



Armed Forces Retirement Home

# Communicator

VOLUME V NUMBER 5

ARMED FORCES RETIREMENT HOME

JUNE 30, 2008

## Gulfport Update

**General Services Administration** - The project is on schedule. The campus will be complete on July 2010. We are making great progress on the main building. Currently we are finishing up the foundation work, and progress is continuing with: column installation, stairwells, shear walls and placed well over 52,000 SF of elevated slab for the second floor (Community Level) and about 26,000 SF of elevated slab for the third floor (Assisted Living). Site work and infrastructure for utilities continue as well. Completion for the main building is scheduled for July 2010.

See page 3 for an update on AFRH-G Chapel renovations. Visit [www.afrh.gov](http://www.afrh.gov) for weekly photo updates of the Gulfport project.



A view of the Gulfport site from Anniston Avenue.

## Inside this Issue



**Gulfport Chapel restoration begins**

Page 3



**Coast Guard cleans ponds**

Page 6



**Cruising the Potomac**

Page 8

## National Volunteer Week

### Former submariner uses his time now to help fellow veterans

By Mary Kay Gominger

Two year resident Woodrow "Woody" Williams spends most of his day volunteering his time and helping his fellow veterans. Three days a week he works at the Thrift Shop. When he is not there, Woody assists Recreation Services setting up for picnics and other special events. He also gives tours to prospective residents and sponsors new residents coming to the AFRH. He does all that, and still manages to walk at least a mile every day.

"I know the better I take care of myself, the longer I will live," Woody said. "I like to stay active. There are rewards for being nice and helping people. Living here, that is my reward."



Woody - back in the day.

"Woody is always ready to help out and makes browsing in the Thrift Shop a real fun experience," said Melodie Menke, Volunteer Services Director. "The entire Thrift Shop crew is just a grouping of residents from all military services that provide a great service and have fun doing it."

Woody owned a home in Florida prior to moving here. He sold his property and car and moved to AFRH. "I lived alone and my children worried about me. My son-in-law, a retired Air Force Colonel, told me about this place and we came to visit. The minute I got here, I knew this place was for me. My family is close and here I can live a very active life."

**"...There are rewards for being nice and helping people. Living here, that is my reward..."**

Woody signs up for and attends many of the functions offered to residents.

"I've been in parades, have met Secretaries of State, Congressmen and distinguished military dignitaries, and I've attended events in the Capitol and White House," Woody said. "Where else could I be and get the chance to do all that?"

Woody served on a submarine during World War II, the USS Sea Fox (SS 402). He worked in the forward torpedo room and par-



Woody Williams now spends his days at AFRH helping his fellow veterans. He encourages everyone to be a volunteer.

icipated in four war patrols.

"Space was tight," Woody recalled. "Some guys would bunk right on top of torpedoes in the forward torpedo rooms. We worked and slept in shifts, on 18 inch wide bunks."

The crew of the U.S. Sea Fox is credited with rescuing 11 aviators during World War II. For Woody, serving in that region was personal. His brother died as a POW and is buried in #2 Cemetery in the Philippines. The exact date of his death will most probably never be known, according to Woody, but he thinks it was sometime during the month of June 1942. His brother was in the Army serving in the Philippines when it was invaded. He has another brother that served for 27 years in the Army and a son that was a paratrooper for six years. Woody also has two daughters, one great grandchild and three great grandchildren.

## Notes from the Resident Advisory Council



Well, here it is another month and so that means that I have to do another article for the Communicator. This month, I would like to challenge you to become involved in any organization (military and non military) that meet and are doing things here at the home. These organizations are the same as ones you were familiar with when you were living and working outside of the gate. In fact, you may be involved in some of those organizations that meet in the Washington, D.C. area. These organizations allow one to not only become involved in the local community but give you additional reasons to do more around the home. Right now I will give a list that is not all-inclusive but just goes to show you that you can get involved even though you thought you were retired. The American Legion, Toastmasters, National Association of Uniformed Services, Fleet Reserve Association, and the Radio Relay Association are just ones that come to mind. Just to make sure, ask other residents of the home if they know of an organization that you are interested in and they just might have the answer you are looking for.

Many of you took part in the recent Resident Volunteer Presidential and Appreciation Ceremony. This ceremony was "in honor of all the volunteers that contribute their time and talent, displaying the true spirit of 'Home Ownership.'" It is important to remember that without all these volunteer hours being contributed, much of our trust fund would have to be expended. I ask again that if you have the time and talent, please go to the volunteer office, volunteer your time and effort to that position. Every person has talents, many of which have either not been used for a long period of time or you did not know that you had.

The Resident Advisory Council is taking a step that has been talked about as long as I have been here at the home. That is the renovation of the Grant Building. Presently we are forming a group to actually take the steps that are needed to make this happen. I know that this is a major project and I will not live to see its end, but it is time that we, the residents, take positive steps to make things happen and not wait for others to do it for us. This step will not only benefit the residents of the Washington home but, as the new Gulfport home is completed, will work for all of us. I hope that you can assist in this effort because it is not an effort that can be done by one person or one group of people. I wish to remind the residents of our home that security is very important. Not only for you and your visitors, your friends here at the home, and the many groups that visit this place. While the security force is responsible for our security, that assistance is only as good as the information they receive about people who are in the home without proper authority. So basically, if you see ANYONE on post at ANYTIME who does not have a badge on either ask them where their identification is or call security with the information on that person (who, what, when, where, and what direction they were going). With your assistance, our security will be better and those who should be caught are caught. It is up to us all.

Finally, the RAC will be taking steps to insure that information is made available to all residents thru the world wide web. One of the ways is to gain an email address to allow residents to send requests for assistance to the RAC, and allow the RAC to reply in hours instead of days. If you want to be part of this exciting project, just let me know anytime or place you see me. I especially welcome emails to: [esker.mcconnell@us.army.mil](mailto:esker.mcconnell@us.army.mil) with your comments or suggestion.

## AFRH COMMUNICATOR

Phone: 1-800-422-9988

Web site: [www.afrh.gov](http://www.afrh.gov) Email: [sheila.abarr@afrh.gov](mailto:sheila.abarr@afrh.gov)

Sheila Abarr-*AFRH Public Affairs Specialist, Marketing*  
Mary Kay Gominger-*Public Affairs Specialist*  
Greg Moore - *Marketing*  
Sherry Artis - *Marketing*

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

### Serving Washington, D.C. and Gulfport, Mississippi



## Become a resident today!

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

#### Eligibility:

**Military veterans from each service branch can live at AFRH.**

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

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

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

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

### Army's 233rd birthday observed



Daniel Funk takes an On Point magazine from an active duty service member during the 233rd Army Birthday celebration held on June 16, 2008, at the Pentagon courtyard. The celebration included Army veterans, Army leaders, soldiers, family members, and civilians. Secretary of the Army Pete Geren served as the guest speaker. The AFRH held an Army birthday celebration as well.

# Message from the Chief Operating Officer



There's a new face among us here at AFRH so please join me in welcoming Annette Price to the AFRH Corporate team. Annette's position is Corporate Planner and as such she will be responsible for the development of a comprehensive start-up plan for the reopening of AFRH-Gulfport scheduled for 2010. Annette will also develop a detailed plan for the renovation of the Scott building

scheduled to begin in 2010 as well. Having one person orchestrate the planning of these two enormous projects, using input, ideas and suggestions from AFRH agency personnel and staff, is crucial for its success. A Corporate Planning and Integration Team, comprised of agency personnel, service chiefs and some AFRH-W staff members was established earlier this month to work with Annette in this endeavor.

The Gulfport project is tracking on schedule. Many of you have been following the progress of the construction of our new Gulfport facility by visiting our website. Photographs are updated weekly and you can also access the live earthcam any time of day. As you can see, our construction contractors are working very hard to deliver to you an attractive, state of the art, energy efficient home as quickly as possible without sacrificing quality. Now is the time for us to start building a comprehensive start up plan that includes

developing administrative programs and policies, contracts for operations and transitioning residents back to Gulfport. We will utilize the 'one model' approach for staff and services as we have done in the past. Our goal is to accomplish the transition of Gulfport residents from DC back to Gulfport to include shipment of their personal belongings seamlessly and timely. Once this is done, the remaining Scott building residents will be moved to the Sheridan building so that renovations can begin in the residential dormitories of Scott.

Throughout the next few years, communication to and from residents is paramount. We must all work together to keep accurate information flowing and to keep the rumor control mill in check. I ask that you please verify questionable information before passing it along to your fellow resident as fact. We will use all means available to us - CH-99, Weekly Bulletin, fact sheets, townhall meetings, the RAC, our website and monthly newspaper - to keep you up-to-date on the status of these projects. Keep in mind that everyone deals with change differently. Our goal is

to make this a stress free process for you the resident. Fortunately, the large majority of our resident population of veterans are masters of change having done so for many years while in the military.

Finally, realize that the challenges we must face and overcome now will ultimately benefit that airman, sailor, soldier or Marine serving today. This is your legacy to them. This is an historic time for the AFRH. Let's be excellent in everything we do.

*Timothy Cox*



Dave Browne gives Annette Price a briefing on campus operations contracts.

## AFRH-G Concept design of independent living residential spaces

### Schedule

- Topping Off - April 2009
- Exterior Finishes - August 2009
- Substantial Completion - July 2010



A Willet Hauser employee carefully removes a stained glass window at the Chapel. All of the stained glass windows have been removed and shipped to Philadelphia for repair and restoration.

## Gulfport Chapel windows removed, to be restored

GSA completed their final detail assessment of the Chapel that indicates the rehabilitation program. In summary, major modifications for the structure are not anticipated in the rehabilitation program. The roof structure is in good condition but a new roofing system will be needed. The brick veneer was primarily damaged on the south side and there will be a notable amount of repair needed. The exterior masonry is currently painted white. The desire is to have the brick stripped to return the building to its natural state. For the interior of the building, the interior walls and finishes will be replaced. The terrazzo flooring will be retained and refinished. The floor plan will be revised to improve the efficiency of the spaces, allow for improved accessibility and accommodate services for various faiths. Program will include Sanctuary, Chaplain's Suite, Multipurpose Room, Kitchen, Restrooms, Multipurpose Meeting Room, Choir Room, Outside Meditation Area and Picnic Area. The mechanical and electrical systems will be replaced and a new fire protection system installed.

The Stained Glass Windows were removed last week and will be shipped to Philadelphia to the studios of Willet Hauser for repair and restoration. Willet Hauser is the artisan that designed and fabricated the original windows. Willet Hauser will store the windows in his studio until the building is ready to receive them during the rehabilitation of the Chapel. The completion date for the Chapel is April 2010.

# Welcome Aboard



**Name:** Allen Laureano  
**Branch of Service:** USAF  
**Entry Date:** August 1959  
**Separation Date:** November 1979  
**Rank:** E7  
**War Theaters:** Vietnam



**Name:** Bobby Renfro  
**Branch of Service:** USA  
**Entry Date:** November 1945  
**Separation Date:** June 1967  
**Rank:** E9  
**War Theaters:** Korea



**Name:** Charles Magill  
**Branch of Service:** USN/USA  
**Entry Date:** September 1941  
**Separation Date:** September 1963  
**Rank:** E3  
**War Theaters:** WWII, Korea



**Name:** John Bailey  
**Branch of Service:** USN  
**Entry Date:** January 1943  
**Separation Date:** November 1945  
**Rank:** E6  
**War Theaters:** World War II



**Name:** Joseph Doyle  
**Branch of Service:** USN  
**Entry Date:** February 1951  
**Separation Date:** November 1972  
**Rank:** O3  
**War Theaters:** Vietnam



**Name:** Larry Crawford  
**Branch of Service:** USN, USA  
**Entry Date:** February 1966  
**Separation Date:** September 1994  
**Rank:** E8  
**War Theaters:** Vietnam



**Name:** Richard Huether  
**Branch of Service:** USA, USAF  
**Entry Date:** April 1945  
**Separation Date:** December 1966  
**Rank:** E4  
**War Theaters:** WWII, Korea



**Name:** Charles Stietenroth  
**Branch of Service:** USN  
**Entry Date:** August 1966  
**Separation Date:** September 1992  
**Rank:** E7  
**War Theaters:** Vietnam, Grenada



**Name:** John McLellan  
**Branch of Service:** USN  
**Entry Date:** December 1943  
**Separation Date:** July 1963  
**Rank:** E6  
**War Theaters:** WWII, Korea



**Name:** James Alter  
**Branch of Service:** USA  
**Entry Date:** September 1944  
**Separation Date:** April 1967  
**Rank:** E7  
**War Theaters:** WWII



**Name:** Allen Kavari  
**Branch of Service:** USAF  
**Entry Date:** January 1949  
**Separation Date:** March 1974  
**Rank:** E9  
**War Theaters:** Korea



**Name:** William Sullivan  
**Branch of Service:** USN  
**Entry Date:** June 1955  
**Separation Date:** September 1974  
**Rank:** E7  
**War Theaters:** Vietnam



**Name:** William Erwin  
**Branch of Service:** USAF  
**Entry Date:** January 1950  
**Separation Date:** June 1972  
**Rank:** E6  
**War Theaters:** Korea and Vietnam



**Name:** James Davis  
**Branch of Service:** USAF  
**Entry Date:** August 1946  
**Separation Date:** July 1974  
**Rank:** E7  
**War Theaters:**

## Mark your Calendar

- July 2** Trip Discussion Meeting for August trips  
9 a.m. Scott Theater
  - July 11** Employee/Resident Bowling Event  
1:30 Bowling Center
  - July 12** Intergenerational Fishing Hole Day  
9:30 a.m. Fishing Ponds
  - July 14** Softball Game AFRH vs PH Saints  
6 p.m. behind Scott
  - July 18** Ice Cream Social  
1:30 in Scott Lounge
  - July 21** Family Feud Game Show  
1 p.m. Scott Lounge
  - July 29** Coast Guard Birthday Celebration  
1:30 p.m. Scott Lounge
- Check out the July Trips & Special Events calendar for a complete listing of activities scheduled in July.

# From the Director



I love limburger cheese. I found an internet cheese store that sells a variety of limburger that is interesting. The description reads:

*"Please*

*beware: Epoisses is so stinky that it is banned on public transportation in France, a country usually tolerant of such aromas. This aroma will prevail in the box on arrival, so don't be alarmed."* I can hardly wait to eat the delicacy with Mr. Robert Bjornethun, a resident who has lived at AFRH for 18 years. He is from Wisconsin, you know. And when a kid, he wrapped limburger for a cheese factory that stood behind his house.

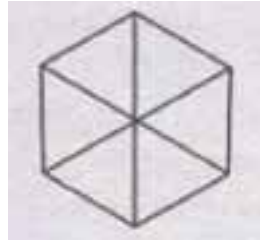
I love seafood. I love sushi. When I go fishing I now save even the smallest bluegills instead of throwing them back. When filleting a small bluegill, I've discovered it is delicious right then – rinse it off and pop it in your mouth. I do not like hamburger. Steak? Once a year if extra super rare. Pizza is a last resort for me.

My wife, Sue, says I am weird. But that is her perception. I am fascinated by how people perceive things so differently. Perception is obtaining knowledge or reaching a decision, by means of the senses. Shakespeare said, "You may, fair lady, perceive I speak sincerely."

Perception is to be convinced of some-

thing. And each human arrives at his/her own perception by so many differing factors. Seldom does anyone see anything exactly the same. There are four gospels in the Good Book, each telling the same story, but from the point of view of four distinct individuals. The scientific mind categorizes, judges, evaluates, analyzes, but the artistic mind sees.

I invite you to experiment with something. Consider the drawing:



How do you see this image? If you look at it long enough, you will most likely see at least one more object than you do at first glance. After studying it, I can see three different images and I understand some individuals can see up to six.

So where I am going with this? Eleven hundred residents live at AFRH and 300 government staff and another 300 contract workers. Wow! Seventeen hundred perceptions, different interpretations of what we like or don't like, how we think about a certain subject, or anything else we might consider. Seventeen hundred people that somehow need to get along.

Since we all see things differently, how do we accomplish this? I would suggest that we live by the Golden Rule, "Treat others as you would like to be treated." This is mutual respect for one's neighbor. A key element of this is that a person attempting to live by this rule treats all people, not just members of his or her in-group with consideration.

This would make our world here at AFRH a much nicer place to live and work in. Here are a few ideas:

- \*Don't insult people or make fun of them.
- \*Listen to others when they speak.
- \*Value other people's opinions.
- \*Be considerate of people's likes and dislikes.
- \*Don't talk about others behind their backs.
- \*Be sensitive to other people's feelings.
- \*Show interest and appreciation for other people's cultures and backgrounds.
- \*Try to learn something from the other person.

If we will all treat others according to the Golden Rule, we will find harmony even when there are so many of us. In writing this article, I assume, that both residents and staff members will read it; therefore I encourage the staff to set the example in this. We have much to be grateful for with our positions and work here. And gratefulness will be the "push" that we need to follow through. It will not always be easy, but as the Director I expect it from the staff. Malcolm Muggeridge talked about doing hard things, "Never forget that only dead fish swim with the stream."

David Watkins

## Golf and Crab Feast



Stanley Sagara enjoys a great meal at Harris Crab House in Queenstown, Maryland. The Armed Forces Foundation hosted the 10th annual Congressional Golf and Crab Society event on June 23 with proceeds going to the AFRH Trust Fund. Nineteen residents attended the event which last year resulted in a \$30,000 donation to AFRH.

## Air Force sprucing up at AFRH

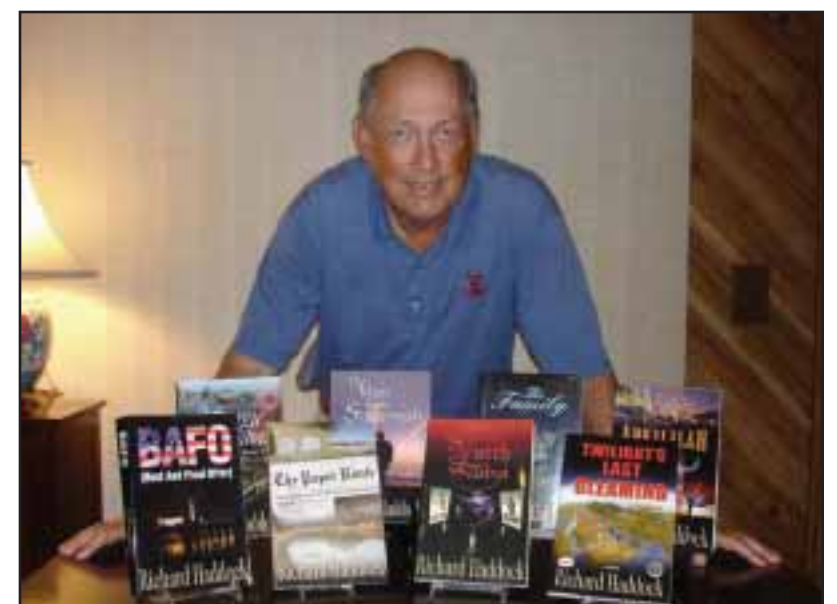
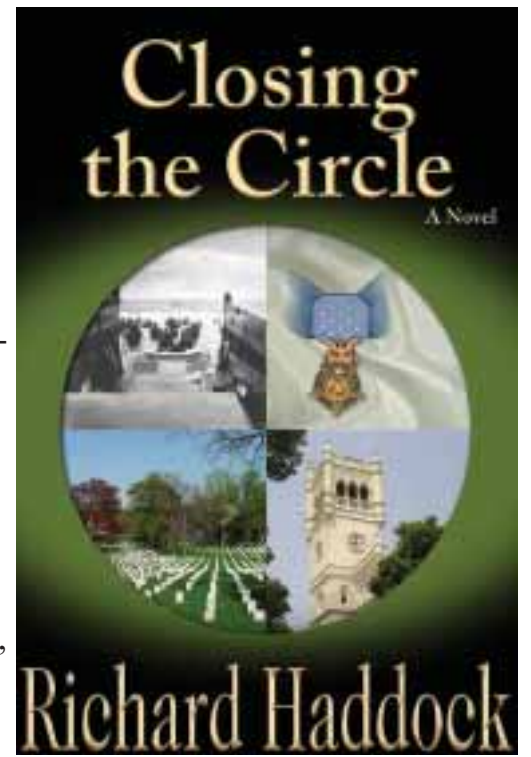


Active duty Air Force personnel spent a morning earlier this month at AFRH washing the aircraft on display on the grounds. At the request of the Chief Master Sergeant of the Air Force Rodney McKinley, approximately 10 airman came out and scrubbed the F86 from top to bottom.

## Book Signing Set for July 15<sup>th</sup>

The AFRH-W Director David Watkins, staff of Resident Services, and resident Mac McCarty will host local author Richard Haddock on July 15<sup>th</sup> for a book signing ceremony combined with an ice cream social. The event, scheduled for 1-2 p.m. will be held in the Scott lounge. The hosts and author will greet residents before the ice cream is served, then afterwards Richard will read a short excerpt from his novel Closing the Circle before signing free copies for the residents. Over 80 folks have already put their names on the sign-up sheet in the library, so if you're interested in a free signed copy of the book, head on down to the library and add your name to the list.

Richard has been visiting the AFRH for over a year, listening to stories and making friends with many of the residents. His fictional story includes many anecdotes and experiences AFRH residents have shared with him. Richard will also be donating a copy of his other eight novels to the library (see picture). Look for reminders on AFRH channel 99 and posters around campus. Come on down to Scott lounge on the 15<sup>th</sup> and enjoy the fun.



Author Richard Haddock displays his books. Richard is donating a copy of each to the AFRH Library.



**Happy 4th of July**  
**Come on out to the July 4th**  
**Celebration Dinner Cookout**  
**(in the rear of the Scott Dining Hall)**  
**Friday, July 4**  
**3:30 musical band**  
**4:30 Dinner**  
**6:30 Ice Cream in Scott Lounge**

## Reeling in the BIG one!

### *AFRH holds annual Fishing Rodeo*

The 14th Annual AFRH Fishing Rodeo was held on June 5. This year, 31 residents participated along with wounded soldiers from Walter Reed Hospital. The group was fishing for Bluegills, Catfish, Crappies, Largemouth Bass. Prizes were awarded for following :

Heaviest Fish Caught-

**David Anderson** 1 pound & quarter

Smallest Fish Caught-

**Roger Davidson** 3 inches

Longest Fish Caught-

**Doris Jones** 18 inches

Most Fish Caught-

**Farris Dozier** 47 fish caught

\* all winners AFRH-W residents

The following are the Wounded

Warriors who attended the AFRH Fishing Rodeo on June 5, 2008:

Fort Belvoir Warrior

Transition Unit Walter

Reed AMC Warrior

Transition Unit

Caleb Huss

Andrew Hill

Dave Walter

Joe Hill (brother)

Fred Pickering

(driver) Andrew Hillstron

Greg Carter

Ceamus

McDermott

David Folkerts

(Project Healing Waters

Fly Fishing Program

Manager)

All were very

pleased with the Fishing

Rodeo and appreciated the

invitation to take part.

Everyone caught several

fish, including some fairly large bass.

Ms. Sara Walsh and her cameraman from WUSA 9 were grateful for the opportunity to record the remarks and activities of the Wounded Warriors.

Several of the Wounded Warriors expressed a desire to be able to return to fish in the AFRH fishing ponds during their free time at the hospitals. Being able to fish just minutes away from the routine of the hospital would be a valuable part of their physical and emotional rehabilitation. Some of the AFRH residents expressed a willingness to have Wounded Warriors as their guests for fishing at the ponds.

Project Healing Waters Fly Fishing, Inc. is grateful for the invitation for the Wounded Warriors to participate in the AFRH Fishing Rodeo.



Farris Dozier reels in a fish he caught during the Fishing Rodeo competition. Farris won the prize for Most Fish Caught.



Sara Walsh, a sports anchor with CBS Ch-9, interviews John Colburn.



John Colburn assists a brother of a wounded warrior from Walter Reed Hospital. The wounded soldiers joined residents of AFRH at the ponds for a day of fishing.

## AFRH Beautification

### *Coast Guard volunteers give grounds makeover*

On June 18 the US Coast Guard Chief Warrant's Association and the Chief Petty Officer's Association completed a very ambitious pond beautification project for the veterans of the AFRH. Thanks to the Coasties the pond area is clean, the lower level pond is mucked; the garden area culvert is cleaned; the pavilion painted complete with a new shelf area; and the new safety railing protects the residents and serves as frame for the picturesque pond.



# AFRH Senior Olympics May 29-30, 2008



Above - A group of residents kick off the Senior Olympics event with the carrying of the torch.

Right - Everyone had the opportunity to participate in the games. Here residents compete with their BPVs.



## Diamondbacks rule



### Safe at home

Curtis Young sprints toward home base while the catcher waits for the pass. The Diamondbacks defeated the Blue Cross/Blue Shield MotherDuckers 21-7 on June 10. The fans were treated to a high scoring game and plenty of action going for the home team.

Note: The D-Backs won on June 26 over the CM Performers 18 - 12 at Avondale Park. The Performers put up a tough battle, but AFRH-W pulled away in the 6th scoring eight runs to seal the victory. The Diamondbacks are currently tied for first place in the DC Community League with record of 6 - 1.

## King Health Center enjoys fishing trip

By Nicole Chappell

On Wednesday, June 25, 2008, the King Health Center and Assisted Living residents enjoyed a beautiful, sunny day at the AFRH-W ponds. The residents were all geared up with their fishing poles and ready to catch some big fish.

Harry Casino came in first place catching a giant "small mouth bass" and also had the luck of reeling in the largest branch! The residents also enjoyed a wonderful cookout which included hamburgers, half-smokes, baked beans, chips, potato salad, sodas, and watermelon.



Steven Briefs holds up Harry Casino's catch - a branch this time but Harry also caught a bass that landed him first place in the fishing competition.

## Bladensburg Waterfront Boat Tour & Picnic

By Carol Mitchell

On Wednesday, June 18, 2008, the residents of KHC took a lovely ride on a Pontoon Boat in Bladensburg, Maryland. The weather

for the day was sunny and warm with a slight breeze blowing through keeping everyone happy. Park Naturalist MacGregor McClelland provided the group with a delightful environmental tour of the Anacostia River. Following the boat tour we were treated to a delicious picnic meal prepared by the KHC Food Service employees.



Residents of King Health Center enjoy a pontoon ride.

## Yolf Golf Tournament

By Carol Mitchell

The weather advisory didn't stop KHC residents from a rousing Yolf Golf Tournament and Happy Hour. Recreation Therapy brought the event inside making putting on a tiled floor a challenging experience! Residents and employees gave each other pointers on the best way to sink a putt and not leave it too long or too short.

Our resident Yolf Golf champion was Louie DiCroce and our employee champion was CNA Robin SESCOE.



CNA Dusuba watches as Robert Smith carefully aims during Yolf Golf.

## Bingo Night with the Trench Rats

By Carol Mitchell

It was an exciting night on Tuesday, June 24, 2008... the National Order Of The Trench Rats came out to King Health Center to sponsor a night of high stakes bingo! The Trench Rats come out on a regular basis and provide not only \$200 in cash for prize money but camaraderie and good times for the residents of KHC.



Right - Michael Matas and a volunteer play bingo.

## AFRH Diamondback Softball Schedule

**HBC Lifesavers vs AFRH**  
**PH Saints vs AFRH**  
Both games will take place at 6 p.m. in the rear of the Scott building. Come on out and support your team.

Event sponsored by Pentagon Federal Credit Union Foundation

## Residents are special guests at gala 'Night of Heroes'

Thirty residents of AFRH traveled to the Ritz Carlton Tysons Corner in McLean, Va., to attend the Night of Heroes on June 4. Sponsored annually by the Pentagon Federal Credit Union Foundation, the black tie event honors those who have helped the military community with the American Hero and Military Hero Awards.

The Pentagon Federal Credit Union Foundation is a

nonprofit national charity working to meet unmet needs of the military personnel and their families in the areas of financial literacy, housing and support for the wounded.

The evening began with a 6:30 p.m. reception and dinner, after which two outstanding Americans were honored. Bob Schieffer, award-winning CBS News anchor, served as the Master of Ceremonies.

General Barry R. McCaffrey, USA (Ret.) presented the Military Heroes Awards to Medal of Honor recipient Colonel USMC (Ret) H.C. "Barney" Barnum, Jr., Deputy Assistant Secretary of the Navy for Reserve Affairs, and Corporal

USMC Jason L. Dunham, Posthumous Medal of Honor/Operation Iraqi Freedom. Accepting for Corporal Dunham will be his parents, Daniel and Debra Dunham.

In addition to residents of AFRH, special guests also included patients from Walter Reed Army Medical Center and Bethesda National Naval Medical Center, in addition to corporate supporters, members of Congress, representatives from all branches of the armed services, and those working in support of the military community.



Carroll Collins, right, makes his way around the room meeting other guests and sponsors of the event.



Marie Townsend and Donald Hipchin enjoy themselves at the reception prior to dinner. The Night of Heroes event was sponsored by the Pentagon Federal Credit Union Foundation. Thirty AFRH residents attended the black tie event held at the Ritz Carlton Tysons Corner in McLean, Va.

## Cruising the Potomac

By Phyllis Bradford

On Saturday, June 7, 2008, about 40 AFRH residents were treated to a trip on the Potomac aboard the USS Sequoia Presidential Yacht, which was followed by lunch at the Capital Yacht Club.

Our benefactors, private owners of the Sequoia and members of Capital Yacht Club, proved to be outstanding hosts. From the moment we were helped aboard the yacht by active duty soldiers from Ft. Myer, to our departure from the Capital Yacht Club, where member volunteers served us food provided by Phillips Flagship Restaurant, we were treated with respect and cordiality.

The 104-foot privately owned Sequoia is probably the most famous vessel in America. It was first employed in the government service during the 1920s and has been used by many presidents since Herbert Hoover, as well as many foreign dignitaries including Winston Churchill, Soviet Premier Leonard Brezhnev, Chinese Premier Deng Xiaoping, Britain's Queen Elizabeth, Pakistani President Kahn, Australian Prime Minister Robert Menzies, Japanese Emperor Hirohito, Mexican President Luis Echeverria Alvarez, and Canadian Prime Minister Pierre Trudeau.

It was the scene of some of America's most historic events including enforcement of prohibition during the Harding administration, the planning of D-Day by Franklin Roosevelt and Dwight Eisenhower, decision by Truman to drop the atomic bomb on Hiroshima and

later the world's first nuclear arms control summit, John F. Kennedy's discussions concerning strategy over the Cuban missile crisis, Lyndon Johnson's lobbying for passage of civil rights legislation and decision to escalate Vietnam war, Richard Nixon's negotiation of the first arms control treaty with the Soviet Union, planning of America's withdrawal from Vietnam and his resignation of presidency, and cabinet meetings conducted by Gerald Ford.

Beneath the tarp at the bow of the ship on the upper deck some of us viewed the sights along the Potomac including Ft. McNair, Bolling Air Force Base, Ronald Reagan National Airport, Washington National's new stadium, USS Barry DD-933, plus sailboats on the water.

Hugh Wingo, retired Navy, rang the bell at prow of the ship. He knew from previous experience that the bell had no spring and had to be pulled back and forth and that is signified all is well or a four hour watch was to begin. It was rung a different number of times to represent different hours of the day. Bell ringing was a first job for topside new sailors.

A highlight of the trip was a visit with PFC Will Steinborn, a soldier stationed at Ft. Myer. He has completed 13 months of his four year enlistment. He will serve all four years as a member of the honor guard at Arlington Cemetery. He has charge of the flag(s) during the memorial services and works Monday through Friday every third



Residents from AFRH find their way down the dock to board the USS Sequoia Presidential Yacht.

week. At lunch Marian Ritchie asked him if he was one of the honor guards she saw on TV staying put while others fled during the recent storm. He replied that the guards who were there didn't move until ordered to do so.

It was good to meet the Capital Yacht Club members who were serving the food and cleaning up. The Yacht Club has some employees, but members pitch in to help during special events. Patients at Walter Reed

were scheduled to join us but we had to leave before they arrived. However, we did have a chance to meet Washington Nationals pitcher Jason Bergmann. He was very gracious in talking with us and posing for pictures.

Helen Pfeiffer probably expressed the sentiments of most of us when she said, "I enjoyed everything about the day - it couldn't have been better."



Onboard the USS Sequoia, residents take in the view on the Potomac River.



James Radford checks out memorabilia on display on the USS Sequoia. Residents of the AFRH were treated to a cruise on the Potomac and lunch at the Yacht Club.