



Memorial Day in our Capitol

Fallen comrades remembered

Many veterans of the AFRH signed up for a special trip to the nation's Capitol and they were special guests of a PBS sponsored concert on the West Lawn of the U.S. Capitol on Sunday, May 24. The concert was held during the Memorial Day weekend and honored those who have died serving our country. It featured actors Joe Mantegna and Gary Sinise and other guests along with conductor Erich Kunzel and the National Symphony Orchestra.

Other Capitol City Memorial Day weekend events included a Parade, Rolling Thunder Motorcycle Rally, a GI Film Festival, a wreath-laying ceremony at the Tomb of the Unknown Soldier at Arlington National Cemetery and a Fleet Reserve Association-sponsored wreath-laying ceremony at the Navy Memorial. The guest speaker was Ernest Borgnine. The event featured World War II Radio Hour and a concert by the Navy Band.

Many other events were held in our nation's capitol to honor fallen veterans as well as in locations all over the country.



Ernest Borgnine, left, the guest speaker, takes part in the wreath laying ceremony at the Navy Memorial. Borgnine served 10 years in the Navy. Also pictured is a World War II nurse and a Coast Guard Honor Guard.



Performers gather on the stage at the National Memorial Day Concert, sponsored by PBS, held on May 24. Eighteen residents from AFRH attended the event and had front section seating to enjoy the performance.

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Air Force veteran thankful to have seen the world

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AFRH Golf Scramble

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Residents attend Joint Services Air Show

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A work in progress

This photo, taken on May 27, 2009, is a front view of the three main residential towers (from left) - A, B and C. More photos of the AFRH-G construction and GSA's current construction update is on page 3.

Notes from the Resident Advisory Council



Well, it has been one interesting month at the home. With all the visitors both military and civilian who have been shown the grounds and buildings we have for our use,

and the visitors to the Lincoln Cottage who have a tendency to wander closer and closer to our housing areas. But even with all the small disruptions to our everyday life things continue on for the residents. This is the way it should be.

By the way, did you hear that? I cannot remember all the times I have heard people start a conversation with just those words. What usually follow are rumors that these people have heard from others. When you try to run down these rumors they turn up to be not true. In normal times the time spent running down the rumors are not usually too much. But there are other times in which rumors can be dangerous. As an example a rumor that intimates that a person has done something when, in fact, they have not, can be dangerous. So what I think I am saying is if you hear a rumor, do not pass it on. Do not give the person the false impression that what they are saying makes any sense to you.

You received, in your mailbox AFRH Agency Notice 09-03 dated April 30, 2009 SUBJECT: Start-Up of Two New Resident Advisory Council Sub-Committees. These new sub-committees are the Gulfport Start-Up Committee and the Scott Project Washington Sub-Committee. These new sub-committees have important functions to fulfill in both of these major initiatives. As an example, the members of the Gulfport Start-Up committee will serve as the AFRH-Gulfport "Interim" RAC until formal RAC elections occur at the Gulfport facility. Another example is the Scott Project Washington whose duty will be to insure that residents of the home in Washington receive factual and timely information about the Scott Project. By the time this article appears the Scott Project Washington sub-committee should have chosen a chairman who will oversee the operation of this sub-committee. A full listing of the members of the Scott Project Washington sub-committee will be available in my next article and also at the monthly RAC meetings.

Finally, this 25th of May was the observance of Memorial Day. Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order Number 11. It was first officially observed on 30 May 1868, when flowers were placed on graves at Arlington National Cemetery. This year the Soldiers Home National Cemetery had a Memorial Day observance at which the General Order was read and honors offered to those buried there. I along with other residents of the home attended that event. I hope that many of you reading this article also took the time to honor those who have given their lives in service to this country. As a final note General Logan and members of his family are buried in the Soldiers Home National Cemetery.

Well, that is about all that I can think to offer this month. May the rest of this year see you in good cheer, and that your health remains well enough to allow you to take advantage of the many things that are here for you, the resident, to enjoy.

Ester McConnell

**Check in
Recreation Services
for the June
trip schedule**

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the AFRH Communicator staff for journalistic style and length. 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



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>**

Become a resident today!

Women in Defense



Members of Women in Defense and ladies of the AFRH on Wednesday, May 6 at the Annual Wine and Cheese event. Women in Defense, a not for profit professional organization, has a mission of cultivating and supporting the advancement and recognition of women in all aspects of national security.

Message from the Chief Operating Officer



You may be hearing the term 'Aging in Place' more and more frequently as we continue with modernization efforts at both of our AFRH communities but what does that term really mean and how does it affect you, the Resident.

Narrowly defined, 'aging in place' is having the mental and physical capability of living in one's own home in old age. The broad-

er perspective, and one that applies to our Residents, is that 'aging in place' means being able to stay independent longer and having all the familiar services available to you when you need them the most. Our expectation is that as we develop new and/or updated residential living spaces, with the 'aging in place' model in mind, a Resident is able to remain comfortably within our AFRH community regardless of shifting of needs because our space is been designed to encompass many of the normal challenges brought on by aging.

Natural aging in and of itself is not the main problem many seniors have. Often, it is the environment they live in. When the Scott Building was designed, for instance, in the mid 1800s, little or no attention was paid to age-related conditions that come with normal aging. These changes may include impairment in vision and hearing, decreased mobility, dexterity, strength and stamina and reduced sensory acuity (thermal sensitivity, touch and smell), just to mention a few. Of course not everyone has the same aging experience and

most seniors learn to adapt to their changing situations and lead happy and productive lives. Technology then didn't support the physical and sensory changes that older adults encounter as they age. Modifications of our buildings through the years have helped but there is so much more we can and will be doing to make Resident living spaces more accommodating so that everyone, even those with minor aging issues, can live independently, in a familiar, comfortable environment that is convenient to services, safe and secure. Aging today, it is being discovered, can be effectively managed and can be a very productive, satisfying time of life.

Our goal is to provide the very best designed buildings, services and programs to do just that.

As an update, we recently made formal the start-up of two new Resident Advisory Council (RAC) sub-committees to assist AFRH management in all phases of the Gulfport Start-Up Project and the Scott Project Washington. Sub-committee members in both groups may be assigned research projects, tasks related to planning, pre-construction, construction and post-construction issues, and may serve as project liaisons between Residents, the RAC and the AFRH management team on a variety of issues. As both projects continue to progress, I am confident that we will be able to contribute our future success to the teamwork and dedication of our staff and Residents.

Earlier this month one of our staff members, Director of Nursing Pamela

Young, received the "Champion for Seniors Award" from the Assisted Living Federation of America (ALFA). This award spotlights organizations in the care giving field with dedicated employees who have shown extraordinary commitment, courage and leadership and those who have exemplified caring, quality service to Residents. We are fortunate to have such a valued team member at the AFRH and it is so very rewarding to her to get this type of recognition from her colleagues. Congratulations to Pam.

Timothy Cox



AFRH Offsite Meeting

From left - Campus Ops Chief Justin Seffens, Corporate Planner Annette Price, Architect Joe Woo and Resident Services Chief Chuck Dickerson discuss a strategy during a team building exercise at the Management Offsite held at the Airlie Center in Warrenton, Va., on May 13-15.

Gulfport Update

By Steven S. Smith
GSA Project Executive

Design - Build - Main Facility Total Completed and Stored 56.73%.

Construction:

Estimated Construction Completion - July 2010

Structure:

Complete

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

Architectural:

Framing, interior and exterior metal studs (75% Complete - on going)

Exterior waterproofing (70% Complete - on going)

Dry-in Building (Roofing barrier lower levels - 80% Complete)

Pre-Cast Paneling (100% West Face - 45% Total)

Mechanical/Electrical/Plumbing/Fire Protection MEP Infrastructure: (on going)

Testing of Components has begun (on-going)

Chapel:

Negotiations for Construction Contract underway. Estimated Award June 2009.

Estimated Construction Completion: March/April 2010

Beach Access:

GSA negotiating for design/build services.

Estimated Notice of Award Date: June 2009

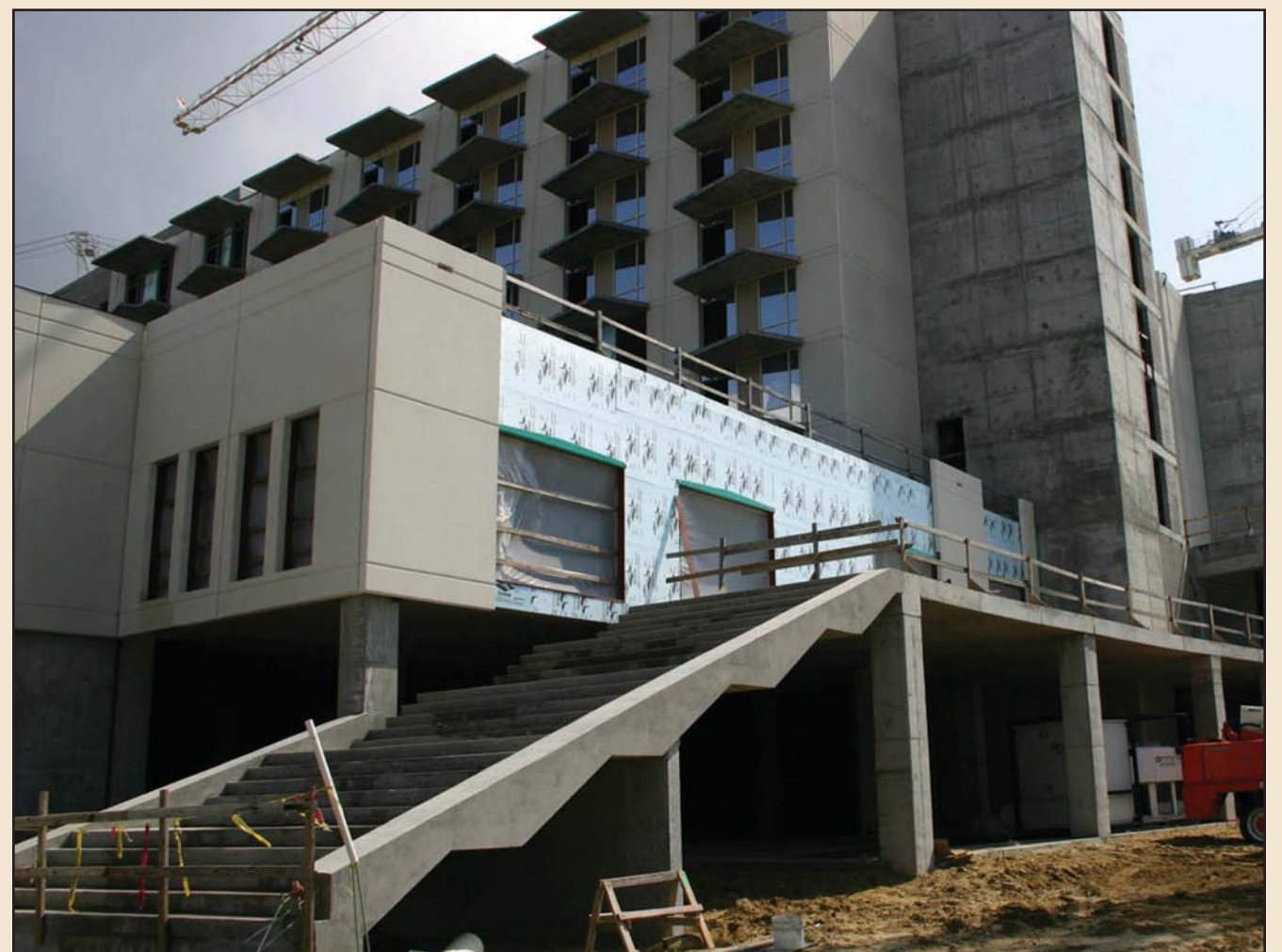
Estimated Construction Completion: March/April 2010



Dirty work - this is the hallway, north end looking south, on the 2nd floor of Tower A.



Pumping air - this is the north side of Towers C and B. As sheetrock work begins on the inside, these large white tubes are used to dehumidify the air.



This is a shot of the stairwell on the west side at the front of the building. Tower A is in the background.

Welcome Aboard



Name: Robert Brown
Branch of Service: USA
Entry Date: May 1951
Separation Date: October 1974
Rank: E9
War Theaters: Korea & Vietnam



Name: Peter Hudson
Branch of Service: USAF
Entry Date: January 1954
Separation Date: March 1974
Rank: E7
War Theaters: Korea & Vietnam



Name: Helen Sadowski
Branch of Service: USN
Entry Date: April 1952
Separation Date: October 1971
Rank: E7
War Theaters: Vietnam



Name: Paul Rawling
Branch of Service: USN
Entry Date: August 1948
Separation Date: March 1968
Rank: E7
War Theaters: Korea

'Poetry on the Green' readers share poems

On a cool April 30th evening, a group of poetry lovers enjoyed a warm, memorable poetry reading on the lawn outside the famous Lincoln Cottage. There were 17 readers who covered everything from Lincoln to baseball. Several read their own compositions.

Joe Doyle, with a lively rendition of "Casey at the Bat," started the program. This was followed by Virginia Scotte thoughtful reading of "Provide, Provide." Marcus White read his own moving composition of "Patriotic Insurgent." Even though the day had been cool, Lennie Kuhn reminded us that it was "A Lovely Day." Byron Mathis read his original poem titled, "Choose Your Epitaph," which made a special place in everyone's heart. A light-hearted reading of "Jenny Kissed Me" was done by Roger Davison. Back to a military theme with Christine Baldwin's reading of "It is the Soldier," a Vietnam-era poem. Hugh Wingo brought in a Lincoln theme, with Abraham's "Ultimate Justice of the People," followed by the "Navy Hymn," read by Fitz Fitzpatrick. An Edgar Allen Poe special, Annabel Lee was recited by Joseph Rodis. "Lincoln," a stirring poem, was read by Esker McConnell.

To celebrate William Shakespeare's 445's birthday, Earl Clifton told us that "All the World's a Stage." A moving piece written by Warren Helm, "Let Me Start All Over Again" made a thought-filled poem. This was followed by the "Wreck of the Hesperus" read by Chuck Mayo. Lincoln would be proud of Howard Sweet's presentation of the



Steady as she goes - Martha Maynard gives John Miller a shave as part of the 'Poetry on the Green' event that took place on April 30. Also pictured is AFRH Librarian Christine Baldwin. The lawn of Lincoln Cottage set the stage for the residents' 'Poetry on the Green' reading.

"Gettysburg Address," The final poem, "Burma Shave's Faves" was cleverly presented by John Miller, with assistance from Martha Maynard and the wonderful audience, who braved the cool weather for some wonderful poetry!

Understanding Lincoln

Chris Vallilo combines Lincoln's own words and stories with period folk song and music to shed light on one of our nation's most beloved historical figures.

June 5, 2009

7 p.m.

South lawn of President Lincoln's Cottage
Everyone is invited
Lawn chairs permitted.

KHC Artists & Crafters Showcase

By Carol Mitchell

On Wednesday, April 22, 2009, AFRH-W Recreation Therapy hosted the "KHC Artists & Crafters Showcase." Residents and employees were able to stroll along KHC LaGarde Mainstreet and view some of the beautiful paintings and crafts created by various home residents.



Another AFRH resident, Warren Helm, photographed with his works of art.

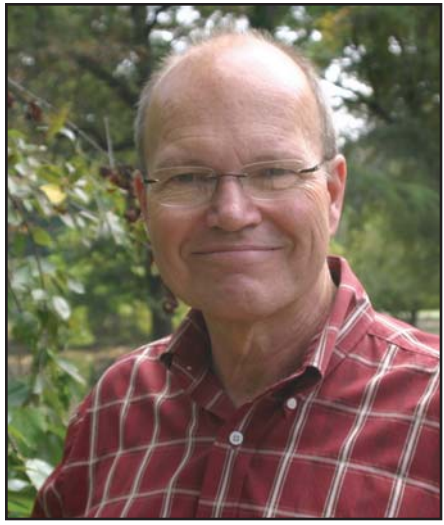


AFRH resident Mimi Rivkin with several of her paintings.



James Davidson enjoys the various collections of art on display in the KHC Artists & Crafters Showcase.

From the Director



Humility is not putting yourself down. It's seeing yourself as you really are. It's not thinking, "How small I am..." It's not thinking of yourself at all.

What appears to some as humility may be inferiority. Think of the wallflower at the dance that pulls into her shell, makes eye contact with no one, and sits there moping, "No one likes me. No one wants to dance with me." The truth is, she's the most egotistical person in the hall. The belle of the ball, the young lady who is charming everyone by her dazzling smile and sunny personality, is the very opposite: she's not preoccupied with herself at all. She's thinking of others, and they are responding to her attention.

Every organization seems to attract more than its share of not-very-humble persons, ours included. There are so many reasons to be humble and so many temptations not to.

Nothing is more attractive - or more surprising - in a truly successful individual than humility. That's probably because it's so rare.

Frank Pollard was a successful pastor by any standards. He grew up poor and shy in a tiny town in Texas. When he announced that he believed God wanted him to become a preacher, his friends asked, "How can you preach if you can't even look people in the eye?" And yet, in time,

TIME magazine named him one of the ten greatest preachers in America. For decades he led a great church and influenced generations of people.

A professor of preaching once sent a student to interview Dr. Pollard. The seminarian asked, "After you're gone, how do you want to be remembered?" Pollard answered, "I don't want to be remembered. I'm only the messenger." The professor said that when the student told that to the seminary class, a hush went across the room. It was so unexpected from one whom they considered great.

I have four suggestions for anyone who is tempted to think of themselves as great. You might call these "assists for your humility."

1. Walk into a mall and buy something with a credit card. Do not hand your driver's license to the clerk, but simply tell that person your name. Watch their reaction. You'll quickly find out just how far your fame has traveled.

2. Attend your high school reunion. These are the people who knew you as the shy, introverted kid with braces - or needing the braces you never got. They know your secrets and are about as impressed by your achievements as they are the kid who stayed in that home town and ran the Western Auto. They will deflate your ego in a minute. If you will relax, you will enjoy every moment of it, and feel like a million bucks when you drive away. They have done you a great favor.

3. Ask your spouse to name your greatest strengths. Notice how your spouse pauses a long time, much too long for your comfort. Finally, they come up with one and then a second. They are not the ones you would have chosen, and you wonder how anyone who knows you as well as they do could miss the most outstanding traits that have made you the success you are. Gag. (If your wife tells you she is awed by your greatness, she'd probably lie about other things too).

4. Volunteer to serve meals at your local homeless shelter. Do not wear a name tag unless it carries only your first name. It will do you good to serve these people off the streets and to have them call you by your first name, if they call you anything at all.

Get your eyes off yourself. Look around at the people nearest you and search for ways to make them feel better about themselves and the work they do. Work at making them successful. Do it as anonymously as possible.

"He who would be great among you", a teacher said to the group of students who were all ears and taking this down, "let him be your servant."

Not what they wanted to hear. They were looking for some magical formula from him on how to achieve lasting and obvious greatness in this life. To them, that meant the same thing it means in our culture: everyone knowing your name, everyone moving out of your lane, everyone handing you acclaim.

We are introducing to the staff at ARFH our customer service motto for the way we work, or serve, if you will. It will be successful if we grasp the truth about humility and it will fail miserably if we don't. It is:

I Serve

I - Integrity First

S - Selfless Service

E - Excellence in Everything

R - Right Attitude

V - Visionary Teamwork

E - Embrace Responsibility

David Watkins



Jaymaria Deleo (center), a RN at the AFRH, receiving the Nurse of the Year award from Director of Nursing Pamela Young and AFRH Director David Watkins. Interesting note: Jaymaria's mother at one time worked at the AFRH and received this same award in 1988.



The Resident Advisory Council (RAC) recently recognized the LaGarde Floor 3 Care giving staff. Pictured here are (from left) Kimberly Malone, MRT, Kathy Waters, CNA, Vernon Miller-Olubusade, RN Supervisor, Nellie Lane, CNA and Marie Desir, CNA. This new award was developed by Terry Sawyer, the LaGarde RAC Ombudsman.

AFRH-W Archives

Fence has historic background

Excerpt from Senate Hearing, Mar 2, 1882

In 1876, the permanent stone and iron fence, which extends from the southwest corner of the grounds to the extreme north corner, and then down the west side to the north line of a tract known and marked upon the plat as the Robinson property, was commenced. In November of that year the Commissioners confirmed the verbal authority for the contract, and continued the same for the work to be done throughout the line above mentioned. The cost of this work was as follows:

For 2,494 perches of stone wall	\$11,659.32
For 121 brick piers	1,983.75
For 4,605 1/4 feet of stone coping	11,609.12
For 127 stone caps for piers	875.55
For iron railing (fence complete)	9,444.87
For two bronze eagles on gate piers	317.00
For paints and painting piers and fence	916.15

Total 36,805.76

The stone and mason work was done by contract with Richard Morgan: \$4.77 per perch for 473 perches, and the remainder at \$4.65 per perch: 119 brick piers, at \$16.25 each, and two large gate piers, at \$25 each: 4,509 1/4 feet of coping, at \$2.50 per foot, and 96 feet of circular coping, at \$3.50 per foot: 119 stone caps, at \$6.50 each, 2 at \$8.50 each, and 6 blue stone caps for lodge piers, at \$85.05 the lot. The iron work was furnished and put up by C. A. Schneider & Sons, on agreement. The painting was done by day's work and purchase of material.

O. W. Longan. Secretary to Board of Commissioners

*O.B.C.S.H. March 30, '82.

End of excerpt from Senate Hearing of Mar 2, 1882



Norman Godfrey sits on the wall of the perimeter fence of the AFRH-W.

Fiddler's Green Poem

*Halfway down the trail to Hell,
In a shady meadow green
Are the Souls of all dead troopers camped,
Near a good old-time canteen.
And this eternal resting place
Is known as Fiddlers' Green.*

*Marching past, straight through to Hell
The Infantry are seen.
Accompanied by the Engineers,
Artillery and Marines,
For none but the shades of Calvalrymen
Dismount at Fiddlers' Green.*

*Though some go curving down the trail
To seek a warmer scene.
No trooper ever gets to Hell
Ere he's emptied his canteen.
And so rides back to drink again
With friends at Fiddlers' Green.*

*And so when man and horse go down
Beneath a saber keen,
Or in a roaring charge of fierce melee
You stop a bullet clean,
And the hostiles come to get your scalp,
Just empty your canteen,
And put your pistol to your head
And go to Fiddlers' Green.*

Air Force veteran had unique opportunities

Though flying wasn't her favorite thing, resident enjoyed Air Force life

By Wilfred "Mac" McCarty

In 1949, at the age of 29, resident Loraine (Lori) Murphy decided she wanted to join the U.S. Air Force. She worked for the postal service in Chicago and lived in



Loraine Murphy assists residents as a volunteer in the Chaplain's Office.

the suburbs. She was ready for a change. She loved meeting new people, traveling and seeing the culture and architecture of other countries. The Air Force seemed the perfect match. She didn't put a lot of thought into "what" she would do once she got in but she needn't worry about that anyway. Upon completion of basic training in Lackland AFB, Texas, she was asked if she wanted to be a flight attendant. The fact that she was 5'2" and under 100 pounds nor the fact that she was not a fan of aircraft or flying didn't matter, she was now a flight attendant. Most of her flights were transferring troops and their families, an occasional POW. She flew and flew, in both the Atlantic and Pacific Divisions. She made Staff Sergeant in 18 months as a result of her dedicated work and many miles. Now, she laughs about her orientation flight.

"On that first flight, to see if I could do it, the pilot flew the aircraft as if it was in a storm. We were tossed all around," Lori recalled. "I got sick to my stomach and real hot all of a sudden. When we landed, as I stumbled out, everyone was laughing. The pilot had turned the heat on high trying to

make me sick. I guess I passed the test," she said.

Lori was a flight attendant in the Air Force for six and a half years. During that time she remembers three "close calls," involving a lightning storm, rapid free falling and a couple of extremely turbulent air pockets. Mostly though, she remembers visiting such places as Japan, Saudi Arabia, Hong Kong, Egypt, Pakistan, Calcutta, France and places beyond.

Occasionally, Lori would have VIPs on board such as Senator Henry Cabot Lodge Jr. (R-Mass.), Senator Theodore Green (D-RI), and once, the Lord High Chancellor of Britain. She saw places she only dreamed about. She saw a large part of the world, more than most people would ever see in a lifetime.

Lori, now 89 years young, has been a resident of AFRH for 19 years. She has been a volunteer at the Chaplain's Office for the past 14 years, and also used to volunteer at Rose Chapel and in Recreation Therapy at LaGarde. She still enjoys meeting people and enjoys spending time with her family that lives in the commuting area.



Loraine Murphy (front left) at a 1953 photo shoot at Hickam AFB Hawaii, for an Armed Forces Day calendar. Defense Department photo.

ALL ABOARD!

By Carol Mitchell

On Wednesday, May 20, a group of KHC Residents enjoyed a wonderful afternoon cruising around the Potomac River aboard the "Spirit of Washington" boat. Live music was provided by the waiters and waitresses and a DJ played music that had everyone dancing and tapping their toes. Everyone enjoyed sumptuous buffet and the beautiful sights of Washington, D.C.



Dancing to the music - residents hit the dance floor onboard the Spirit of Washington during their cruise along the Potomac River on May 20.

AFB Annual Airshow

By Carol Mitchell

On Friday, May 15, KHC Recreation Therapy and a group of residents headed to Andrews Air Force Base for the Annual Airshow. Planes and helicopters of all kinds were on display. The residents were mesmerized by the spectacular performance of the renowned "The Thunderbirds."



Sky gazing - Residents enjoy the performance by the Thunderbirds, part of the Andrews Air Force Base's Airshow held on May 15.

Residents enjoy elaborate display of military weapons

AFRH sponsors Spectacular Gun Show

By Keith Turner

On Tuesday, May 12th, the AFRH veterans were surprised with an elaborate display of WWI and WWII military weapons that were presented by outside guest and weapons collector Rick Thornley. Many residents showed up at the spectacular weapons display and expressed their enthusiasm to see so many old time fighting supplies. A special thanks to Mr. Thornley for taking the time out of his day to transport so many fine artifacts to the AFRH for everyone to enjoy.



Above - Rick Thornley (left) shows a group of residents his collection of military weapons used during World Wars I and II. The weapons were on display at the AFRH on May 12.

Left - Carl Swickerath gets a closer look at one of the weapons on display.

Recreation Notes

GUEST ROOMS: We ONLY have four rooms available for the 4th of July. As always reservations are taken on a first come first served basis. When making a reservation for the first time, I need your guest complete mailing address and phone number.

THRIFT SHOP NEWS: Thrift Shop is open Monday, Wednesday, and Friday 8:30 a.m. - 11:30 a.m. and Thursday from 1 p.m. - 4 p.m. The Thrift Shop is conveniently located in the Sheridan Building, Room G-018 across from the PX entrance. The phone extension is 3355. No clothing or bedding will be accepted. All transactions must be paid for in cash only.

SWIMMING AT CUA: Recreation Services will provide van service for residents participating in the swimming program at CUA. On Tuesdays, unless otherwise noted, the van will depart in front of the Sheridan building at 1:30 p.m. and return at 3:30 p.m. For more information contact Jerry ext. 3066.

COMPUTER LAB: Check outside Room G211 for the new hours of operation.

CRAFT COTTAGE: The cottage is not taking in sewing for the residents, they show you how to use a sewing machine or knitting, crochet, and embroidery.

Diamondbacks Softball

Schedule

Thursday, June 4th vs Dept. of Labor

Wednesday, June 10th vs Children's Hospital

Tuesday, June 23 vs Washington Outsiders

All games at 6 p.m.

The ballfield is located behind the Scott Building.

Please come and cheer on our team.

Returning from the 2008 Team:

Jerry Carter, Manager, Certified Fitness Trainer, AFRH

Coached youth baseball and basketball

Air Force veteran **Curt Young**, AFRH Resident

played softball in the Air Force

Army veteran **Warren Helms**, AFRH Resident

played in over 30 basketball league

Navy veteran **Billy White**, AFRH Resident

played softball all of his life

Navy veteran **"House" Palmer**, AFRH Resident

played softball in the Navy

Marine Corps veteran **Cleophus Snow**, Scott Dining Manager, AFRH

played softball in the Marine Corps

Greg Wilson, Contract Surveillance Rep, Food Service, AFRH

played pickup softball

Keith Turner, Recreation Team Leader, AFRH

played professional football

Carl Holloway, Maintenance, AFRH

played softball all of his life

Adam Reza, Contract Rep, AFRH

played softball in Prince George's County

Adam Reza II, college student

played baseball and soccer in high school

New to this year's team

Air Force veteran **Robert Gmerek**, AFRH resident

played softball in the Air Force

Army veteran **Luis Lopez**, AFRH resident

played softball in the Army

Air Force veteran **Myron Wash**, AFRH resident

coached Little League baseball in Oregon

Carol Mitchell, Recreation Therapist, AFRH

played softball for Boys and Girls Club

Nicole Chappell, Recreation Specialist, AFRH

Played on AFRH team in 2008

Markiah Janik, CNA, AFRH

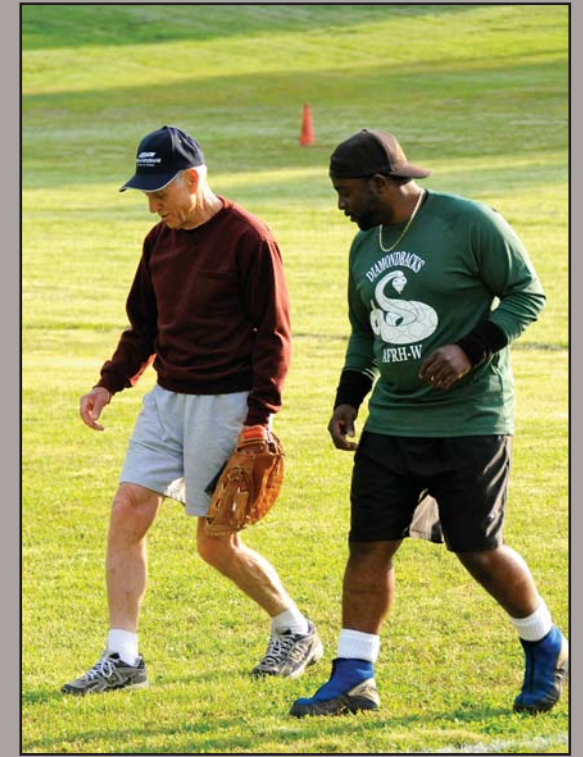
Marcus Rivera, Food Services, AFRH



HE'S OUT - Third baseman Jerry Carter tags out a Providence Hospital player during a game held here on May 13, 2009.



Resident Myron Marsh takes his turn at bat during the game against Providence Hospital.



Curtis Young and Keith Turner practice line dancing during a slack moment in the game.

Bowling News

By Ed Crump

Bob

Schonherr and Ralph Wineland were co-winners in April for Bowler of the Month in the Bowling

Shootout. This is the second time we've had co-winners for Bowler of the Month. The first one occurred last April when Chuck Merlino and Buron Noel were co-winners. Ralph Wineland had himself an outstanding final week to tie Bob Schonherr. He trailed Bob by six points going into that final week, but when it was all over that day he accumulated eight more points.

Bob Schonherr, bowling on the same lanes with Ralph Wineland, had no idea that Ralph would tie him for Bowler of the Month. The only points Bob would earn that final day was the fact that he bowled 20 pins a game better in April than he did in March which was better than anyone else and so he earned two more points which ties him with Ralph for Bowler of the Month. He has his first 200 game ever in the Shootout last month when he rolled a 201 on his way to his highest series in the Shootout with a 520 although he did roll a 551 series in last year's GEICO Tournament in which he finished in third place. He's been making steady improvement of late. This was the first time he won Bowler of the Month in the 16 months it's been held. It was the second one for Ralph Wineland. He won back in February as well.

Bob Schonherr is the so called iron man of the Shootout as he's only missed one week in the 69 weeks I've been running the event.

In the race for Bowler of the Year honors, Charlie Gammon continues to lead with 37 points, but Ralph Wineland is a close second with 30 points while Smokey Pausman



has 25 and Bob Schonherr 24.

Last month we had our second most participants in the Shootout with 85. The record of 89 set in January of last year still stands. Our total now for the year through April is 300 compared to 285 this time last year.

Smokey Pausman had himself a great month of April where he averaged 177 and had 10 games out off 15 of 170 or better including three 200 games. During one four-week stretch from the last two weeks in March through the first two weeks of April he had four series of 554 or better in which he averaged 187 during that stretch. He's already had 10 200 games this year compared to only 12 all last year so he's gotten better without a doubt and I look for him to stay that way as long as his health holds up which is always a big concern with us who bowl in the Shootout. We pull for each other to do good. We had our best week the last week of April when 13 of 15 bowlers rolled above their average. Phyllis Bradford had her highest game ever in the Shootout when she rolled a 157 game beating her previous high game of 155 she bowled last September.

With only about six weeks remaining until the GEICO Tournament on July 13-14-20-21, time is running out for those who want a chance to bowl in it. Anyone is eligible to bowl in it. The only stipulation is you must have bowled a minimum of 12 games in the Shootout to get a handicap for the tournament. A sign up sheet will be posted at the front desk in the Bowling Center on June 1. For those who wish to bowl in the Tournament, deadline to sign up is 1600 hours on July 12. If you have any questions about the tournament come and see me or Smokey Pausman at the Bowling Center any afternoon. We are there most of the time. So I hope to see a good turnout at this year's GEICO Tournament.

2009 Pro / Resident Scramble

Once again the weather was spectacular for the annual gathering at the golf course, as twelve local PGA golf professionals joined 31 Resident golfers for nine holes of competition, followed by good food and camaraderie. Two teams both shot a seven-under score of 28 for the low score of the day. In the score-card playoff, Rudy Holloway, LJ Mitchell, and Jim Fogarty, and their pro, Glenn Brown, took first place honors with a birdie on the second hole. Second place went to Hobert Smith, Warren Helm, Walter Montross, and their pro, Pete Van Pelt. Individual awards went to: Roy Wheeler, closest to the hole #4 and #6, Frank McCabe, for most accurate drive, and Ed Hyland, long drive.

Special thanks to the Associate Member volunteers, and members' donations, for making the event successful and fun for all the participants.



Jesse Hines tees off # 7 during the Pro/Resident scramble held at the AFRH Golf Course earlier this month.



Matt Kayson (left) and Laura Fogarty (center) with first place winners of the Pro/Resident Scramble. From left - Rudy Holloway, L.J. Mitchell and Jim Fogarty.

A day to remember

Residents enjoy attending the Andrews AFB Joint Service Open House Air Show

Nineteen AFRH residents attended the Joint Services Open House Air Show on Friday, May 15. One featured attraction was a demonstration performed by the U.S. Air Force Thunderbirds, the U.S. Air Force's official air demonstration team.

The opening ceremony commemorated the 50th Anniversary of the Army's Elite Parachute Team, the Golden Knights, and the 65th Anniversary of the D-Day Invasion. Other attractions included the U.S. Navy F-18F Demo, Red Bull Air Force Helicopter, MIG fighters and sky jumps, the Liberty Jump Team, Skywriting, static displays from all branches of the services and much more.

The trip was sponsored by AFRH Recreation Services.

