wanting some social interaction and hands on demonstrations using the stations, there are group sessions being held with Fitness Specialist, Jerry Carter. The sessions are held on Wednesdays and Fridays mornings at 8.

Enjoy the outdoors with this new fitness addition.



The Lifetrail stations set up now are available for all residents to use as part of their daily workout routine.



Building strength - Wilfred McCarthy tries out one of the Lifetrail stations.

Residents honored at 'A Night of Heroes'

Pentagon Federal Credit Union hosts banquet for veterans

Story Wilfred (Mac) McCarthy
Photos by Sheila Abarr

On Thursday evening, June 7, 10 of us from the Armed Forces Retirement Home went to a Banquet of Heroes at the National Building Museum, former pension building downtown. It was built in 1881 for the needs of Civil War veterans by the Army Quartermasters by General Montgomery. It had some aspects considered way ahead of its time including natural air conditioning and lighting and even space for future elevators, which hadn't been built yet. There is a frieze around the whole outside of building depicting marching Civil War Soldiers etc. The grand hall houses massive Corinthian columns that are the tallest interior columns in the world (I got this information from internet). This Italian Renaissance type structure was built as a memorial for the Unions soldiers, marines and sailors.

Inaugural Balls have been held here beginning with Grover Cleveland in 1893 up to the present. Movies have been shot here including one I saw a few years ago. They had it set up for a banquet (in movie) which the President attended sitting in front of the Presidential seal. An assassin was to shoot the President from upper balcony. As we sat in a similar setting for our Banquet of Heroes, I occasionally looked up to balcony to see if there was anyone there with a gun - Ha!

The movie was not released due to political reasons or bad acting or something. There were no big name actors that I can remember.

The Pentagon Federal Credit Union hosted the banquet and invited patients from Walter Reed Army Hospital as well as some of us from the home. There was a sign up sheet for anyone wanting to attend. It was to be formal except those from Walter Reed and the home. I think maybe some big corporations were there bidding on donated gifts with money going to Walter Reed Army Hospital and someone said they also gave a donation to the home.

As the patients from Walter Reed got off the bus we old soldiers escorted them to where they were to sign in. It was kind of the older generation meeting the younger generation. When our group was introduced we got a standing ovation. (I ate that up, bowed and waved until someone jokingly told me to sit down.)

Before dinner began I asked to have my photo taken with Medal of Honor winner Barney Barnum who was also the MC (he admired my two good conduct medals- Ha!).

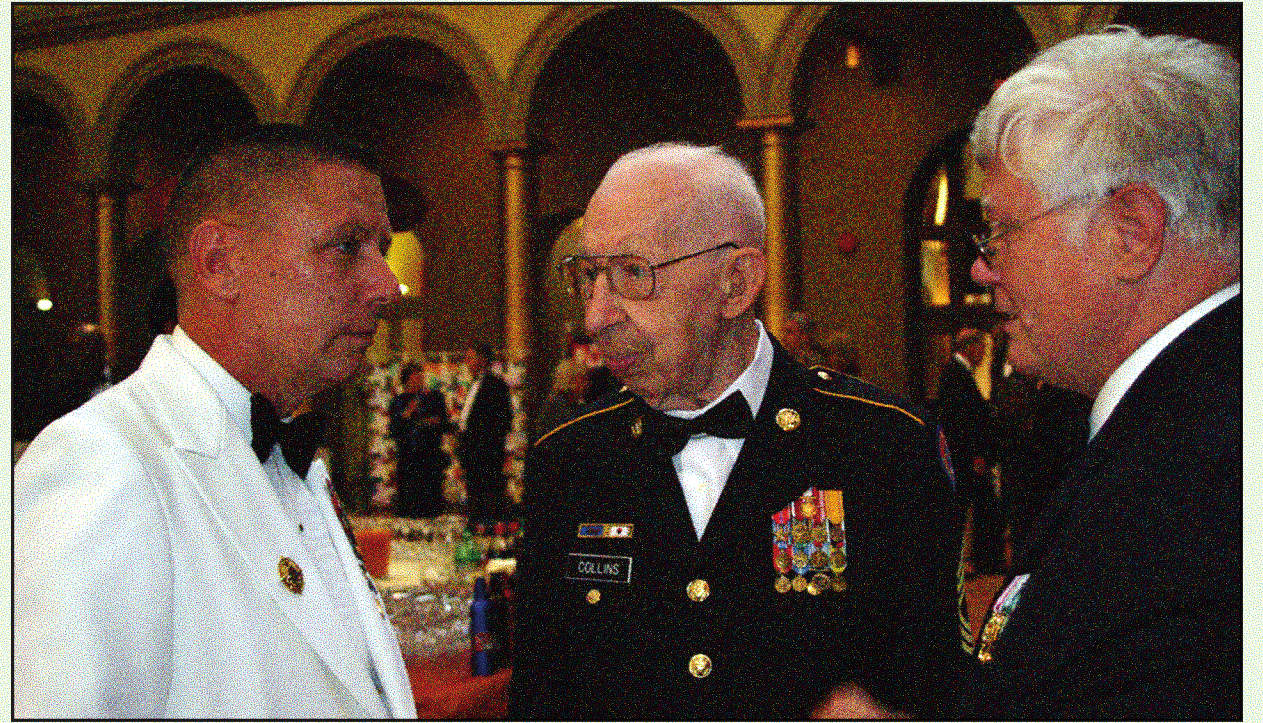
Some of the ladies wore beautiful gowns including our wonderful PR lady Sheila Abarr who accompanied us. It was a classy event and probably about as close as I will come to a formal dinner at the White House.

One of those honored was Sergeant Major of the Army Kenneth O. Preston who has been kind to us here at the home.

These notes are for those that attended in case they did not know the background of the Building Museum. It is open to the public for tours. I enjoyed this outing so much I wish we would attend such a banquet every Thursday night. I am available.



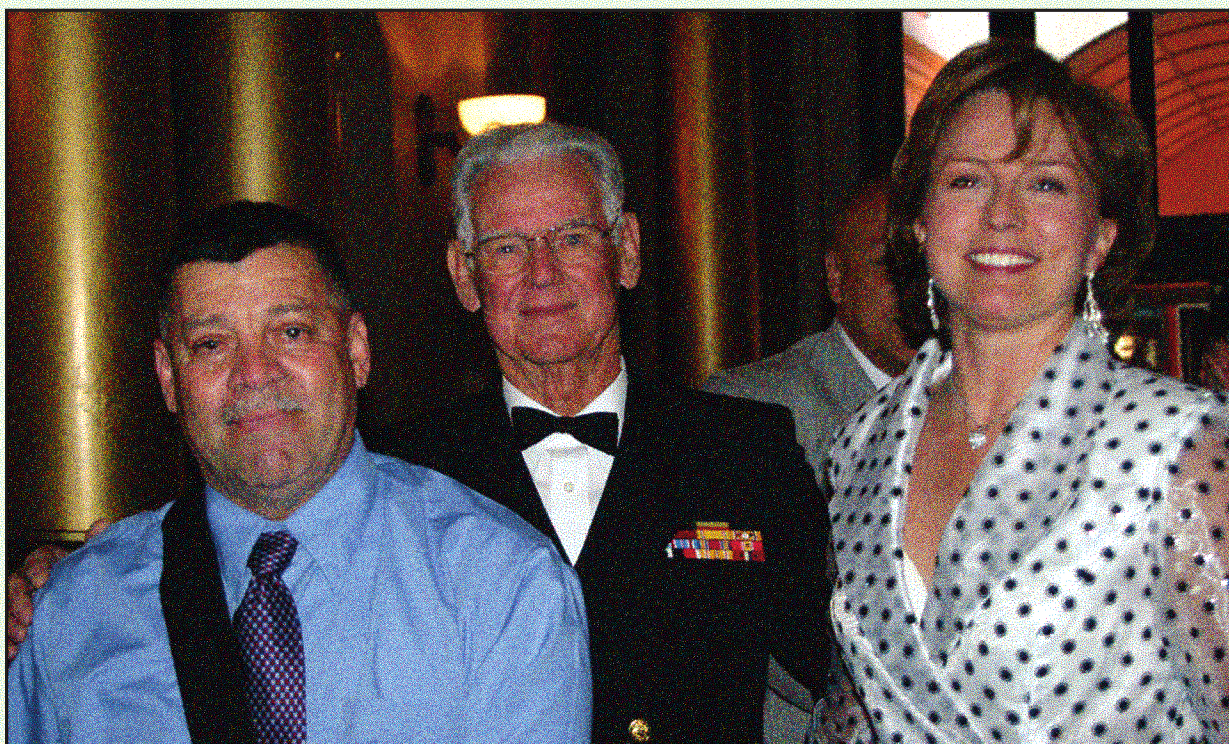
Charles Felder assists Corporal Callahan, a patient at Walter Reed, to his seat for the banquet.



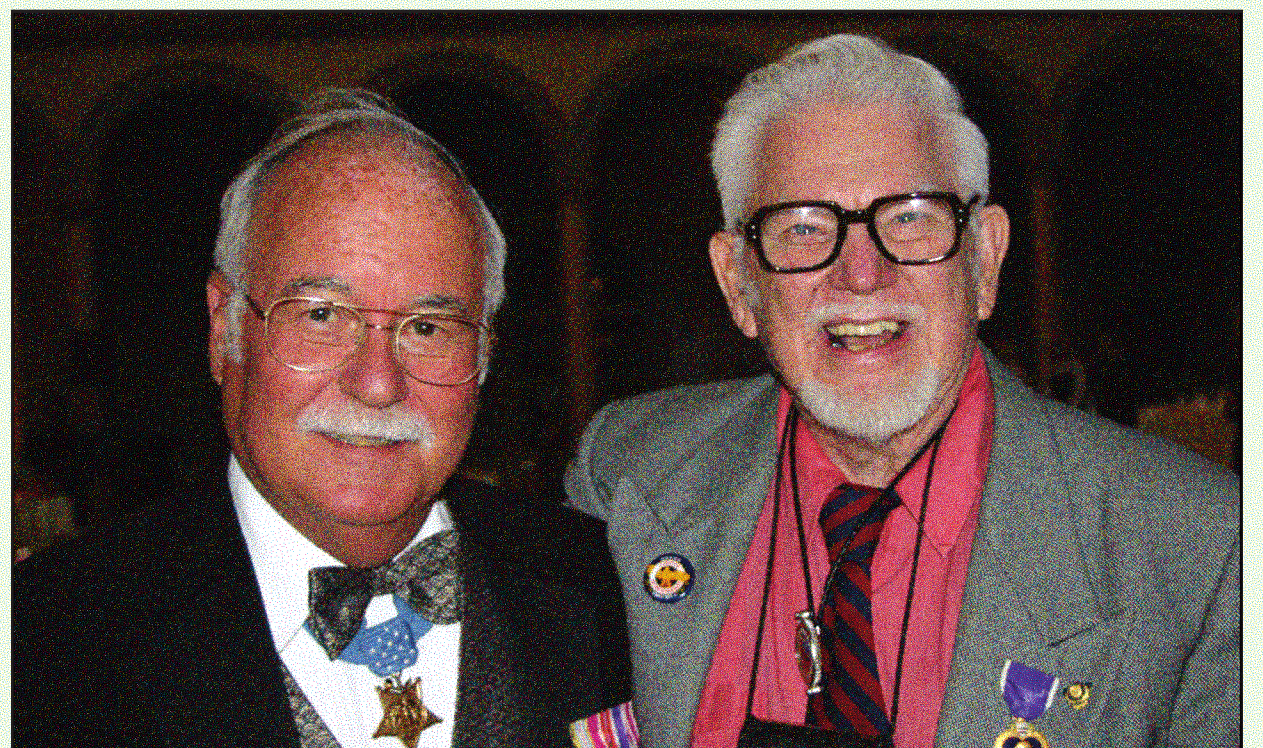
From left - The Master Chief Petty Officer of the Coast Guard Charles "Skip" Bowen, Carrol Collins and David Anderburg, visit prior to the dinner.



Daniel Funk (right) visits with a Walter Reed soldier.



Hugo Wingo (center) assists an soldier from Walter Reed Army soldier and a special guest to their seats.



Barney Barnum (left) and Wilfred McCarthy enjoy the Night of Heroes banquet sponsored by the Pentagon Federal Credit Union.