



Armed Forces Retirement Home

Communicator

VOLUME V NUMBER 9

ARMED FORCES RETIREMENT HOME

SEPTEMBER 30, 2008

BATTER UP!

Residents attend Veterans Appreciation Night at Washington Nationals field



Secretary of the Veterans Administration Dr. James Peake, standing right, welcomes Walter Conover and other residents of the AFRH to the Washington Nationals Veterans Appreciation Night held on Friday, September 19, 2008. The VA provided complimentary tickets to the AFRH for residents to attend the event which featured the Washington Nationals and the San Diego Padres.

Photo courtesy of the VA

AFRH-Gulfport continues to track on schedule

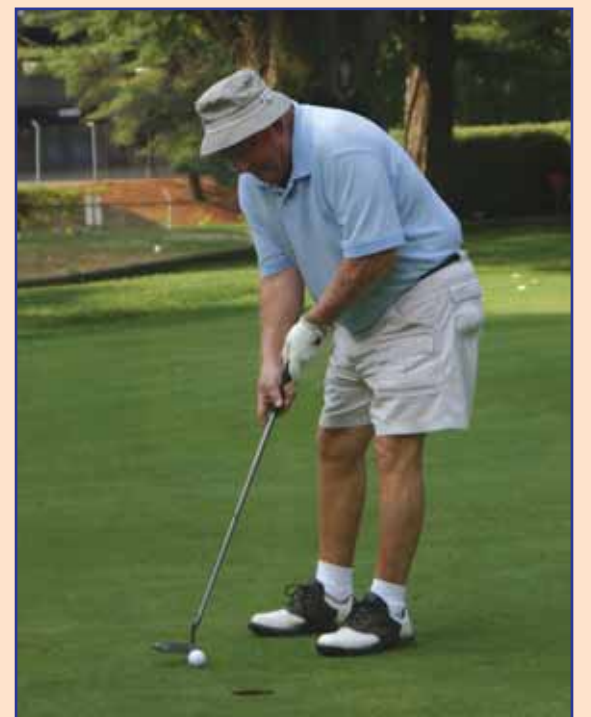


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Notes from the Resident Advisory Council



In my haste last month to announce the formation of the Soldiers Home Investment Project (SHIP) I completely forgot to tell everyone who is on the Committee so let me

do that now.

Chairing the committee is Mr. John Bowery. Members of the committee are Mr. Ray Ross, Mr. Russell Smith, Ms. Corrine Robinson, Ms. Willa Farrell and Mr. Esker McConnell. The Committee is now meeting each week setting the stage for the work that needs to be done. Mr. Bowery informs me that soon he will be asking for additional volunteers to assist us in our work. So prepare yourself to be asked. Just remember that you are not 30 years old and you have to pace yourself according to your age.

Important information for those of you who have an older television. You know those that pick up what they call the analog format. On February 17, 2009 (that's 139 days from the publication of this article) all full-power television stations stop broadcasting in that format and begin broadcasting only in digital. What this means is that, if you have one of the analog sets, you will no longer receive over-the-air programming. I would go on for another three or four hundred words about this but the important thing is PREPARE NOW - DO NOT WAIT. You can start asking questions of your fellow residents or go online to find out everything you need to know.

Elections for the upcoming (October 2008-September 2010) Resident Advisory Council were held on the 15th of September and the results are available elsewhere in the Communicator. I wish good luck to the five new members of the RAC and hope that your time and effort will be for the benefit of each and every resident of the home. To those who return from the last council keep up your good work. The coming two years promise to be ones that you do not wish to miss. Keep up with the work of the council either through the Communicator, or viewing the monthly meeting on channel 99 (or 100 if you have HD). Also, the minutes of each meeting are posted on the bulletin boards on each floor of the Scott and Sheridan Buildings.

There are many committees associated with the RAC that need members. If you have some talent that you wish to share with others, I wish that you would let me know about it so I can place you on a committee of the RAC. The coming term (October 2008 to September 2010) will offer many opportunities for you to offer your service. Don't hide your talent, let it shine for the other residents of our home.

See you next month.

Esker F McConnell

Chairman: Mr Esker McConnell

SCOTT Floor Reps

- 1st - Mr. William Woods
- 2nd- Mr. James Abell
- 3rd - Mr. Edward Davis
- 4th - Mr. Edward Sullivan
- 5th - Ms. Doris Jones
- 6th - Mr. Donald Cooper
- 7th & 8th Mr Henri Gibson

SHERIDAN Floor Reps

- 1st - vacant
- 2nd - Mr. Donald Barnard
- 3rd - Mr. Joseph Wachter
- 4th - Mr. Roger Brown
- 5th - Mr. Nelson Jamison
Mr. Robert Devaney
- 6th - Mrs. Edith Ellington
Mr. Francis Conley
- 7th - Mr. Larry Friesel
Mr. Henry Pike

AFRH COMMUNICATOR

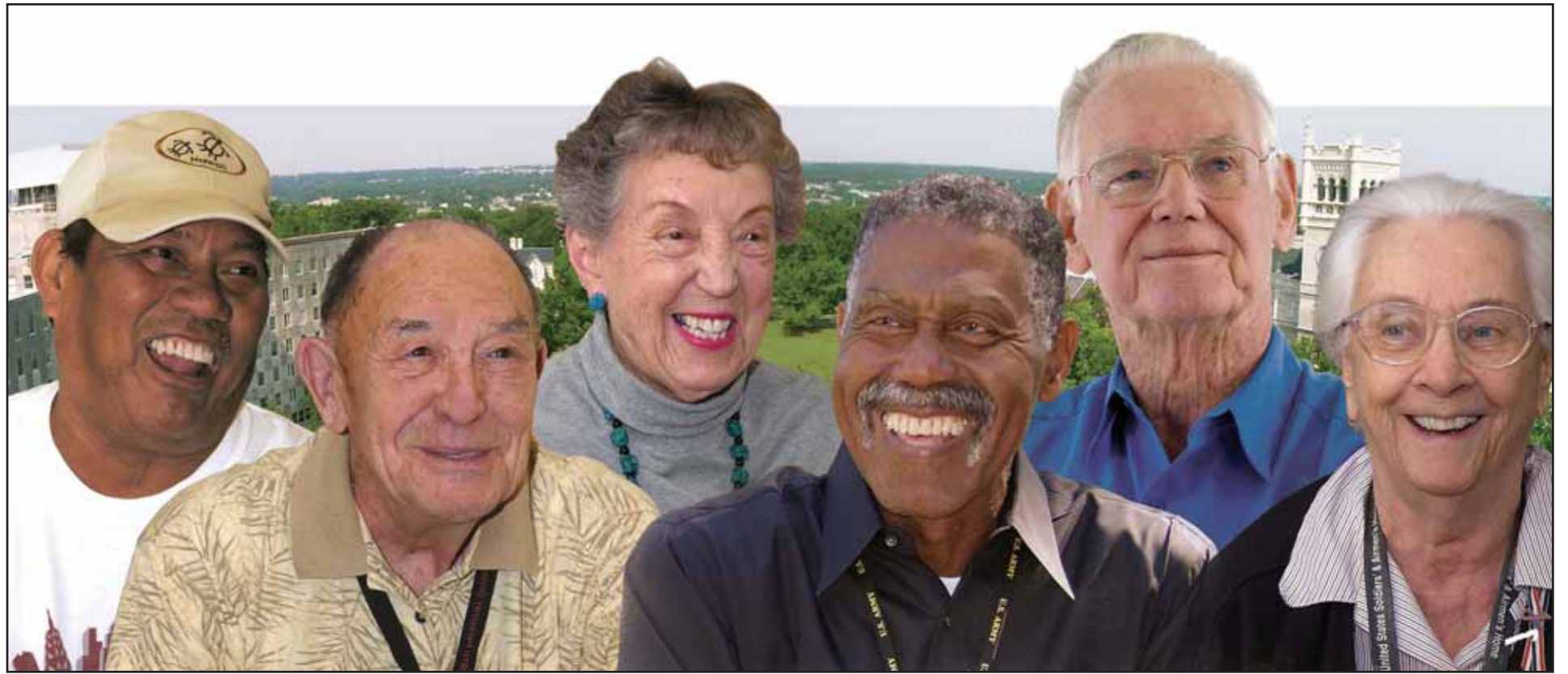
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Sherry Artis - Marketing

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>

YOUR VOTE COUNTS



Walt Hutchins (far left), Paul Downs and Eva Downs mark their ballots during Resident Advisory Council elections held on September 16.

Message from the Chief Operating Officer



The residents of AFRH are a distinct and unique group of individuals and never has that statement been more obvious than now, as we embark on this gargantuan modernization project that is part of the AFRH Vision. Nowhere in the country is there another veterans' home like ours - one that operates under specific eligibility criteria and other mandates established by Congress over 150 years ago and one that amasses the largest number of our country's heroes living together in one community. Advances in medical technology over the years have resulted in a healthier, longer living senior population. That, combined with new trends in senior housing that encourages independence and mobility so that individuals can age with dignity and in place versus helplessness and the need for costly nursing care, has given us the window of opportunity now, as we stand on the brink of modernization of our facilities, to modernize our culture as well.

We have great things going on at AFRH. We know, however, that we always need to be looking at what we do and getting feedback from our residents to make sure our efforts are on the mark. We also have been studying how other organizations, similar to our own, operate and what successes they have and how we might possibly incorporate tried and true practices into our way of life. Research of other Continuing Care Retirement Communities (CCRCs) and public and private senior living housing is helpful but our notable differences with our strictly veteran population require us to additionally do our own data collection and analysis. We have engaged the assistance of professionals in aging, senior living and health facilities design to guide us in this endeavor.

Over the past several months, staff members have been

conducting personal interviews and surveys, a snapshot so to speak, of our organization. AFRH staff and residents worked with our planning team of experts to develop a two-part AFRH Resident Study. The first part, which was completed in late May, consisted of one-on-one interviews with residents to get a description of preference of activities and the level of participation in programs offered in facilities on campus. The second part of the study, being done now, utilizes a Vitality Planning tool to project services and renovation priorities for independent and assisted living through long-term care occupants, and it addresses needs of post-traumatic stress syndrome as well as memory and behavior. The findings will provide a basis for managing and projecting resource needs over time, which allows us to plan accordingly.

"...this is the opportunity for us to start fresh with a brand new facility, a chance to build new partnerships in the community and give back, through volunteering and as good neighbors."

Here's what we hope to achieve with the results of the data collected: Our Vision encourages vitality and healthy aging that relies predominantly on self involvement in personal well-being and the use of enhanced design features of our personal living units, the common areas, and staff placement to encourage and optimize what people can continue to do through the aging process. We look forward to fulfilling this plan and completing renovations and the right sizing of the nursing care, converting it, too, into a more engaging, home-like experience. The value of these one-time capital investments in facilities improves the quality of life of all

our residents and it offsets costly, heavily staffed types of institutional care.

In other news, the AFRH-G project continues on schedule. The AFRH.gov website has weekly photo updates so that we can watch the progress. A planning team has been formed to begin the process of getting the facility operational once construction is complete and GSA has turned the building over for occupancy. Gulfport is familiar territory to us as the Naval Home operated there for nearly 30 years but the face of the Mississippi Gulf Coast changed dramatically in 2005 after Hurricane Katrina and things will likely never be the same. On a positive note this is an opportunity for us to start fresh with a brand new facility, a chance to build new partnerships in the community and give back, through volunteering and as good neighbors. The next two years will be extremely busy as we begin to set things in motion to prepare for our return. The new Gulfport facility and our DC campus renovations are all part of the AFRH Vision.

Elections for the new Resident Advisor Council representatives were held this month. See page 2 for a complete listing. Congratulations to all that were selected and thank you for stepping up and helping us to make our home an excellent option for military veterans. I look forward to working with all of you.

Timothy Cox

Welcome Back Steve!

Steve McManus has returned to AFRH as the Deputy Chief Operating Officer/Chief Financial Officer



Bench to be dedicated at AFRH

From left - Resident Richard Hodgkins, Charles Dickerson, Chief, Resident Services, Timothy Cox, Chief Operating Officer and Al Mori, Ombudsman, look over the new bench that will be dedicated in October.

Mark Your Calendar

- Oct 5th**
51st Annual Antique Auto Assembly and Art Show
9:00 a.m.
- Oct 14th**
Concentration Game Show
1:00 p.m. in the Scott Lounge
- Oct 18th**
Art Gallery Show in the Sherman Building
10:00 a.m.-3:00 p.m.
- Oct 28th**
Halloween Golf Classic
12 noon at the golf course

AFRH joins Air Force in 61th birthday celebration



Resident William Sinnott (left) was a special guest at the Air Force birthday celebration hosted by the Defense Threat Reduction Agency and the Defense Logistics Agency. Also pictured cutting the cake is Lt. General Dick Newton III (center).



The residents of the AFRH celebrated the Air Force birthday in Scott Theater on September 17. Pictured here are (from left) the guest speaker for the event - Colonel Timothy S. Green, Chief, Programs Division, Office of The Civil Engineer, Deputy Chief of Staff/Logistics, Installations and Mission Support, Headquarters United States Air Force, Washington, DC. , the Youngest Air Force member, A1C Jesse McDonald, the Oldest Air Force resident Richard Aldrich (93), the Resident Advisory Council Chairman Esker McConnell and Col. Adelman

Welcome Aboard



Name: Bertha Wolke
Branch of Service: USN
Entry Date: October 1943
Separation Date: March 1946
Rank: E4
War Theaters: WWII



Name: Charles Huber
Branch of Service: USN
Entry Date: December 1949
Separation Date: April 1966
Rank: E8
War Theaters:



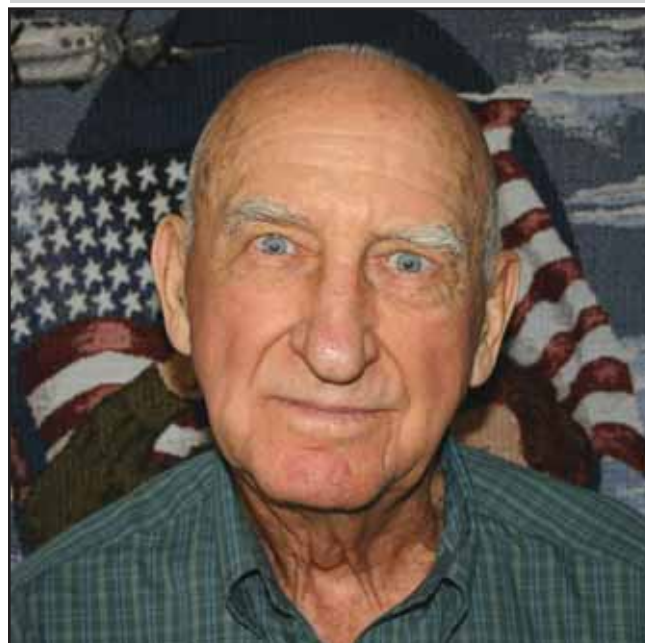
Name: Dallas Lamb
Branch of Service: USA
Entry Date: December 1950
Separation Date: December 1953
Rank: E4
War Theaters: Korea



Name: Harold McDaniel
Branch of Service: USN, USA
Entry Date: February 1941
Separation Date: October 1963
Rank: E6
War Theaters: WWII



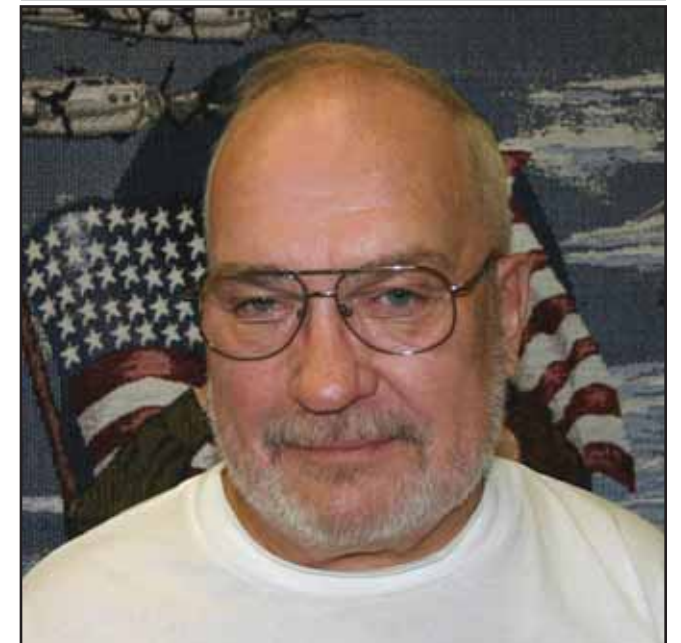
Name: Luis Lopez
Branch of Service: USA
Entry Date: February 1957
Separation Date: June 1976
Rank: E6
War Theaters: Vietnam



Name: Paul Grimes
Branch of Service: USN
Entry Date: August 1943
Separation Date: July 1968
Rank: E9
War Theaters: WWII, Vietnam



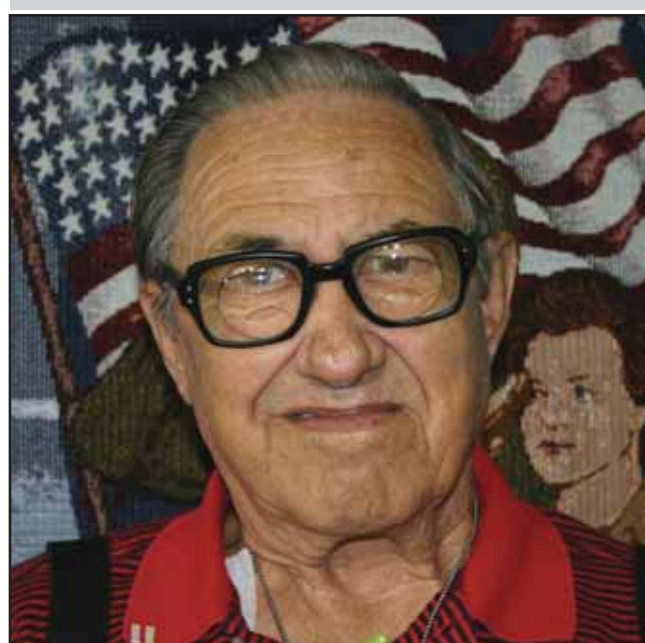
Name: Roger Ferguson
Branch of Service: USA
Entry Date:
Separation Date:
Rank: E4
War Theaters: WWII



Name: Tim Pierce
Branch of Service: USA
Entry Date: October 1969
Separation Date: March 1993
Rank: E7
War Theaters:



Name: James Hawkins
Branch of Service: USA
Entry Date: September 1957
Separation Date: September 1079
Rank: E7
War Theaters:



Name: Ronald Hoben
Branch of Service: USA
Entry Date: February 1955
Separation Date: July 1975
Rank: E7
War Theaters: Vietnam



Name: Henry Gillaro
Branch of Service: USA/USAF
Entry Date: May 1946
Separation Date: July 1967
Rank: E6
War Theaters: Korea, Vietnam



Name: Earl Clifton
Branch of Service: USAF
Entry Date: July 1948
Separation Date: August 1969
Rank: E9
War Theaters:



Name: John Wojtowich
Branch of Service: USN
Entry Date: September 1945
Separation Date: September 1970
Rank: E7
War Theaters: Vietnam



Name: Martha Maynard
Branch of Service: USN
Entry Date: September 1944
Separation Date: September 1946
Rank: E6
War Theaters: World War II

Veterans honored at historic event

Thirty one residents of the AFRH were special guests of honor last month at a dinner and reception followed by a USO-style dance and entertainment held at the Washington Navy Yard. It was a very special evening for those in attendance.

Pictured right: Resident Carrol Collins with two World War II era cigarette girls.



From the Director



I asked several residents, "Why did you join the military?" Here are some responses:

- "For the adventure."
- "Girls were eying up boys with an army uniform".
- "I signed up in July of 1943. Everyone wanted to do something for the war effort and I enlisted in the WAVES."
- "I needed the discipline."

- "I love my country."
- "I joined the Marines because the Navy said "NO" so I went next door and guess what?"
- "My father was in the Army."
- "I wanted to be in the best fighting unit in the world. I wanted to see, if I could make it through Paris Island."
- "I choose the Air Force because they seem to take care of their people a little better than the other services."
- "I was drafted."
- "The judge suggested I should. Ha-Ha."
- "I joined the WACS: the Woman's Army Corps. We were getting the bejeezus beat out of us and I thought it would be interesting to help the country."

When in high school, I thought only of the Navy as I wanted to travel and see the world. But, that really didn't work out too well, as I signed up for sub duty. One can't see too much when the boat is submerged for 110 days.

In today's world there is much anti-military sentiment. I found one article by Dr. Teresa Whitehurst entitled, "Why Go to College, When You Can be Cannon Fodder?" Her stance is that parents are irresponsible for allowing their children to consider the military, much less encouraging them to do so.

An internet blogger writes: "WARNING: Joining the Military Is Hazardous". He expounded on nine hazards to . . . your health, civil rights, mental health, etc. He quotes, "Military recruiters tour the country selling a dangerous product with glamorous ads, just like tobacco companies or drug pushers. Joining the military is a dead end." At the bottom of the page the reader is encouraged to become a member of Central Committee for Conscientious Objectors.

Something happened to me shortly after I signed up. Yes, I went in wanting to see the world, but soon came to believe my joining was for a greater good. Our country had a need, she was deep into Vietnam. The call to serve was an important one. Duty beckoned. And duty gives purpose. And I doubt if I am "preaching to the choir", because this audience is one of many "lifers" and therefore, I would presume that you had much the same experience, no matter your

motivation for joining.

The word "Duty" conveys a sense of moral commitment to something. And that commitment results in action. I appreciate what the Wikipedia says about duty:

"When someone recognizes a duty, that person commits himself/herself to the cause involved without considering the self-interested courses of actions that may have been relevant previously. This is not to suggest that living a life of duty precludes one from the best sort of life, but duty does involve some sacrifice of immediate self-interest."

I thank you for your service to this amazing country.

Whether you comprehended it or not at the time, you fought against a very unattractive part of your (or our) humanness: selfishness. You built your character which resulted in your contributing. You served rather than seeking to be served. You gave rather than taking. Thank you.

Today, do you think those that dodged the draft or ran away from commitments or write that "joining the military is a dead end" can be very pleased with themselves? In today's culture many absolutely reject a sense of duty. Thank you that you are not one of them.

David Watkins

Toastmasters International

Right - Corrine Robinson listens as Esker McConnell speaks at a Toastmasters meeting held at AFRH earlier this month.



Below - Members of AFRH Toastmaster Chapter show the certificates they received upon receiving their Toastmaster Charter.



100 years ago...

Life at the Soldiers' Home

By Ray Colvard

More than 100 years ago, the Soldiers' Home consisted of 600 "inmates" whose average age was 44. Inmates were considered old at 50 and there was only one inmate over 80. Life was much different then.

The following are excerpts from Soldiers' Home Register: Laws and Regulations, with Annual Reports, 1883:

The Home's farm produced such items as: 2,000 bunches of Rhubarb, 15 bushels of string beans, 25,000 heads of cabbage, 30 bushels of radishes, 18,800 gallons of milk, and 312 tons of hay (90 of which were accidentally burned).

Of the 32 inmates who died in 1883, most expired from apoplexy, pneumonia and chronic diarrhea. Only eight of those who died were born in the U.S., 15 were from Ireland, six were born in Germany, and the others came from France and Denmark.

By far, most of the patients sent to the hospital in 1883 were admitted for inebriation (51). Second and third place went

to rheumatism (17) and consumption (13). Ironically, during the same period, the hospital purchased 91 gallons of whisky, 58 gallons of wine and 15 gallons of brandy, under the auspicious of "stimulants."

The allowance of clothing to each inmate was: 2 pair of pants, 4 drawers, 3 flannel shirts and 3 cotton shirts, 3 pair of shoes, 6 pairs of socks, 1 vest and 1 felt hat or cap. The clothing cost for the Home in 1883 was \$8,596.53.

According to the annual report: "The sleeping arrangements are admirable, each inmate has a bed to himself, consisting of an iron bed stand, wire mattress, upon which is a hair mattress, a pair of clean linen sheets, a hair pillow with linen case, and ample supply of blankets. Each room is provided with a small box containing shoe brushes and blacking; a table with water pitcher and tumblers, and each occupant is provided with a trunk, which stands by his bed and in which his clothes are always neatly packed. It would be very difficult to suggest anything by way of improvement."

All pay was turned over to the Home.

The average ration for inmates was 25 cents per day.

"The grounds of the Soldiers' Home were virtually a pleasure driving park for the people of Washington and for the nation. The yearly expense of keeping the roads of these grounds in their present good condition for driving is about \$6,000."

"A good minstrel and thespian company was formed last winter by the inmates, whose entertainments have added much to the pleasure of the men. The entertainments are decidedly good, and the attendance large, the room generally crowded." (A band was organized in 1885 and attended all regular inspections and funerals, gave three concerts a week and one at the hospital).

The animals belonging to the Home were: 13 horses, 11 mules, 44 cows, 3 heifers and 8 calves.

One hundred and eight inmates were employed on "extra duty." For example: 7 inmates worked as floor sergeants for \$10 each month; 1 chief of police, \$10; 3 carpenters, \$15 each; 1 reader to the blind, \$7; 11 dining room police, \$7 each; 1 blacksmith, \$15; 1 chief cook, \$18; 1 whitewasher, \$12; 1

bugler, \$10; and 18 laborers on roads, \$7 each.

D. B. Sacket, an Army Inspector General, wrote of the Home: "Notwithstanding that the old soldiers of the Army are aware of the comforts furnished to inmates, they have a great aversion, and it might be called dread, of the Home....due to lack of occupation or recreation. The old men well know on entering the Home that they will have literally nothing to do, more than to sit around (after a long busy life), smoke their pipes, and wait for their time to come... a casino or something of that kind should be built. A bar should be authorized. I am positive it would tend to keep many men at home who now frequent the groggeries, etc., in the neighborhood, drink the vilest of liquor, dispose of their clothing, and create any amount of disturbance and trouble."

1883



7th Infantry Division Army veteran recalls experiences in Korea

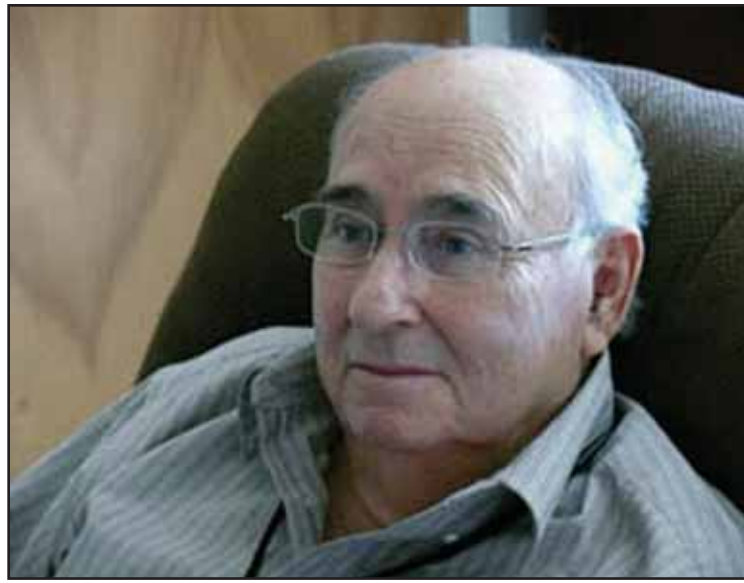
By Mary Kay Gominger

Last month was the 68th anniversary of the U.S. landing on the shores of the Inchon beaches in Korea. Here at AFRH we have quite a few residents that were a part of that invasion and the battles that followed. They were assigned to different units, different branches of service, but they were together serving the same purpose.

One such participant in those battles was resident Bobby Renfro. Drafted into the Army in 1945, Bobby had orders and was scheduled to be shipped out when WWII ended. Five years later, still in the Army, Bobby found himself bound for another war, this one in Korea. He went ashore on September 17, 1950, two days after the Marines first stormed the beach. The delay, he said, was due to the tides.

"We sat offshore, ready to go, but we had to wait until the tide came in to get the landing craft to shore," Bobby said. "When the tide was out there was a thick mud that would bog you down and made entry impossible. So we waited until the tide came in and joined the battle."

Bobby was a member of the 7th Infantry Division (the highly decorated Hourglass Unit) at this time. They moved north after Inchon and were involved in the Battle of



Bobby Renfro, retired Army, has lived at the AFRH for four months.

Chosin Reservoir in November of that same year. Bobby figured out that if he wrapped a pair of socks around his middle, against his skin, to dry them out and then swapped out his socks everyday, he could avoid getting frostbite. That worked for him and it protected him from the severe freezing temperatures. He did take a bullet though during this time and was awarded a Purple Heart.

While in Korea, Bobby's unit worked with the south Korean soldiers teaching them tactical and combat skills. After the war ended, he went back to the states for a time then a new set of orders sent him back to Korea as an advisor to the Korean Army. Bobby served a total of 21 years in the Army that included six years in Vietnam and two years in Panama as well as stateside service predominantly in the state of Louisiana. He's lived at the AFRH for four months.

AFRH poets enjoy day of Poetry on the Green

By Carol Mitchell

Poetry On the Green day was held on Thursday, September 25. The day was cool and rainy so the event was moved from outside near the Lincoln Cottage to the Scott Lounge area. After the poets and poetry fans moved indoors they envisioned, as Chris Baldwin our AFRH Home Librarian encouraged us to do, that we were still outside overlooking the greenery. King Health Center residents Ida Emily Simpson and Katie Browning each did a wonderful recitation of poems that they had created themselves.



From left - Kathryn Browning, AFRH Librarian Christine Baldwin and Ida Simpson after enjoying Poetry on the Green day on September 25.

Join your fellow veterans at the Navy Birthday Celebration

October 9
1:30



Claire Jones checks the watermelon vine.

Green Thumbs KHC residents enjoy gardening

By Steven Briefs

In the waning days of summer Bill Conrad and Claire Jones visited the KHC gardens to see the progress of our sunflower and watermelon patches. After a wet spring and plenty of warm sunshine through this summer, the sunflowers are blooming and swinging in the breeze while the watermelons are starting to mature on their vines. There are also tomatoes and peppers growing and someday soon we'll make a grand salad.

There's an old saying, "you can take the man, (or woman), out of the country but you can't take the country out of the man." Well that's true for Bill and Claire, they both love to visit our garden and putter.

AFRH-W Fishing and Picnic Trip

By Carol Mitchell

On Wednesday, August 27, 2008 the King Health Center and Assisted Living Unit enjoyed a beautiful day at the Armed Forces Retirement Home-Washington fishing ponds. The perch were biting and with 29 residents, staff, and volunteers casting lines they didn't have much of a chance! Luckily, the perch will live on as the Home's policy is "catch & release."

Building up an appetite after fishing, the residents, were treated to a good old fashioned picnic lunch provided for by KHC Food Service and served up by the Recreation Therapy staff and the KHC volunteers.



Resident volunteer Paul Root holds up his catch during the KHC fishing event. Volunteers such as Paul help make the outing a memorable event for the residents of King Health Center.

Ponies, Rabbits and Ducks, Oh My!

By Amanda Jensema

That is what the residents were saying at the KHC Fairgrounds, which was held on Sept. 26th. The festivities included games, prizes, food/refreshments and a real live Petting Zoo. "Fair style" music was provided to us by a resident.

The event was held indoors on Main Street at LaGarde due to the weather. The games included bean bag toss, basketball shoot and ring toss. Residents enjoyed socializing with the staff, residents and volunteers through out the afternoon. When not playing games the residents were able to relax and enjoy refreshments such as hot dogs, snowcones, watermelon and an assortment of cold beverages.

The highlight of the afternoon though was the petting zoo, which was brought to us by a group called Squeals on Wheels. We had a variety of animals of all sizes. Many residents stated to me that they were just expecting rabbits and ducks and similar animals. Instead, along with those animals we had goats, chickens, one of which laid an egg, an alpaca, a chinchilla, a hedgehog and 2 miniature horses. The miniature horses were both full grown; the tallest was 3 feet and the other, which was actually a miniature dwarf horse, was 2 feet tall. I overheard some residents speaking to the staff of the petting zoo that they partially felt like they were back home on their family farm. They truly enjoyed being around the animals.



Sandy Point Beach Trip

By Carol Mitchell

On Wednesday, September 10, 2008 the weather did not look promising for a trip to the beach. The day was cool and overcast and had been raining in the early morning. The residents and staff remained optimistic. The buses made a short stop at a Target for a little shopping giving the sun the opportunity to shine and the day to warm up. Upon approaching Sandy Point Park a large family of deer crossed our path. They were a beautiful sight to see. As we pulled up to the beach area the sun came out and the weather warmed up giving us a perfect day for a picnic. The residents enjoyed wonderful views of the beach and the Chesapeake Bay Bridge. Resident Volunteer Chuck Felder braved the cold waters and went for a refreshing dip while others decided to walk along the sand. The residents of King Health Center and Assisted Living look forward to future trips to Sandy Point Park beach.



Residents enjoy lunch at Sandy Point Beach.

Luncheon honors 9-11 victims, veterans

By Sarah Kenan

On Thursday, September 11, 2008 the Assisted Living Unit had a special luncheon celebration which started off with a heartfelt benediction recognizing the loss of American lives on 9/11/2001. Residents were also acknowledged and given thanks for being veterans and part of the Assisted Living Program. Resident Ray Anderson kept every one's toes tapping to his piano playing while a delicious meal was served. A variety of prizes were given out as door prizes. A great time was had by all.

AFRH Bowling News

By Ed Crump

As the saying goes 'practice makes perfect' and 'the more you do it eventually its' going to pay off for you' was the case for Willa Farrell during the month of August when she won Bowler of the Month. Willa has worked real hard on her bowling over the past few months trying to improve her average and over the last 24 games she's gone from a 120 average to 128 in which she averaged 141. She's averaged 145 in the month of August and rolled a 209 game the last week of the month. In that game she started with an open frame and after that she marked the rest of the game which included three strikes in a row. It was great to see her get a 200 game. I was pulling for her all the way. It was especially nice to see after she could only roll a 101 her first game. She finished with a 459 series which is her high series for one year. I believe what has helped her a lot of late is she's bowling with the better bowlers whenever she practices. This has made her bowl better and on several occasions she has beaten

them. She has also joined a Senior Bowling League along with myself, Jerry Lugar, Smokey Prussman and Ernie Eldredge in Riverdale. This will be a nice experiment for her when she'll be bowling with all sorts of different people she's never bowled with and it will also give her a pretty good idea of what she can do under league conditions and give her a more true average. I'm just so happy she decided to join the league. She should enjoy herself.

Bob Schonherr has been on a tear over the past two months in the Shootout in which he's finished in the top four on six different

occasions out of nine and over those nine weeks he's averaged 158 to raise his average from 143 to 149. He never had a series of 500 or better all year long thru July 24, but over the past five weeks he's had three series of 500 or better. The big reason is he's picking his spares up more often now than he was and this is the key to the game. The strikers will take care of themselves.

Henri Gibson who just joined the Shootout back in July has a high game scratch for the month of August with a 220 while Eugene Allison had a high series scratch with a 564.

In the face for Bowler of the Year honors Buron Noel currently leads with 43 points while Smokey Prussman has 42. Steven Kostick has 38 points and Jim Vancil and Bob Schonherr each have 36 points and are still in the running. There's still four months to go and the key to winning the Bowler of the Year is to show up every week. If you don't show up you can't accumulate more points.

Here are the results of the Geico Tournament held during the month of September:

Final GEICO Tournament Standings

<u>Name</u>	<u>Grand Total</u>
Eugene Allison	2300
Buron Noel	2288
Bob Schonherr	2258
Ed Crump	2196
Jim Vancil	2186
Henri Gibson	2183
Jerry Lugar	2179
Willa Farrell	2165
Ernie Eldredge	2135
John Glover	2108
Phyllis Bradford	1969
High Game Scratch	
Buron Noel	203
High Game Handicap	
Bob Schonherr	2421



Willa Farrell takes her turn during the first day of tournament play.

GOLFING - NCOA RESIDENTS CHAMPIONSHIP RESULTS

On Thursday, Sept. 4th, 20 residents participated in the annual tournament to determine the best golfer here at the AFRH. Roy Wheeler finished on top with an 18 hole score of 76, followed by Jesse Hines with an 80. In the net division, Tom Fauss played well below his average and won with a net 58. Frank Hale was second with a 58. In the nine hole competition, Emil Byke shot a net 28 to take first place.

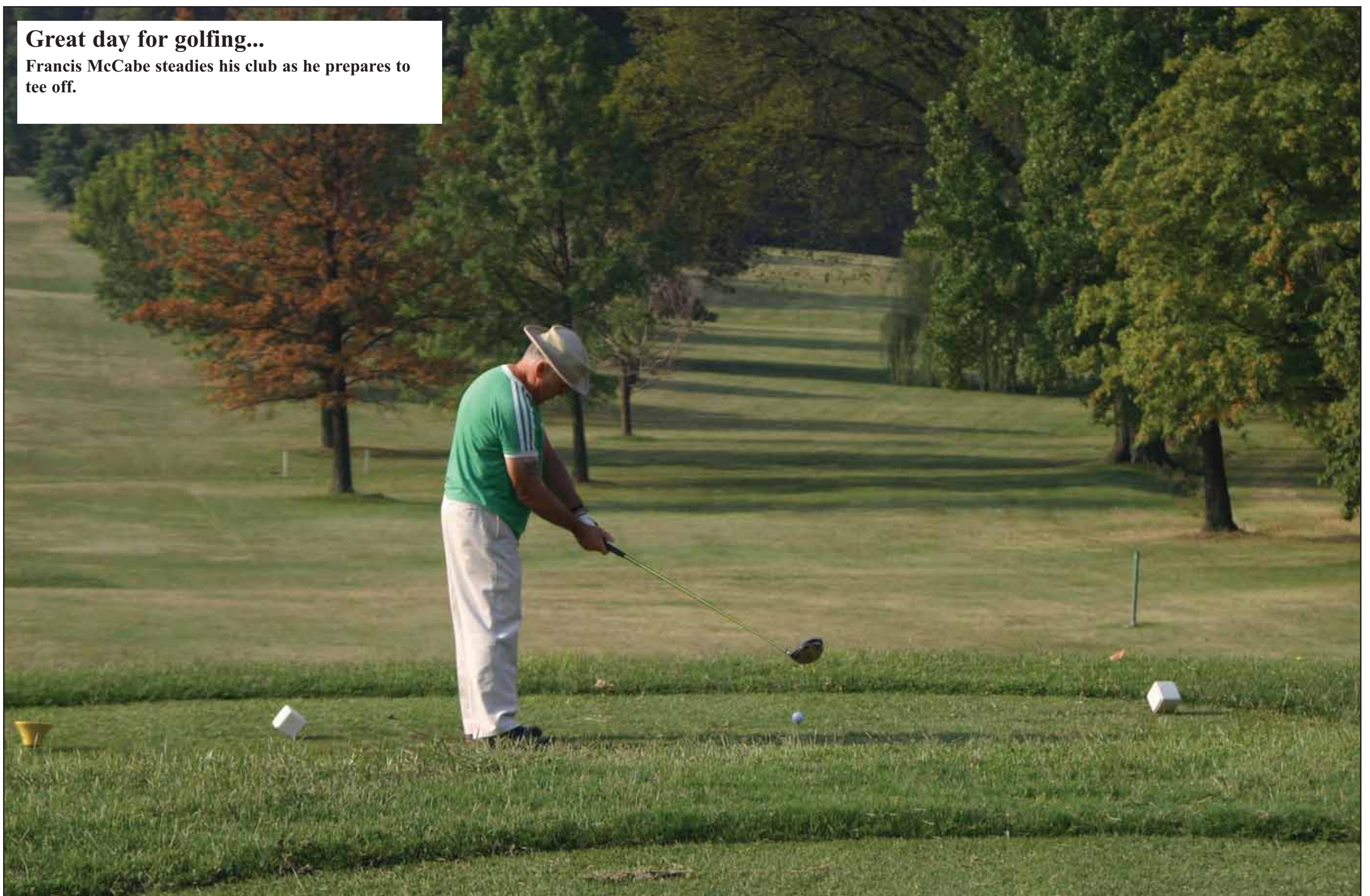
Special thanks goes to the NCOA for their continued support for this and other events here at AFR.

Photo right: (from left) AFRH Ombudsman Al Mori, Fiona Schneider from the NCOA, resident Roy Wheeler and AFRH Golf Pro Matt Kayson.



Great day for golfing...

Francis McCabe steadies his club as he prepares to tee off.



Fun Fest / Flea Market held at AFRH-W

By Jerry Carter

The 17th Annual Fun Fest/ Flea Market took place here on Monday, September 8th. The friendly competition of the Fun Fest began with a 1.5 mile walk, followed by several fun filled activities throughout the morning. First, second, and third place ribbons, prizes, and tee-shirts were given to residents participating in events. The Flea Market provided lots of interesting items for sale. Residents had the opportunity to buy old DVDs, VHS tapes, ceramics, and a variety of arts and crafts. Food Service host-

ed a cookout and offered an ample supply of hotdogs and all the trimmings of a good ole' summer cookout.

Our own DJ Billy "Music Man" White played music for the Fun Fest crowd and several residents danced to his music selections.

After lunch residents were treated to a ice cream social and a karaoke show given by Joe Clay in the Scott Lounge. Recreation Services would like to thank all volunteers, active duty Navy Chiefs from the Pentagon and NDW and Joe Clay. Lastly, thanks for all the residents who participated in the Fun Fest activities.



Keep your eye on the target and follow through.



Alice Garrymore takes a turn at the basketball free throw event during the Fun Fest which was held at the AFRH on September 8.



Eva Downs participates in the football throw.

AFRH welcomes Navy volunteers

A large group of active duty Navy volunteers from the Pentagon and NDW visited the AFRH on September 8 for a day with the residents. While here, the volunteers assisted with the Fun Fest and Flea Market and worked on several projects such as cleaning Stanley Chapel and the theater and painting.



A steady hand and attention to detail make these pumpkins come to life.



Woodrow "Woody" Williams, center, talks to Navy volunteers at the Thrift Shop.



Mac Bernstein talks to active duty Navy volunteers that visited the AFRH on September 8. Part of their visit included a tour of the recreation areas and meeting the residents.