



Tree Planting Ceremony held at Lincoln Cottage

Authentic Historic Lincoln Trees planted in celebration of the Lincoln Bicentennial

On March 20 the American Forests and the National Society of the Colonial Dames of America in the District of Columbia participated in a commemorative tree planting ceremony at Lincoln Cottage, on the grounds of the Armed Forces Retirement Home, along with students from the ABC Charter School and William E. Doar, Jr. Public Charter School for the Performing Arts in Washington DC. The planting celebrated a donation of three Historic Lincoln trees made by The National Society of the Colonial Dames of America in the District of Columbia to Lincoln Cottage in honor of the Lincoln Bicentennial.

Each of the three trees planted is grown from a seed taken from one of the three trees that stand at Historic Lincoln Sites. The Lincoln Dogwood stands over his boyhood home in Sinking Spring, Kentucky; the Gettysburg Address Honey locust was a silent witness as President Lincoln gave his moving speech in 1863; and the Lincoln Tomb White Oak shades Lincoln's final resting place.



AFRH Resident George Wellman (left) shakes hands with Abraham Lincoln impersonator Charles Brady. Brady was one of the guest speakers for the event.

“The National Society of The Colonial Dames of America in the District of Columbia is delighted to donate three trees propagated from the seedlings of trees at historic sites to the Armed Forces Retirement Home,” said Dames member Cici Hughes, “What better place could there be to plant them than right on the grounds of the AFRH where The Lincoln Cottage is located!”

“American Forests is proud to plant these trees from the landscape of Lincoln's life at his "summer White House" to celebrate the 200th anniversary of his birth. We're honored to partner on this effort with the National Society of Colonial Dames, with the help of our friends at Davey Tree Expert Company,” said Deborah Gangloff, executive Director of American Forests.

Susan Norton, Director of the National Geographic Museum; Deborah Gangloff, Executive Director of American Forests; and David Watkins, Director, AFRH-W, were the keynote speakers for the event. Abraham Lincoln, impersonated by Charles Brady, also spoke as well as Mrs. Abraham Lincoln, played by Bonnie Fairbank. Ms. Virginia Williams, mother of the former DC Mayor Anthony Williams, sang a blessing for the trees. Representatives from The Davey Tree Expert Company gave a demonstration on planting trees.

The children from the ABC Charter School and the William E. Doar, Jr. Public Charter School for the Performing Arts received authentic Gettysburg Sycamore growing seed cards for them to take and home and plant. The Gettysburg Sycamore lines the street that Abraham Lincoln drove on his way to Gettysburg.



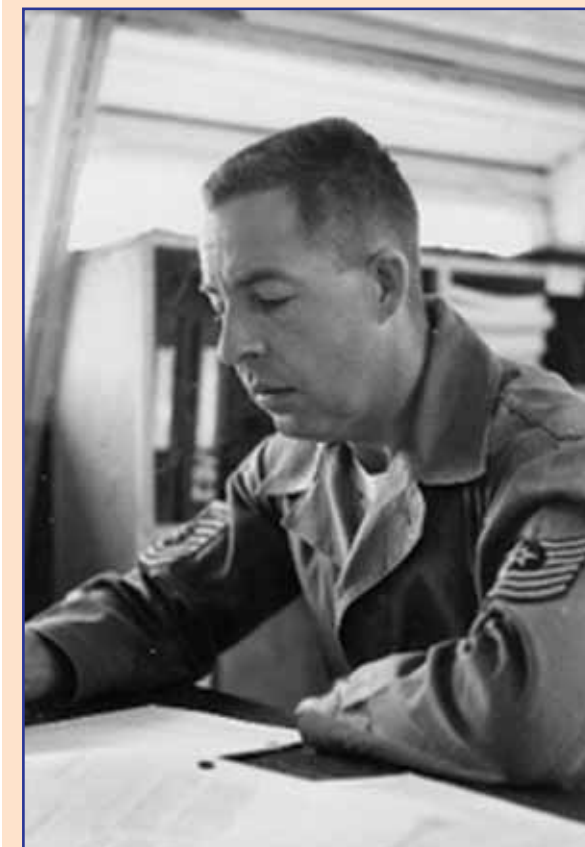
Children from local schools participated in the Tree Planting ceremony held on March 20 on the grounds of the AFRH.

Inside this Issue



Three vessels named for Former Naval Home Governor

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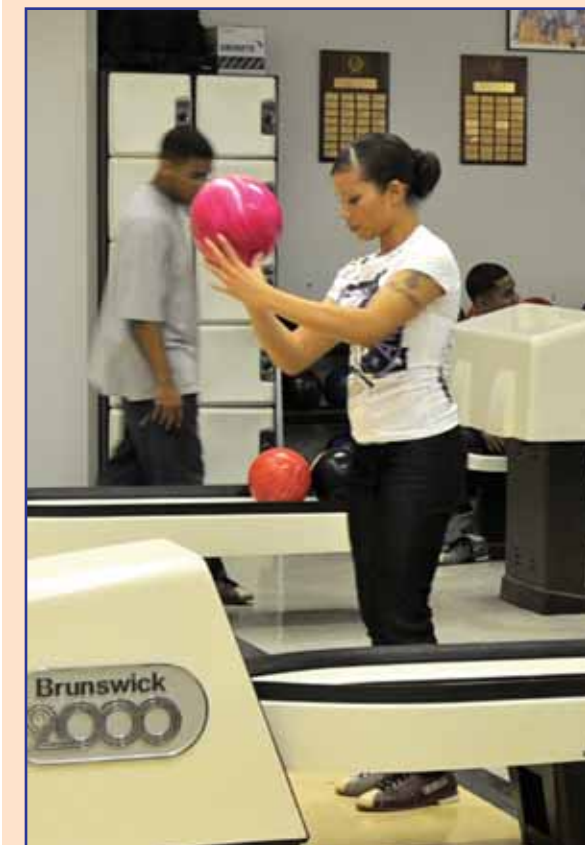
USAF retiree makes beautiful crafts

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Making progress in Gulfport



The new AFRH-G continues to progress on schedule. The photo above shows the dining room and outdoor dining area between Pavilions B and C



Resident bowlers take on Henderson Hall Marines

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Notes from the Resident Advisory Council



Well, we meet again. I hope that you are all well after the winter months. Now is the time to think of things to do. But first let me tell you something that has been completed for the use

of the residents of the Armed Forces Retirement Home Washington (AFRH).

You may have noticed that a new electric door has been added to the Scott Theater. This is so those who need assistance in getting through the doors have an easier way to see their favorite movies. The door was added just because someone asked about why, with all the people who need assistance getting around, there was no such door to get into the Theater. You ask - the RAC delivers (as long as the cost is reasonable).

Let us now move on to things to do. How about WALKING? I mean if you can, of course. Walking is a very easy way to stay in shape without having to think about exercise. Think about it, you do not have to worry too much; you just put one foot in front of the other foot and move forward to where it is that you want to go. Walking is not hard to do and after a while, you might even lose inches in places you never thought you would. Try it you might like it. Just remember that if you need to ask your Doctor before you begin an exercise program - ASK!

“...Walking is not hard to do and after a while, you might even lose inches in places you never thought you would...”

Here is something else to think about this summer. EAT LESS FOOD. No, I do not mean going on a diet, just eating less. Don't feel alone, I know how hard it is to do. I mean just walking into the dining facility every day and seeing all the food that is available. All that food, just speaking to you - EAT ME EAT ME. I mean even if you eat healthy, you could still gain weight. So the only thing you can do is to eat less. I know that sounds so simple but sometimes the simple things never occur to us. And again, remember if you want to lose weight - be sure to ask your Doctor just to make sure that it would really be a good idea.

Just another piece of information the month of March is National Nutrition Month. National Nutrition Month is held annually by the American Dietetic Association. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Another purpose of the month is to increase awareness of registered dietitians as providers of food and nutrition services and insuring that you lead healthy lifestyles. Just for something to do say thanks to a dietitian for the fine work they are doing for the residents of the AFRH

Another group of providers that is celebrating its work this month is the National Association of Social Workers. Most of the social workers I have known are passionate, purpose-driven individuals who want to do an excellent service for individuals and the communities in which they live and work. Just as a thing to do for the residents at the AFRH-W stop by and say hi to one of the many social workers who work here at the home.

Finally, there are many new residents of the home that you should say hi to and welcome to the home and offer them the opportunity to take part in the activities that are available to them at our Home; the Armed Forces Retirement Home Washington.

Esker F McConnell

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

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

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.

Female army veterans become first women Chelsea pensioners

From The Times March 13, 2009 - One of the army's oldest institutions took the arrival of two pioneers from what some – but not old soldiers – might think of as the monstrous regiment of women in its stride today, as two female veterans became the first women Chelsea pensioners.

It has taken the Royal Hospital, Chelsea, founded by Charles II in 1682 for "the succour and relief of veterans broken by age and war," more than 300 years to accept women army veterans; though Dorothy Hughes and Winifred Phillips, both in their 80s, looked very far from broken as they posed in their new uniforms.

"I think it's wonderful," confided Phillips. "I like men. I am alone. And I wanted to be looked after in my old age."

By their side, the male pensioners on parade to welcome their new comrades were equally enthusiastic. Ralph Dickinson, in the Parachute Regiment for 22 years and at the Royal Hospital for nine, said: "I don't see there's a problem. Women can come anywhere now, even working men's clubs, can't they? They've served just like us. Of course, you're going to get some who grumble, but they're the sort who always do."

For now, the women will have rooms of their own in the hospital's new Margaret Thatcher infirmary, which will be inaugurated by Prince Charles in a couple of weeks' time, but as further refurbishment work is carried out and more women join, they may eventually be moved into the sort of dormitories that have served the men, who have their own cubicles.

The hospital houses 300 army veterans from the ranks of non-commissioned officers and below. With women volunteers joining the queue, their numbers are expected to rise, though as women make up only about 10% of the army, they are unlikely ever to reach parity. Each of the women is invited for a four-day stay first to see if they like it.

Both women's service record stands comparison with any male pensioner's. Hughes joined the Auxiliary Territorial Service (ATS) in 1941 and served with a heavy anti-aircraft battery in London and later Rye, fending off incoming V1 flying bombs, before

being posted to the army's operational research group, developing the fuses in shells to be fired against the later German V2 rockets. Phillips, 82, enlisted with the Women's Royal Army Corps (WRAC) in 1948 and served for 22 years at bases across the world, including as personal assistant to a number of generals.

The hospital's governor, General Lord Walker, welcomed the women's arrival as a historic moment. "Both Dorothy and Winifred are – ah – new boys, so to speak," he said. "There has been no serious opposition. There are always people who view change as a bad thing and sometimes the older you are, the more difficult you find it, but even the grumblers now accept it. The vast majority accepted they were just as much soldiers. These two ladies have had distinguished careers."



New pensioners Dorothy Hughes and Winifred Phillips greet fellow veterans at Royal Chelsea Hospital.

Message from the Chief Operating Officer



The success of any project depends largely upon the degree of communication displayed throughout the life of said project. Here at the AFRH we have several large-scale projects either fully underway (Gulfport Rebuild) or in the planning stage (Gulfport Stand-Up and the Scott Project). All projects are multi-dimensional and they directly affect each and every Resident living at the

AFRH, whether they choose to relocate to Gulfport or remain in Washington. Understanding what we are doing, why we are doing it and when it will take place will help you, our valued residents, adapt easier to the modernization of our organization over the next few years.

An AFRH Communication Plan was recently developed as a tool to define specific communication strategies, tactics, and roles and responsibilities to be used through the duration of the AFRH modernization process. The PAO/Marketing Office, working in conjunction with the AFRH Corporate Planner, AFRH-W Resident Services, Campus Operations, and Healthcare Services, has the lead on all communications pertaining to these projects

The Gulfport Stand-Up team, comprised of AFRH

Corporate staff and AFRH-W service chiefs and other key personnel, are meeting now on a regular basis in preparation for bringing the new Gulfport facility online once it is released to us by GSA in July 2010, barring any unforeseen delays. We will have the start-up workforce in place during the last quarter of FY 2010 (July-Sep). They will be preparing offices and Resident Services for occupancy and training on the new facility systems.

While the groundwork is being laid for the opening of Gulfport, we also are in the initial planning stages of the Scott Stand Down here on the DC campus. We face many challenges in executing the Scott Project as we will be relocating common services such as dining, religious programs, resident services and the Health and Wellness Center, during the duration of the construction. The construction to take place on the DC campus over the next five years will mirror as closely as possible the types and sizes of Resident living and activity spaces planned for the new Gulfport campus. All Residents will be relocated out of the Scott building dormitories by April 11, 2011, either over to Sheridan or Gulfport. We started reducing the number of new admissions several months ago in preparation for the downsizing of Residents at AFRH-W as our goal is to have an equal number of Residents at each Home.

Information that Residents need to know concerning our modernization projects will be passed through the communication channels we have in place in a timely manner. Good communication isn't one way, nor does it just happen. It is deliberate and planned. Our intent is to have Resident input throughout the various phases of construction activities of both projects, which will result in feelings of shared responsibility for decisions and end results. Presently, information is provided to Residents through the Weekly Bulletin, C99, the Communicator, project progress reports and our website as well as by informal discussions between staff and Residents. To share their ideas and suggestions, Residents are encouraged to participate in Town Hall meetings and the more narrowly defined focus groups meetings. We are also involving the Resident Advisory Council members in meetings and discussions dealing with all aspects of our Home. Residents are encouraged to use their RAC representative to answer any questions, ideas or suggestions they may have.



Members of the Resident Advisory Council listen as details of the Gulfport Rebuild and the Scott Project are discussed during a recent meeting.

We can't overlook the fact that some information is passed informally, as Residents dine together, pass each other in the hallways, share a cup of coffee or play a game of cards. That's part of the dynamics of group living. For some, this may be their sole source of information. In those cases, it's like the children's game 'whisper down the lane' where the phrase passed around the room changes just a little bit from person to person and by the time the last person hears it, it is nothing like the original phrase. Communication by 'word of mouth' can, though, be a helpful tool for sharing information if the parties involved check the facts before passing them on. Since this doesn't always happen, we challenge each Resident to get the facts and stay abreast of what is happening at the AFRH.

On both campuses our vision is to create living spaces that readily engage Residents in their own spiritual, physical and mental health; an environment that encourages active, vital and healthy living. Communication, in a project of this magnitude, that affects so many people, will be paramount. Through a concerted effort between staff and Residents in keeping the lines of communication open and two-way, we will be able to successfully maneuver through the various phases of the construction.

Timothy Cox



Steve McManus, AFRH Deputy Chief Operating Officer and Chief Financial Officer, addresses members of the Resident Advisory Council and answers questions related to the upcoming modernization projects.

AFRH-G Update

By Steven C. Smith, Project Manager, GSA

Design-Build – Main Facility Total Completed and Stored 47.43%.

Construction: Estimated Construction Completion - July 2010

Structure: Complete

Remaining concrete is exterior to the building (on-going)

Architectural

Framing, interior and exterior metal studs (65% Complete - On Going)

Exterior waterproofing (60% Complete - On Going)

Dry-in Building (Roofing barrier lower levels – 60% Complete)

Pre-Cast Paneling (100% West Face – 35% Total)

Mechanical/Electrical/Plumbing/Fire Protection

MEP Infrastructure (On Going)

Testing of Components has begun (On-Going)



The staircase on the west side at the front of the building.



Pre-cast concrete panels being installed on the south end of Pavilion B.



A resident room on the 3rd floor, Pavilion A.



Pavilion D.



A landscape view of the AFRH-G taken from the front entry drive.

Welcome Aboard



Name: Willy Wagner
Branch of Service: USAF, USA
Entry Date: April 1956
Separation Date: June 1977
Rank: E7
War Theaters:



Name: Irving Spruill
Branch of Service: USA, USAF
Entry Date: August 1944
Separation Date: May 1965
Rank: E5
War Theaters:



Name: Garland Bilote
Branch of Service: USAF
Entry Date: February 1945
Separation Date: February 1966
Rank: E7
War Theaters: WWII, Korea



Name: Robert Toomer
Branch of Service: USA
Entry Date: January 1958
Separation Date: January 1980
Rank: E6
War Theaters: Vietnam



Name: Gil Blasini
Branch of Service: USA
Entry Date: November 1940
Separation Date: June 1962
Rank: E7
War Theaters: WWII, Korea



Name: Jim Phillips
Branch of Service: USA
Entry Date: December 1942
Separation Date: June 1962
Rank: E6
War Theaters: WWII, Korea



AFRH-G Chapel Renovation Update

The A/E Construction Documents are due 30 March 2009. Remediation of Hazardous Material is 100% Complete. Selective Demolition is on-going and estimated construction completion is March/April 2010.

Resident enjoys hobby of hat pin collecting

By "Johnnie" Johnson

I've been asked many, many times if I changed my pins from one hat to the other when seen wearing a different hat. The answer is no. I have 30 hats complete with pins. All pins are different on any one hat. When I receive duplicates, I put only one of them per hat.

A very dear friend, Mary Rivers, that passed a year ago, inspired me to put them on a hat. Mary gave me all her pins too, which were more than I needed to cover two hats, so I got a third hat for the extra pins.

I'd receive one pin, sometimes 2, 3, 4 or 5 at a time. Most of the pins were given to me by friends and acquaintances

here at the AFRH. Occasionally a visitor or an employee would donate the pin(s). A few of my hats have one theme. I have one with only pins of each state given to me by the nun's at Wash. Ret. HS. Another hat has Walt Disney pins, donated by a AFRH member who worked at WD World in Florida, thank you Allen!

I have a flag hat with U.S. flags, one with women in the Armed Services, and two with religious themes. I am now almost finished with hat #31.

It has become harder trying to find the hats, especially the size, color and type I want.

Not all the hats are to my liking but are the best I've found. Some I know don't



One of the many hats that Johnnie Johnson uses to display pins.

look the best on my head but I still have worn them all.

Don't believe it when you pick up a hat and it says, "One size fits all," I guess they don't make small, medium, large hats anymore? At least I haven't seen any. If any of the ladies know of a store that does have S, M, L size hats, please let me know.

I live in Lady Sheridan, Room 1117. Thank you.

Johnnie Johnson's room is colorfully decorated with hat pins she has collected through the years.



Naval Home Trivia

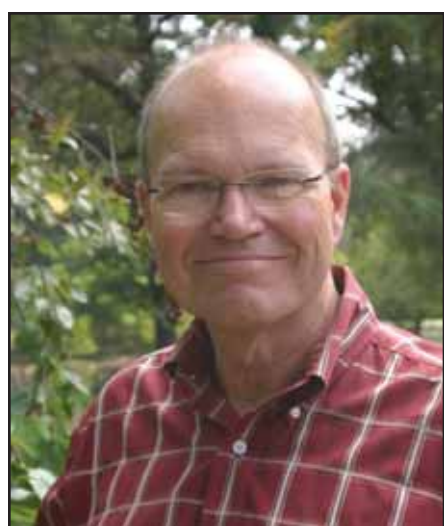
Twenty former Governors of the U.S. Naval Home have had U.S. vessels named after them (many Destroyers):

C.B. Balch
 Jacob Jones
 D.M. Fairfax
 J.L. Gardner
 J.R.M. Mullany
 A. Mertz
 A. Gleves
 C.E. Clark
 B. Gherardi
 H. Erben
 H.T. Mayo
 W. McKean
 F.A. Roe
 G.L. Read
 W.C. Nicholson
 S.C. Rowan
 H. Paulding
 A.C. Rhind
 J.H. Sands
 J.C. Watson

Oddly, the first two DD's named after Commodore Jacob Jones were sunk by German submarines. The third was berthed at Orange, Texas, and struck from the Navy List on 2 January 1971. She was sold 22 August 1973 and scrapped. Jones died on Aug. 3, 1850 at the Naval Home. His successor, Commodore E.C. Read also died while Governor and was the only known Governor to have been buried on Naval Home grounds and later moved to Arlington, Va.

Donald Fairfax was born in Virginia in 1821. He was Executive Officer aboard the USS San Jacinto when she intercepted the British Mail Packet TRENT. Fairfax led the boarding party aboard the TRENT to remove Confederate commissioners Mason and Slidell who were en route to England and France respectively. Lincoln ordered their immediate release.

From the Director



In the 2008 Super Bowl game, the New York Giants beat the New England Patriots, who were being touted as perhaps the greatest team ever to play this game and were undefeated all year, a phenomenal feat. With less than three minutes left to play, the Patriots had scored and pulled ahead, 14-10. Now, the Giants would get the ball back. But with the

clock winding down, would there be time enough?

On the sidelines, Michael Strahan, leader of the Giants' defensive squad that had harassed Patriots Tom Brady all evening long, kept spouting two numbers: "Seventeen" and "fourteen." That would be the final score, he was telling his teammates. He was confident his team's offense could score a touchdown and was doing everything he knew how to convince them of that, too.

When the game ended with the Giants on top by that very score, some who had heard Strahan pumping up his team credited him with a great deal of credit for the victory.

Faith is contagious. Unfortunately, so is doubt.

On January 7, 2008 the Ohio State Buckeyes played the LSU Tigers for the National Championship of college football. From a sports column there was an article that tried to make sense out of the game and wrote of something that

contributed to the Buckeyes' loss. The article told that one year earlier, the Buckeyes had played Florida for the championship and lost. Afterwards, sportswriters and columnists jumped on the Ohio State team for being outclassed in every way. "They had no business even going to that game," some said.

Just before the Buckeyes' staff and players went home for their Christmas vacation, Coach Jim Tressel made a CD of the derogatory comments made against the Ohio State team and gave one to each of the players. He wanted them to play those comments over and over throughout their holidays. No doubt the plan was to fire them up, to infuse them with a sort of "we'll show you" attitude. If anything, it seems to have backfired. What a self-defeating action that was by an otherwise great coach. What was he thinking? He is drilling into their brains that they are inferior, second-rate, and unworthy, even if his intention was the opposite.

In the opening chapter of the book of Romans, Paul tells the congregation of his desire to come to Rome. His reasons are several, but chiefly, "that is, that we may be mutually encouraged by each other's faith, both yours and mine." I've written in the margin of my Bible by that verse, "Faith is contagious. So is fear."

The prime example of a leader infusing his people with faith under the most trying of circumstances is Winston Churchill during the World War II, especially the years 1940-41 when Britain stood virtually alone against Hitler's onslaught. Read his speeches delivered in Parliament and on the radio to the British people and you sense that you are feeling something of the confidence and inspiration Churchill's audience knew.

Here's a sample....

From June 4, 1940, less than a month after he became prime minister: "...we shall not flag or fail. We shall go on to the end. We shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our Island, whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills, we shall never surrender."

Two weeks later, June 18, "Let us therefore brace ourselves to our duties, and so bear ourselves that, if the British Empire and its Commonwealth last for a thousand years, men will still say, 'This was their finest hour.'"

February 9, 1941, speaking to FDR and the American people: "We shall not fail or falter; we shall not weaken or tire. Neither the sudden shock of battle, nor the long-drawn trials of vigilance and exertion will wear us down. Give us the tools, and we will finish the job."

May 7, 1941, to Parliament: "When I look back on the perils which have been overcome, upon the great mountain waves through which the gallant ship has driven, when I remember all that has gone wrong, and remember also all that has gone right, I feel sure we have no need to fear the tempest. Let it roar, and let it rage. We shall come through."

You can see why historians said of him, "Churchill mobilized the English language and sent it to war." Everyone who listened to Churchill heard only faith and confidence from him, and so gained faith themselves.

America, no the whole world, is facing a difficult time. Someone like you can make a difference in others. Your attitude is contagious. Keep it positive!

David Watkins



Major General Elder Granger, M.D., U.S. Army, Deputy Director, TRICARE Management Activity, Office of the Secretary of the Assistant Secretary of Defense for Health Affairs, tours the AFRH on March 4, 2009.



W. R. "Wesley" Combs, (left) Head, Retired Activities Section Separation and Retirement Branch Headquarters, U. S. Marine Corps and his staff toured the AFRH earlier this month.

AFRH welcomes March visitors



Arthur J. Myers, Acting Deputy Under Secretary of Defense, Military Community and Family Policy, speaks with William Sinnott in the AFRH Library during a visit to the AFRH on March 3. Secretary Myers assumed the duties of Principal Deputy and Acting Deputy Under Secretary of Defense for Military Community and Family Policy in January 2009. A member of the Senior Executive Service, he is responsible for policy, advocacy, and oversight of all community support to service members and families including quality of life issues; family and casualty assistance; morale, welfare and recreation programs; Military OneSource and Military HOMEFRONT Web sites; the Department of Defense Education Activity; and the Defense Department's commissary and exchange services.

Hemingway's First Love Buried in the Home's Cemetery

By Ray Colvard

Just inside the U.S. Soldiers' and Airmen's Home National Cemetery is a marker identifying the resting place of Agnes von Kurowsky Stanfield, the nurse who was Ernest Hemingway's first love and model for A Farewell to Arms. Movie buffs will recall she was immortalized in the movie starring Sandra Bullock, "In Love and War."

As a 19-year-old ambulance officer, Hemingway became the first American to be wounded on the Italian front. He fell in love with a Red Cross nurse at the hospital, and it appeared the attraction was mutual. Agnes von Kurowsky volunteered for unpopular

night duty to spend more time with her pampered patient. They talked of marriage.

Hemingway boasted, "it takes a trained nurse to make love to a man in a splint." Hemingway biographers, however, seem to agree that the boast was the product of wishful thinking.

When Agnes encouraged Hemingway to return to the United States, it was with the understanding they would be married. However, in the interim she met another man, "far more interesting than a 19-year-old" and sent Hemingway a "Dear John" letter. The



Agnes von Kurowsky Stanfield

letter, which was found after Hemingway's suicide in 1961, was affectionate. She pointed out the seven years difference in their ages and suggested that he look around.

Hemingway felt he had been betrayed. His family claimed the rejection ruined his life. Although he never revealed her name or the true nature of the six-month wartime relationship, she was the person whom he would describe in novels as beautiful, guilt-ridden and doomed.

After Hemingway's suicide, his family revealed her identity and whereabouts and the curious crowds came to look at "Ernie's girl." She could only affirm that, "I wasn't that kind of girl," and explained that the logistics of the hospital prevented any such goings on as Hemingway had described.

Many years after World War I, Agnes von Kurowsky remembered that Ambassador Henry Villard had, as a young soldier, occupied the hospital bed next to Hemingway. She wrote to Villard asking his assistance for herself and her husband so that when the time

came they could be buried in the Soldiers' Home National Cemetery in Washington, D.C., near the tomb of her famous grandfather, General Samuel Holabird.

When Villard had accomplished it, she promised him "an interesting gift." After Agnes' death in 1984, her diary and "Dear John" letter came in the mail. Villard asked Professor James Nagel, an English professor and past president of the Hemingway Society to help in having the diary and letter published. Since literary scholars have Agnes' story, a whole new dimension was added to Hemingway's writing.

The current thesis is not that Agnes was a "femme fatale," whose rejection ruined Hemingway's life, but rather her rejection was the spark which made him a great writer. Agnes led a long, productive and private life apart from the famous author. With her husband of 50 years, her good name rests with her. The simple markers read, "Agnes von Kurowsky Stanfield 1892-1984; William Stanfield WWII."

Air Force veteran not retired yet

By Mary Kay Gominger

Wendell

Chapin was drafted into the Navy in 1943. After the war, he decided Navy life just wasn't for him so he got out. Two years later, Wendell joined the Air Force and spent the next 20 years serving his country. His specialty was aircraft maintenance.

"When I first went into the military," Wendell recalls, "I remember asking what the 10 cent deduction was for. They told me about an old folks home and I just never forgot about this place."

In all, Wendell served during three



Wendell Chapin

war periods - World War II, Korea and Vietnam.

Prior to going in the Navy, Wendell, a Michigan native, had dropped out of school after the 9th grade to work. Times were tough and he recalls working backbreaking manual labor for \$7 a week. He worked hard though, and saved what money he could. He got a break when he got hired to buff and polish aluminum parts for \$30 a week. He couldn't believe his good fortune. Wendell saved enough to buy his first brand new car, a 1941 Ford Super Deluxe and he got it for \$835. Gas, he remembers, was 18 cents a gallon.

"We had one store in town where you could buy 9 gallons of gas and 2 lbs. of sugar for \$1," Wendell recalled.

Wendell worked in the civilian world after military retirement installing and servicing all types of banking equipment such as ATMs, depositories, and safe deposit boxes.

Over the years he became well versed on all types of machinery used in the banking industry.

Nowadays Wendell spends his **Left - In his work space at the Wood Hobby Shop in Sheridan, Wendell has an assortment of tools and supplies. He finds something to do most all the time.**



time helping others or working with his crafts. He volunteers at the Chaplain's Office, helping with Protestant Bible study Sunday mornings before services and he also coordinates Christian movie night every Thursday in the Meditation Room.

"It's not a big crowd but I always have some people that come to the Thursday night movie," Wendell said. "I enjoy watching Christian movies and like to share them with whoever wants to come and watch them."

When he's not volunteering, Wendell works on his crafts. He carves beautiful pen and pencil sets from exotic woods from all over the world. Some of his work is on display in the showcase on the ground floor of the Sheridan building. Wendell also makes unique clocks and mirrors. He has a workspace over at the Wood Hobby Shop and he also has sewing and embroidery machines in his room and that allows him to work anytime he wants.

Wendell has three children and they all followed his path and made careers in the



Wendell Chapin displays some of his work that is on display in the showcase. Wendell carves pen and pencil sets, candle holders, key chains and much more.

armed services. His oldest, a son, received a full four-year ROTC scholarship to the University of Michigan and retired from the Army. His other two children - a daughter and son - retired from the Air Force.

"It's all about attitude," Wendell said in an explanation about his life at the AFRH. "I believe you have to keep doing what you can do. I might be 87 years old but I still walk to and from the chow hall three times a day. From my room in the Sheridan, that's a pretty good walk," he said with a laugh.

CHAPLAINS IN MINISTRY

Chapel Services - Catholic: Sunday Mass - 9 a.m. Rose Chapel; 10:10 a.m. LaGarde Chapel; Weekday Mass 8 a.m. Daily; Rosary - Wednesdays 2:30 p.m.; Holy Hour - Thursdays 3 p.m.; Jewish: 2nd Sunday of each month in Visitor's Lounge, Scott Building; Protestant: Sunday Services - 9 a.m. Lagarde Chapel; 10:15 a.m. Stanley Hall Chapel; Bible Study, Meditation Room, Scott Building - Tuesday 6:30 p.m. (regarding specific topics or books of the Bible) and Wednesday 1 p.m. ("Ask the Chaplain").

Chaplains' Office - Though the Chaplains' Office may be called a Place of Rest and Relaxation as well as an area of Conversation and Comfort, the Chaplains provide regular, private ministerial counseling in their individual offices to residents and staff members (with or without appointments).

Protestant and Catholic Chapel Councils - Monitoring of the respective Chapel Funds; consists of residents of the individual communities, with the Chaplain as an advisor to this body. (Note: Residents from the Protestant Chapel have consistently made contributions to outside organizations that maintain the same values that their congregation supports; e.g., Physicians without Borders, Feed the Children, So Others Might Eat, St. Labre Indian School, Victory Church of Jesus Christ Educational Fund, Clarke Elementary School, Healing Waters, Food and Friends, Inc.)

Jewish Community - The Rabbi avails himself on the day of his Service, and visits the LaGarde Building and the dining facility. He is also available for emergency hospital visits and funerals. He provides telephonic counseling and follow up for the Jewish community at any time.

Pastoral Needs Assessments (PNA) - Assisted living and long-term care residents are given an assessment of their

spiritual needs at the time of their admission to one of these levels of care. After the initial visit and assessment, follow-up visits take place regularly, at least every six (6) months. Quarterly, these same persons are involved in what's called an Inter-disciplinary Team (IDT) meeting that monitors the residents' current health and level of service provided. These IDT meetings are scheduled weekly for residents in independent living. The Chaplains are members of these respective teams.

Hospital Visits - For those residents who are institutionalized for health care outside the Home, the Chaplains make every effort to visit them in these local hospitals and rehabilitation centers or nursing homes.

Hospice Care Cooperation - When needed, the Chaplains work closely with Hospice Care organizations to provide appropriate spiritual needs as expressed by the resident and/or the resident's family.

Volunteer Services - Chaplains assist in training the volunteers that choose to provide services to this office as office manager and assistants; and in the Chapels as ushers, choir members, readers, worship assistants, vergers, and finance custodians for Sunday offerings.

Distribution of Religious Material - Chaplains monitor and preview Bibles and other religious materials that the Office frequently provides to residents and staff free of charge. This effort, including the weekly bulletins in church, seeks to nourish the spiritual dimension of persons here on campus.

Establish a Relationship with Off-Campus Ministries - A church outside the gate and the Stanley Hall Chapel congregation have held joint services and joint fellowships (which have included such activities as trips, local dinners, special holiday events/services, intergenerational bowling, and other activities).

Annual Prayer Breakfast and Revival - The Chaplains' Office has sponsored these events for the residents' spiritual growth and edification. **Chaplain's Corner** - The Chaplains have had a regular place in the monthly Home newspaper, the *Communicator*, to communicate to the larger readership through this medium.

Monthly Memorial Service - For those residents who have passed during the previous month, the Chaplains' Office sponsors a memorial service (regularly held on the 4th Wednesday of each month). All AFRH staff as well as family members of the deceased residents are invited to attend this service. The Chaplains are responsible for coordinating this program and getting it ready for printing.

Sponsors Guest Choirs - Choirs from across the country call to ask if they might

come to render a concert for the residents here at the home.

Frequently, these groups will come and share a meal and visit with the residents before and after the concert. The Chaplain's Office frequently coordinates these visits with the choir's contact person and the Home.

Memorial Services and Funeral Celebrations - As families request them and as residents and staff inquire and also make requests, services may be held in the respective Chapels and/or at local cemeteries, especially the United States Soldiers' and Airmen's Home National Cemetery and Arlington National Cemetery.

Final Retreat Board - As residents make the transition from life, the Chaplains' Office maintains the Final Retreat Board that pictures these persons who have most recently passed on.

Employee Chapel Time - Employees/Contractors are offered the opportunity to come to the Chapel at LaGarde on Thursdays or the Meditation Room on Fridays for a time of meditation on particular Bible passages and/or life concerns.

Marriage Ceremonies - On more than one occasion, the Chaplains have been called upon to perform marriage ceremonies for residents in the Home. For one of the more recent ceremonies, both parties were AFRH residents and still reside in the Home.

Chaplains' "Walk-About" - Much ministry occurs as the Chaplains casually visit the residents wherever the residents may be: e.g., in the dining facility, in the canteens, in the television areas, in the lounge, in the day rooms, in the halls, or outdoors on the grounds of the Home. Chaplains pursue friendship with all and seek to personalize interactions with residents by sincere interest in them and their history.

Emergency Calls - Both Chaplains live within five miles of the Home. Residents have needed the Chaplains for emergency situations outside of the regular work hour; and they have been able to respond within a reasonable amount of time.

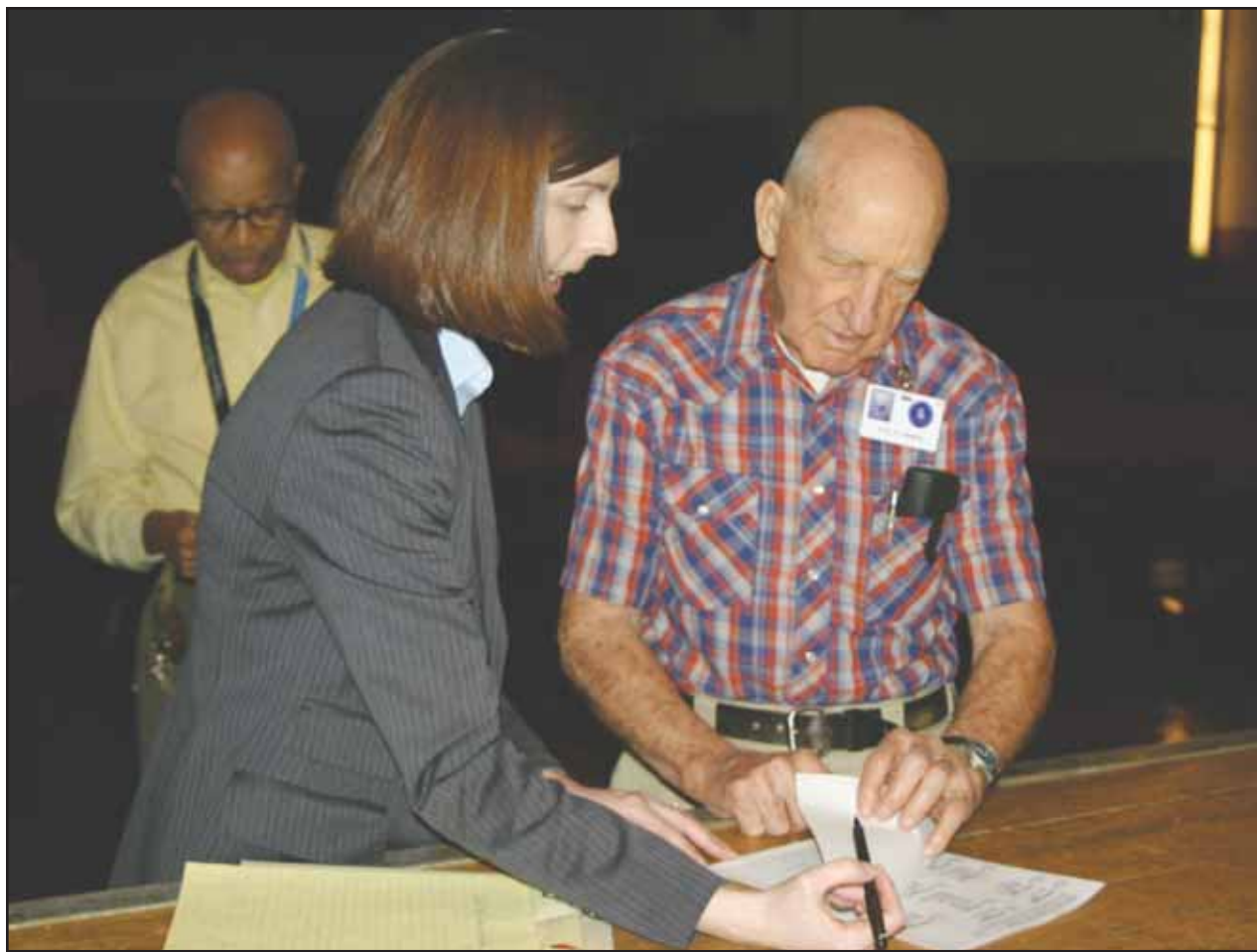


Chaplain Goodloe visits with a resident in the Chaplain's office.



Rabbi Harold Axelrod (center) leads the AFRH Jewish community.

Volunteering at AFRH



AFRH Volunteer Coordinator Carolyn Weber helps resident Paul Grimes complete paperwork during a session she hosted on March 13 for all volunteers. There are approximately 180 residents that volunteer within the AFRH. The following is a list of groups that come into AFRH to volunteer: People Animals Love (PAL), AARP, U.S. Coast Guard, USMC Henderson Hall, Catholic University, University of Maryland, Defense Intelligence Agency, Arlington Career Center and the AFJROTC.

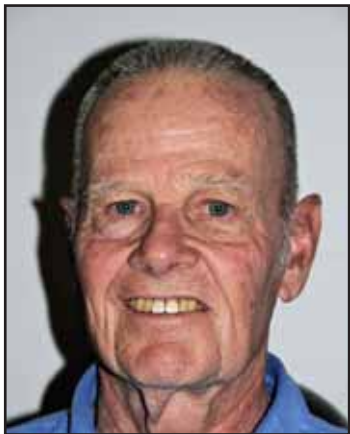
Bowling News

By Ed Crump

The month of February proved to be one of the most successful months in the 14 months I've been running the Bowling Shootout. On Feb. 5 we had an all time attendance record of 22 bowlers breaking the previous record of 19 accomplished on six different occasions. So I was very encouraged to see this many bowlers come. We also set a record for one month in which there are four Thursdays. We had 79 for the month breaking the previous record of 71 in March of last year. The all-time record for one month is 89 set back in January of 2008. So hopefully we can continue to bring in new bowlers and make this year even better than last year when we had a grand total of 685 with 154 already for the first two months of the year. We are well on our way to make this year our most successful as far as attendance goes. So keep on coming.

Ralph Wineland had himself an outstanding month of February that will be very hard to top. First of all he had the highest series ever rolled in the Shootout that I can remember in my almost six years here when he put together games of 207-234-214 for a great 655 series which started him on his way to winning Bowler of the Month.

Charlie Gammon who finished second for the Bowler of the Month in



February became only the third bowler to finish first in back to back weeks. Only Eugene Allison, who did it twice, and Steve Kostick did it once in the 14 months I've been running the Shootout. Charlie who last had a 500 series back in March of 2008 had series of 501-517 the two weeks he finished first and had his first 200 game since December of 2007. He has one of the smoothest deliveries of anyone in the Shootout. The big reason he was able to finish first two weeks in a row was due to the fact he was able to pick up the majority of his spares and getting a few more strikes which was something he was having a hard time doing even though he was getting good hits in the pocket, but he was leaving pins standing and he was unable to convert a lot of them which didn't sit too well with him, especially the seven pin which was giving him a lot of problems. Then that all changed the last two weeks when he seemed to find a way to pick it up which of course resulted in higher scores. He finished five points behind Ralph Wineland for Bowler of the Month in February, but currently leads Ralph by one point for Bowler of the Year after he first two months. I look for him to continue to improve and be among the leaders for Bowler of the Year honors as long as he stays healthy which of course is always a big concern with all of us who bowl in the Shootout.

Henri Gibson now owns a record he may not want. In one game last month he had three strikes in the tenth frame to end up with a 106 game. Bob Leftwich had a 107 game last month when he threw three strikes in the tenth frame. When I told Bob he no longer holds the record he couldn't believe it, but that's what makes bowling what it is. We kid Henri every so often about that game, but he



Curtis Young (left) and Willa Farrell (right) check over their scores at the Sheridan Bowling Center. The Henderson Hall Marines visited the AFRH on March 25 and bowled with the residents.

A Day in the Life of a Sailor

By Wildred "Mac" McCarty

AFRH resident Lyman Adams spent 22 years in the Navy. He is now 83 years of age. This is not an account of his whole Navy career but just part of one day of the many days.

On Sunday, April 1, 1945, in World War II, Adams was in the Pacific aboard the USS Hinsdale (APA-120), an attack transport in a large convoy. At 0600 hours a suicide Japanese Kamikaze plane crashed into her port side below the water line. It is amazing how low on the ship it hit. Bombs exploded leaving three gaping holes. Fifteen men were dead, 40 missing or wounded.

Adams had been up on deck talking to three buddies when they saw the plane approaching. Adams, not realizing it was a Japanese plane, said, "That guy can't fly a plane." In the next second all four of them were in the ocean. A second ship in the convoy picked up survivors. The second ship had also been hit by but not as badly.

Adams was just 17. Being patriotic he had enlisted in the Navy before completing his last year in high school. When his mother asked him why he wanted to join the Navy he joked that he had heard that sailors had a girl in each port. Ha.

Emergency repair work began immediately on the Hinsdale amidst continued Kamikaze attacks. Crews groped through the darkness to fight the fires started by the explosion and to jury rig patches.

Adams retired from the Navy in April 1965. The Hinsdale was retired in 1974 and was sold for \$731,150 for scrap. All that remains of the Hinsdale is her brass builders plate. Lyman Adams is still with us.



The USS Hinsdale (APA-120).

takes it all in stride.

I want to remind everyone that the GEICO Tournament will be held on July 13-14-20-21 as it stands now. If there are any changes you will be notified. You must bowl a minimum of 12 games to get a handicap in order to be eligible to bowl in the tournament. So the sooner you get the 12 games bowled the better off you'll be. If you wait until the last minute it may be too late. Those who currently bowl in the Shootout should have no problem getting these 12 games in. Those who are thinking about bowling in the tournament, but currently have no average need to come and see me at the Bowling Center to see about getting an average. A sign up sheet will be posted in the Bowling Center on time. Hopefully we'll have a much better turnout for this year's tournament than we had last year when we only had 11 participate which was very disappointing. We need to have at least 20 this year. Now that we have the dates for the tournament you have plenty of time to get ready for it.



Ed Crump (center) keeps score during a bowling event with the Henderson Hall Marines on March 25.



With great finesse this Marine goes for a strike at the Sheridan Bowling Center as another participant watches.

PAL group shares pups with retirees

By Linda Lombardi
Current Correspondent

The residents are mostly dozing in their wheelchairs in front of a nature video, next to a sign reminding them of the date and the season, when the volunteers from

PAL come into the room with their dogs. It's the regular Tuesday morning visit to the LaGarde Building at the Armed Forces Retirement Home, and many of the residents are familiar to volunteer leader Pat Wells. She points out one woman who's beaming at a volunteer and her small dog. "I've been visiting her since the beginning," Wells said. "She can be sleeping - we wake her up. Every time she just comes to life."

PAL- it stands for "People, Animals, Love" - is dedicated to sharing the joy of animals, but there's more to it than that. The owner of a Nova Scotia duck-tolling retriever is having a long conversation with one man as the dog stands behind her, apparently content with being ignored for the moment.

"Often the dog is just a catalyst," said Wells. "The first time I took pictures, I was surprised at how few were petting the dogs."

There's plenty of petting, for sure, but conversations take many turns, from stories about residents' former pets to a gentleman who is overheard explaining that there are two kinds of copper-head snakes. And the value of the human interaction isn't just for the residents; it's a break for the staff and a social outing for the volunteers as well. In fact, Wells is here without a dog. She kept on coming after her first dog developed health problems and was unable to join her, and now she leads this visit while her current German Shepherd puppy is too young to participate.

"I got started after 9/11. I wanted to volunteer," explained Wells, a resident of American University Park who is retired from Fannie Mae and now on the board of PAL. "The dog trainer I was using at the time said, 'Share your dog with others.'" The group, which has been visiting the AFRH for 25 years, along with 24 other facilities in the D.C. area, is a nonprofit that has been around since 1981. An almost all-volunteer organization currently numbering around 200, it has only two full-time staffers. What's a little different about PAL from some pet-therapy programs is that this organization does not require extensive training.

"We want to make it as easy for people as we can, as long as it's safe," said executive director Rene Wallis. If your animal is well-mannered and enjoys interacting with people - and you do, too - you can join in. The first step is attending an orientation with your pet. (Other pets are welcome but right now most participants are dogs.) "At the orientation there are a lot of animals and a lot going on," Wallis said. "If the animal can handle that, it's a pretty good indication."

The next step is to go on a couple of observed visits. "Each site has its own personality," Wallis said. Some have more rules



Resident Millie McCord is greeted by one of the PAL's dogs.

and restrictions; some are suitable for more or less energetic animals. Location can also be a factor, although some are not deterred by a little inconvenience - one of the Tuesday volunteers drives in from Woodbridge twice week with his Labrador retriever.






The AFRH, a veterans continuing care retirement facility, is one site that's fairly casual and flexible. Wells tells of one time when the group was called in for an extra visit, after Katrina, when residents from a facility in Gulfport, Miss., were moved here. "They were shellshocked - they didn't talk to anyone," she said. The staff "called and said, 'We need some dogs out here.'" Staffers said later that the visit was a turning point in the relationship between the Gulfport and D.C. residents. The visits last about an hour. The time is spread out among many residents, and some may question what good a five-minute visit can do, but Wells says the effects last longer: "They remember it the next day, they all talk about it, and there's buzz a couple of days before we come." And for some, those five minutes make a big difference.

"There's one woman on the fourth floor - she only smiles when we come," she said. PAL will hold two new-volunteer orientations this month: Saturday, March 21, from 10 to 11 a.m. at the Lisner-Louise-Dickson-Hurt Retirement Home, 5425 Western Ave. NW; and Saturday, March 28, from 10 to 11 a.m. at the AFRH, Rock Creek Church Road and Upshur Street NW. For more information, call 202-966-2171 or visit peopleanimalslove.org.



Catherine Bowie hugs a friendly pooch.

APRIL 2009 TRIPS & SPECIAL EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sign up Fri. March 27 th	2 Sign up Mon. March 30 th	3 Sign up Tues. March 31 st
Emergency cards must be carried with you on every trip, please make sure you have one. The trip caller has these cards if you need one. Residents are responsible for being at the bus 15 minutes before departure and return time.	Residents may sign up 4 business days prior to trips from 6:30 a.m. - 3:30 p.m. Monday-Friday in the Sheridan Lobby in front of the Rec. office Sheridan bldg. room 1010.		Trip Selection Meeting 9:00 a.m. in the Scott Theater BINGO 1:00 p.m. in the Scott Lounge	Andrews AFB, MD DPT: 10:00 a.m. RTN: 2:00 p.m.	Laurel Race Track & Target, MD DPT: 12:00 noon RTN: 5:00 p.m. Montgomery HS Choir, Santa Rosa, California Performance @ 1:30 p.m. in the Scott Theater	National Cherry Blossom Parade, D.C. DPT: 9:00 a.m. RTN: 12:00 noon Basic Computer Class in Sheridan-G211 @ 1:30 p.m.
5	6 Sign up for Line Dance NOW	7 Sign up Wed. April 1 st	8	9 Sign up Fri. April 3 rd	10	11 Sign up NOW - Sherman 301
Bunco (Recreation section) 1:00 p.m. in the Scott Lounge	Line Dance Class by Keith Turner @ 10:00 a.m. in the Scott Lounge Talent Show Rehearsal in the Scott Theater from 1:00 - 2:30 p.m.	Potomac Mills, Michaels & Wal-Mart, VA DPT: 9:30 a.m. RTN: 2:00 p.m.		Forest Glen, MD DPT: 9:00 a.m. RTN: 11:00 a.m. Ken Lelen vintage program @ 1:30 p.m. in the Scott Lounge		Stockton HS Band & Choir, Stockton, Illinois performance @ 1:15 p.m. in the Scott Theater Cherry Blossom Prelude to Fireworks Show - the Navy & Army Bands performance. See Sheila Abarri DPT: 4:15 p.m. RTN: 9:30 p.m.
12	13 Sign up Tues. April 7 th	14 Sign up Wed. April 8 th	15	16	17	18 Sign up Tues. April 14 th
	Pentagon City Mall, VA DPT: 1:00 p.m. RTN: 4:00 p.m.	Phillips Seafood Grill Restaurant, D.C. BPV Trip DPT: 11:00 a.m. RTN: 1:00 p.m. Book Talk with Richard Haddock in the Library @ 1:30 p.m.	BINGO 1:00 p.m. in the Scott Lounge	Hartford Union HS Orchestra, Hartford Wisconsin performance @ 1:30 p.m. in the Scott Theater	Talent Show Rehearsal in the Scott Theater from 9:00 - 10:30 a.m. Ice Cream Social @ 1:30 p.m. in the Scott Lounge	Wegmans, VA BPV's ALSO DPT: 10:30 a.m. RTN: 2:30 p.m.
19	20	21 Sign up Wed. April 15 th	22	23 Sign up Fri. April 17 th	24	25 Sign up Tues. April 21 st
Bunco (Recreation section) 1:00 p.m. in the Scott Lounge	"Time Out Variety Band" from Ft. Meade performance @ 1:30 p.m. in the Scott Theater	Bolling AFB, D.C. BPV's ALSO DPT: 10:00 a.m. RTN: 2:00 p.m. Birthday Dinner 4:30 p.m. in the Scott Dining Hall "Archie Edwards Blues" performance @ 6:30 p.m. in the Scott Lounge	No Bingo Today Talent Show Rehearsal in the Scott Theater from 9:00 - 10:30 a.m.	Bev's Ceramics Trip DPT: 9:30 a.m. RTN: 2:30 p.m. Tyson's Corner & Trader Joe's	Scott Cookout @ 11:30 a.m. in the rear of the Scott Dining Hall	4-Ball Golf Stroke Play 12:00 noon @ the golf course Leisure World "Mike and E.C.B." DPT: 6:45 p.m. RTN: 10:30 p.m.
26	27 Sign up Tues. April 21 st	28 Sign up Wed. April 22 nd	29 Sign up now in Sheridan 1010	30		
	Arundel Mills & Wal-Mart, MD DPT: 9:00 a.m. RTN: 1:00 p.m. BPV's ALSO	Fort Meade, MD (Retirees only) DPT: 9:00 a.m. RTN: 2:00 p.m. Blue Valley Northwest HS Wind Ensemble, Overland Park Kansas @ 1:30 p.m. in the Scott Theater Live Spanish Guitar Music in Scott G1210 @ 1:30 p.m.	DOUBLE BINGO \$\$\$\$ 1:00 p.m. in the Scott Lounge AARP 55 Alive Driving Course part I 9:00 a.m. - 2:00 p.m. in the Sherman conf. room	AARP 55 Alive Driving Course part II 9:00 a.m. - 2:00 p.m. in the Sherman conf. room Poetry On The Green 6:30 p.m. in front of the Lincoln Cottage	Please do not scratch your name or anyone else's name off of any sign up sheets. If you see someone scratching a name off of a sign up sheet please report them to Sheridan room 1010.	The "SAME SEAT" rule is required and enforced for departing and returning on all trips. Please be considerate of others and take notice of your seat selection when entering the bus. Please return to the home in your same seat that you departed in.