



Fun with Lady Luck

Casino Night - Let the Good Times roll

VIVA LAS VEGAS

By Laura Fogarty
Recreation Director

The annual Casino Night came on Friday, July 24th with over 276 people in attendance. Independent, assisted living and long term care residents were able to enjoy the evening, with the help from our Recreation Therapy staff. The anticipation began about 6:30 p.m. in the Scott Theater Lobby as residents lined up to get their door prize ticket and \$50,000 play money to use at the different casino tables throughout the evening.

During this time the Scott Dining Hall was being transformed into a mini Las Vegas. As the crowd filled the casino area, tables filled up fast and they began a two hour event of chance, luck and of course skill. Some residents felt lucky and stayed put at one table the entire time as others wandered from black jack table to roulette to poker and then to the money wheel trying to win big. There was a game for everyone. Even if you didn't like to

gamble; there was plenty to eat and drink and door prizes were given out.

This event wouldn't be possible without the sponsors and volunteers. NCOA, our lead sponsor stepped up to the plate once again this year with providing funding for the 1st - 12th place prizes and also two gift cards for randomly selected residents from KHC who could not attend. The grand prize was \$1500 to be used as the winner chooses. The U.S. Army Warrant Officers Association, Lord Fairfax Silver Chapter, also assisted with supporting this event. The six \$50 AAFES gift card door prizes were compliments of this wonderful organization. In addition several members volunteered their time throughout the evening as dealers and serving refreshments.

In addition to the U.S. Army Warrant Officers Association, the Washington Gas Company and the Old Guard, Ft. Myer, 529th RSC, volunteered throughout the evening working the tables, checking people in, serving refreshments, and monitoring the play at the tables. It takes many volunteers for an



Chips are counted out as resident eagerly wait to try their luck playing the money wheel.

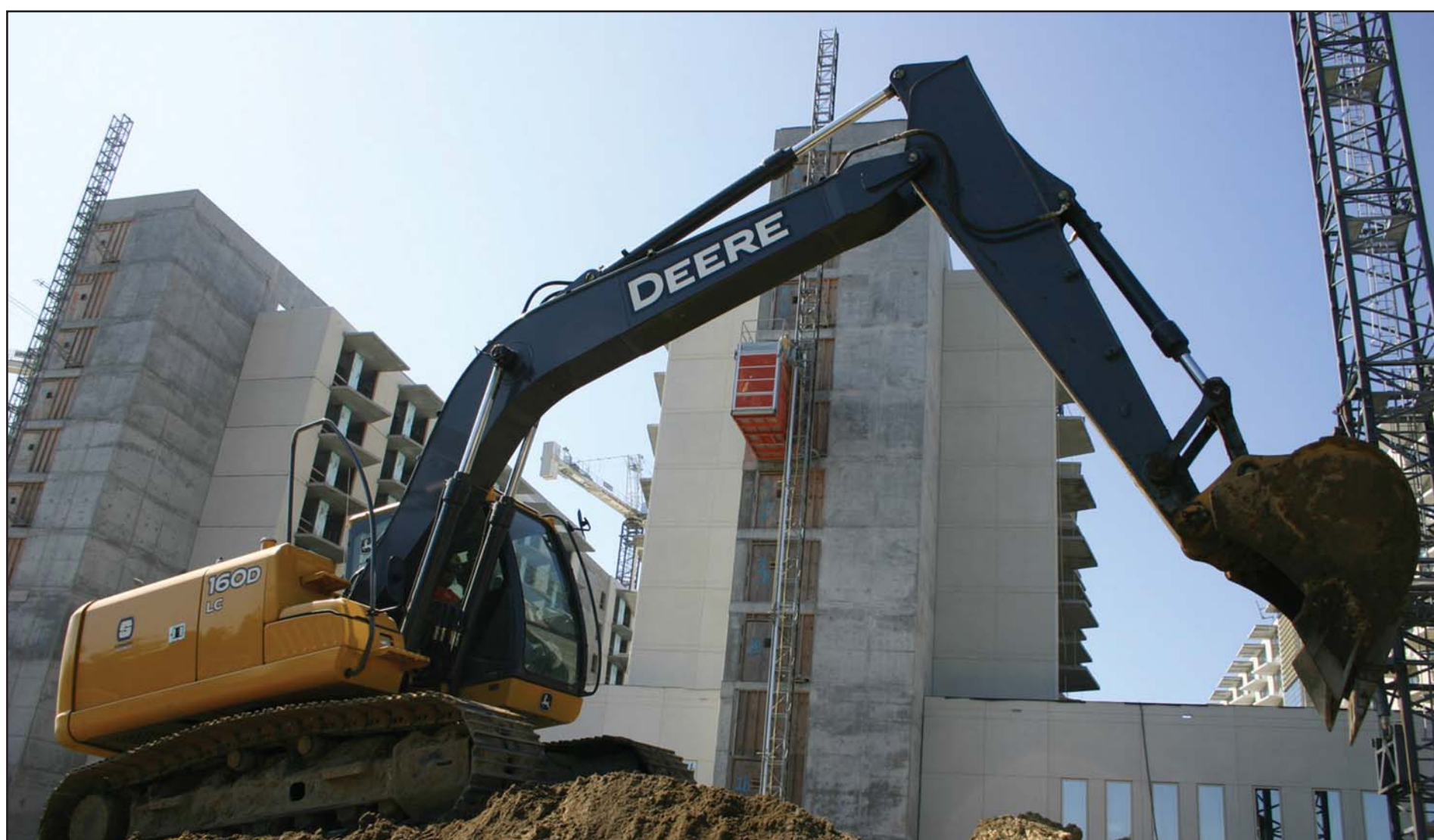
event such as this one. We had 32 total volunteers for the night. A special thank you to the following employees and resident volunteers: Keith Turner, Nicole Chappell, Steve Briefs, Carolyn Weber, Jesse James, Ruby Bloomer, Lenny French and Jim Grant for making this such a wonderful event for our residents. Listed below are the winners:

Congratulations to all the winners!!! All the winners were very excited to win and most of them are new to the top 12 winner bracket. There were many compliments about the event and look forward to next years' Casino Night.

- 1st Place - James St. Cyr
\$1,500
- 2nd Place - Larry Friesel
\$300 AAFES gift card
- 3rd Place - Helen Pfeiffer
\$200 AAFES gift card
- 4th Place - Buron Noel
\$175 AAFES gift card
- 5th Place - Calvin Luker
\$150 AAFES gift card
- 6th Place - Frank Nelson
\$125 AAFES gift card
- 7th Place - Rosemary Tulley
\$100 AAFES gift card
- 8th Place - John Connoy
\$75 AAFES gift card
- 9th Place - Donald Barque
\$75 AAFES gift card
- 10th Place - Alexander Picard
\$50 AAFES gift card
- 11th Place - Paul Schlegel
\$50 AAFES gift card
- 12th Place - Coleman Mays
\$25 AAFES gift card



THROWING DICE AT THE CRAPS TABLE - Casino Night was made possible thanks to sponsors and volunteers such as the NonCommissioned Officers Association and the U.S. Army Warrant Officers Association, Lord Fairfax Silver Chapter, and the Old Guard, Ft. Myer, 529th, RSC.



AFRH-Gulfport - A Work in Progress

Efforts continue with the new facility in Gulfport, both inside the building and outside as this photo shows. More photos of Gulfport are on Page 3. Updates are posted weekly on www.afrh.gov.

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Notes from the Resident Advisory Council



Well, here we are more than half the year gone already and so far, it has been a very good year for us all.

I have to start out this article by reminding all residents that the first two weeks of the month of August,

2009 will involve the residents of the home and the Department of Defense Inspector General for their inspections. These inspections will differ from those of the past in that the IG teams will be holding focus type groups to gauge the effectiveness of the work that is being carried on at the home. This requires your effort to sign up for the groups. To sign up for the groups please visit the Chaplains Office in the Scott building and pick a date and time that you would like. This is important work that is being carried on by the DOD IG and the good, the bad and the ugly will surface from these groups. Please make an effort to sign up.

I take this time to thank all those hard working residents in the Thrift Shop. This fine and hard working group make things happen for the residents that bring things to them for resale. And from all the reports I get on this group, THEY REALLY LOVE WHAT THEY ARE DOING. As a result the residents enjoy their being here in the Armed Forces Retirement Home Washington (AFRH-W). Again, thanks for the hard work and extra efforts that you put forth for us, the residents of the AFRH-W.

I cannot believe that the closer we get to the rebuild of the Scott Building, the more things I hear that are just not true. But that is to be expected as it is easy to expound on what you think might be happening, than by finding out just what is really happening. So let us try this for awhile if you have a question relating to the rebuilding of the Scott Building let your floor representative know and they, in turn will turn those question in to the Chairman of the Scott committee. I hope that the turnaround time on the answers should be less than a week but as this is ongoing project with many, many facets your questions might just take longer. But we must keep the focus on the rebuild as it will happen. Just where certain functions will be may be fluid but they also will be part of the process and they will happen in new locations.

Another thing that is a major concern is just how one is to get from building A to building B to eat. This is currently being worked on and the result will be somewhat strange in the beginning but we will get used to it and continue to march on. Just a note that the meetings of the focus group on the Scott Rebuild is going to be held on the last Tuesday of every month starting at 10 a.m. in the Scott Lounge. I encourage you to attend these meetings so you can better understand what is going to happen.

In my next column I hope to have additional information on the progress of the Gulfport Return Committee and what they have been doing. It is important that the people who are going to return to Gulfport know as much as possible about what can be expected of them as they return to the new Armed Forces Retirement Home-Gulfport.

Another important thing I want to do this month is to thank, again, the many workers who do the everyday work around the home. As is the case we sometimes forget to say thanks for the work they do. They pick up the trash, clean the common areas, doing the everyday things that we just do not have to worry about. Again they are to be thanked for their efforts. Without their work, we the residents would have to do that work. So stop one of our workers and thank them for the work they are doing.

Well, that is about it for this month. Stay well. Stop a person who recently arrived and welcome them to the home.

Esker F McConnell

Focus Group meetings for the Scott Building will be held on the last Tuesday of every month at 10 a.m.

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!

American Legion National Auxiliary President visits AFRH



American Legion Auxiliary National President Desiree' Stoy, left, talks with AFRH resident Mary Varva earlier this month when she was on campus for a tour of the AFRH.

Message from the Chief Operating Officer



I hope everyone is having a nice summer! I wanted to take this opportunity to let you know about a few events happening here in the next couple of months.

There will be a few new faces among us next month as members of the Department of Defense (DoD) Inspector General's team begins preliminary activities in preparation for the regularly scheduled

inspection of the AFRH. Legislation requires that we undergo a comprehensive inspection of the operation of the Home to include management, facilities, health care, resident services and safety by the DoD on years we are not inspected by the Commission on Accreditation of Rehabilitation Facilities (CARF). In preparation for the actual on-site inspection, which begins on September 14, DoD IG personnel will be on campus August. 3-14, conducting multiple sensing sessions with residents and staff. This is your opportunity to share with DoD inspectors your personal level of satisfaction of our facilities, the services we provide and your overall quality of life as a resident of the AFRH. Through the sensing sessions, the IG team will be able to gather a better basis to conduct their formal inspection when they return in September. Ombudsman Al Mori and Resident Advisory Council Chairperson Esker McConnell are looking for volunteers that are interested in participating in these resident sensing sessions. The Independent Living sensing sessions will be held on the mornings of August. 3-10, Assisted Living the afternoon of August. 10 and Long Term Care sessions will be on August. 11. Sign up in the Chaplain's Office

or contact Mr. Mori or Mr. McConnell for more information about these sensing sessions.

During the actual on-site AFRH inspection that begins on September 14, DoD IG staff members will be available for one-on-one meetings with residents and staff members. You are asked to schedule your appointment in advance to ensure that everyone that wishes to speak with an IG staff member has an opportunity to do so. Also, the AFRH IG hotline (1-866-769-2068) will be monitored by the DoD IG team during the week of their inspection (Sept. 14-18). This option will allow staff and residents to leave a recorded message for the DoD IG in lieu of a face-to-face meeting.

Earlier this month, Colonel Norvell Coots, Commander, Walter Reed Health Care System, and Captain Daniel J. Zinder, Deputy Commander, National Naval Medical Center, visited the AFRH and presented to residents a very informative update on the changes and plans for the Walter Reed Army Medical Center and Bethesda National Naval Medical Center facilities (NNMC). As most of you are aware, as a result of a BRAC decision in 2005, Walter Reed began shutting down operations and transferring functions to Bethesda. The new command, Walter Reed National Military Medical Center, Bethesda, will continue the quality and level of care maintained by WRAMC and NNMC throughout the realignment process, according to Colonel Coots, as construction of the state-of-the-art facility is underway. NNMC currently treats approximately a half a million veterans and their family members a year and many AFRH residents use this facility as their primary care provider. We look forward to following the progress of this major undertaking and appreciate Colonel Coots' personal update.

I am very excited to announce that on September 22, the AFRH and President Lincoln's Cottage are hosting Freedom Day, a cumulative celebration of our founder General Scott, U.S. military service, and the signing of the Emancipation Proclamation on September 22, 1862. What a perfect setting we have here to honor our country's veterans and heroes of our past - the founders of this country and of this Home. Our Freedom Day event will include a special day of military tributes, dignitary speeches, resident tours, a barbecue luncheon and recreational activities. Festivities will begin at 10 a.m. and will last most of the day. Please join us. Your families are also encouraged to join us, and be a part of this historic event.

Timothy Cox



The architects' rendition of the new Walter Reed National Military Medical Center, a combination of services from the Walter Reed Army Medical Center and National Naval Medical Center at Bethesda.

Photo courtesy of HKS, Inc. Architects

Gulfport Update

By Steven C. Smith, GSA Project Manager

Progress:

Design-Build – Main Facility Total Completed and Stored 65.7%

Structure: Complete

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

Exterior Stairs, loading dock complete, electrical platform, sidewalks, concrete paving, hardscape, signage

Architectural

Temporary dehumidification of: Areas of Level 1 and Resident Pavilions to allow installation of drywall and finishes.

Framing, interior and exterior metal studs (87% Complete - On Going)

Exterior waterproofing (82% Complete - On Going)

Dry-in Building (Roofing barrier lower levels – 82% Complete)

Pre-Cast Paneling (100% West Face – 82% Total)

Continue installing masonry at 1st level, kitchen, stairwells, day rooms and mechanical room Pavilion Penthouses

Balcony Waterproofing

Exterior Doors/Curtain Wall (34%)

Painting walls of Mechanical Rooms

Elevators:

Separator beams and rails

Installing Elevators 1- 4

Other

Rubbish Chutes installed

Mechanical/Electrical/Plumbing/Fire Protection

MEP Infrastructure (On Going)

Testing of Components has begun (On-Going)

Estimated Construction Completion - July 2010

Chapel:

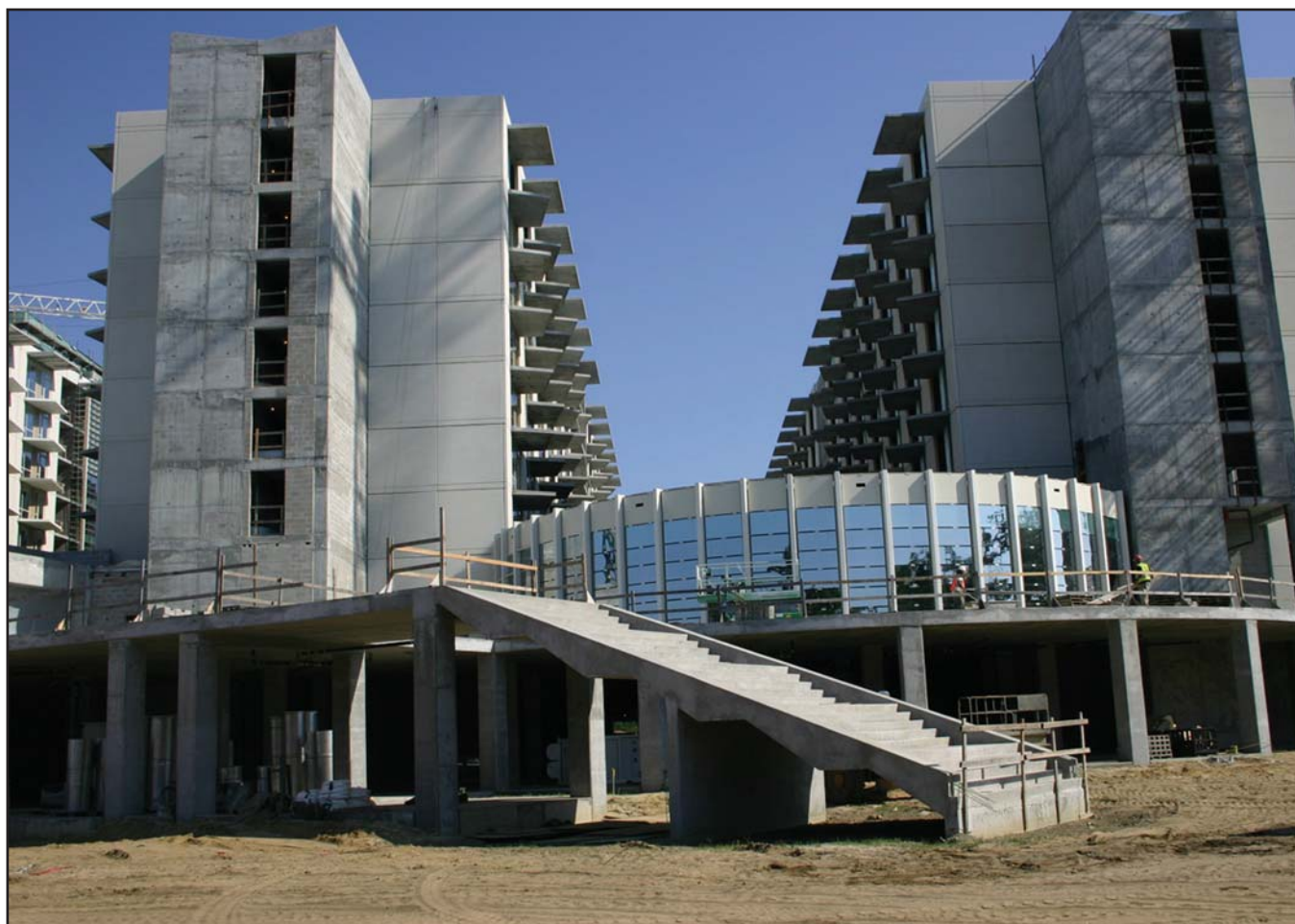
New Roof Being Installed

MEP Infrastructure being installed

Estimated Construction Completion: March/April 2010

Beach Access

Estimated Construction Completion: March/April 2010



The dining room is centered in between Towers B and C, at the front of the building.



Two generators are in place on an elevated pad located to the north of the main building.



Finish work continues on residential rooms.



The renovation of the Chapel is underway. This photo shows the new roof on the north side of the building.

Welcome Aboard



Name: Manhart Sabo
Branch of Service: USMC
Entry Date: January 1942
Separation Date: January 1946
Rank: E-4
War Theaters: WWII



Name: Jessie McIvor
Branch of Service: USN
Entry Date: December 1941
Separation Date: October 1962
Rank: E-8
War Theaters: WWII, Korea



Name: Frederick Schell
Branch of Service: USN/USAF
Entry Date: June 1943
Separation Date: June 1966
Rank: E-6
War Theaters: WWII, Korea, Vietnam



Name: Claude Capers
Branch of Service: USA
Entry Date: December 1941
Separation Date: December 1945
Rank: E-7
War Theaters: WWII

From the Archives

An argument against building the Grant Building

The following document was recorded on May 19, 1903 by the U.S. Soldiers' Home Board:

The minutes of the special meeting held at the Soldier's Home May 14, 1903, were read and approved, and the Lieutenant General of the Army then submitted the following statement:

I desire to record the reasons for my vote in objecting to placing the proposed new mess hall on the extreme north point of the reservation of the Soldiers' Home.

1. As is well known, there are some 500 acres of ground reserved for the Home, affording ample room for the inmates, besides furnishing a park for the city of Washington. The first thing that led to the consideration of this matter was the proposition to enlarge the present mess room, which is now in what is known as the Sherman Building, in the rear of the principal, or Scott Building. The discussion of this matter has grown until it is now proposed to erect a new building, with the kitchen and mess hall on the lower floor, and dormitories capable of accommodating about 400 men - a number equal to about half the present number of inmates of the Home - in the upper stories. As the fund out of which it is proposed to make an expenditure of over half a million dollars for such a building has been taken from the soldiers of the Army out of their monthly pay, or stopped from their pay by process of military courts, we are practically expending funds not appropriated by Congress, but drawn from the pockets of the soldiers of the Army. As some of these men become disabled, either in battle or through the exigencies of the service, they are taken to the Home to be supported by a fund contributed entirely by themselves and their comrades, and they are entitled to the most careful consideration. There are the most serious objections, in my judgment, to locating such a building on such ground. The most available and most suitable ground for



The Grant Building, December 1907.

any large building for the Soldiers' Home is that on the west side of the present Scott Building. It is only occupied now by a small old building, known as the Anderson

Building, and the objection of tearing this building down or removing it is that it was once occupied for a short time by President Lincoln. It has not, however been preserved with sacred regard from the fact that the furniture has been taken out and distributed, and it is now occupied by a few bandsmen belonging to the Home. By the expenditure of a few thousand dollars it could be removed a very short distance to suitable ground and put in perfect order and properly preserved as a memorial hall. The ground would then be available for any building that may be required.

2. There is no necessity for any building of the character planned. There are already accommodations at the Soldiers' Home for 125 more inmates than are at the Home at present, and at the same rate of increase as has taken place in the past years the vacant accommodations will not be filled during the next five years.

3. The proposed plan contemplates the removal of the Library Building, which cost \$39,298 to build in 1878, and thus there would be a dead loss of so much money.

4. The construction of the so-called mess hall would cost at this time \$580,000. It is well known that the cost of material and the price of labor at the present time is 40% more than it was two years ago, or what it probably will be when an additional dormitory building is actually required; hence, to construct such a building now would involve dead loss to the home of \$165,714, making a total unnecessary loss to the Home of approximately \$205,000.

5. The location of such a large building in rear of the other buildings now there would be most unsightly, and besides, in the building as proposed there is no porch or veranda where the inmates could go out and exercise in the open air, which is highly



A photo of the Grant Building taken in July 1907.



A view of the Grant Building taken in April 1909, at the completion of the outer structure of the building. It was three more years before the building was finished.

important for their health. In fact, the proposed building would look more like a prison than a comfortable home.

6. An important objection is to the proposed location of the proposed building, the site selected being the extreme corner of the reservation, where the inmates of the building would be shut off entirely from a view of the city of Washington, where from the front of the building they would only practically look into the rear of the other

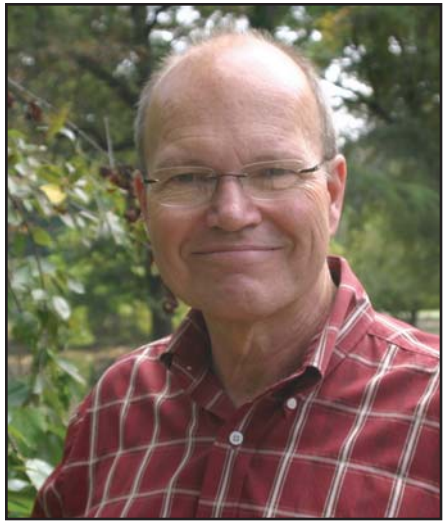
buildings, and on the other sides would overlook two graveyards in the immediate vicinity. A more doleful and cheerless prospect could not be found in the entire reservation. I consider the selection of such a place would impose an unnecessary hardship upon the brave and heroic men who will be obliged to occupy the building.

(Note: The Grant Building was built from 1905-1912 and took longer to build than any building on the grounds.)



The Grant Building as it looks today.

From the Director



Armed Forces Retirement Home is an amazing place. Originally known as the Military Asylum, the name has changed several times. Still today the most popular name for the Home is the Soldiers' Home. Its history began in the early 1850's for disabled army veterans. Thousands of veterans have lived here over the years as it is now open to veterans from the Air Force, Army, Marine Corp and Navy. At one time more than three thousand veterans lived here. Today 1002 residents call it "home."

Because of the foresight of Major General Winfield Scott the campus consists of 272 acres near the District of Columbia's northwestern boundary, about three miles from the White House. Early in the nineteenth-century the venture of the Home struggled as political support declined and there was talk of abandoning the effort. Anxious to cultivate more allies in Washington, the military leaders in charge of the Home soon began the practice of inviting presidents to spend summers at private cottages on the grounds.

The cottages at the Soldiers' Home offered an attractive alternative to the White House, especially in hot weather, because they were well situated on cool, shaded hills. They also offered the advantage of being outside the city while not too far from the presidential office. The trip was about half an hour by horse or carriage for the three-mile journey. In the Civil War era, the grounds covered over three hundred acres, affording a panoramic view of the capital and surrounding countryside. At the onset of the Lincoln administration, a city newspaper praised the area as "one of the most charming rural retreats in the vicinity of

Washington."

George Riggs was the previous owner of the property and built a large cottage in the early 1840's to serve as his family's "country" residence. In the mid 1850's, the government built the two buildings known as "cottages" or what we call Quarters 1 and 2. My definition of a cottage would not be either of those two houses!

President James Buchanan was the first president to reside at the Soldiers' Home and he stayed at Quarters 1. It was probably Buchanan who first recommended the Soldiers' Home to President Lincoln in 1861. Within a few days after the Inauguration both the new first lady and her husband had separately ridden out to look over the grounds. By April, a local newspaper announced that President Lincoln and his family intended to follow Buchanan's example and occupy the same "charming spot" that the previous incumbent had enjoyed so much. The Lincolns' chose to live in the Riggs' cottage, now known as the Lincoln Cottage. Mrs. Lincoln preferred to be here over any other place in Washington.

This place has changed much along with everything else in the world since then. And more changes are to come. Change is a constant. I heard someone say, "We live in a moment of history where change is so speeded up that we begin to see the present only when it is already disappearing." And honestly, the only person who likes change is a wet baby.

With preparations for the Home to be completed in Gulfport next year, a good number of our people making the move back to

Mississippi, and wow, just think of the Scott Project. Changes are happening and more are coming. That is why I want to encourage you to jump on the opportunity of attending the Focus Groups. All of you are invited to any of the meetings.

The management wants your input. You can help us see things that we have not thought of. Everyone sees things so differently and the fact is that we just cannot think of everything. Please join in and help us. Remember change and change for the better is often two different things. And you can help us change for the better.

David Watkins



Steven Smith (center), GSA Project Manager of the Gulfport Rebuild and Tom Milos, Jacobs Engineering, Manager of Projects, speak at the Gulfport Stand-Up meeting in Washington DC on July 14 to answer any questions the residents might have concerning the new Gulfport facility. All residents are invited to attend Focus Group meetings.

AFRH's generosity leads the way in 'Feds Feed Families' food drive

By Allan Hess, Food Drive Coordinator

The results are out for the first "Feds Feed Families" food collection held on June 26, 2009. Congratulations are in order to all those who participated and who assisted in feeding those families who are not as fortunate as you and I. The results of the first food drive have proven the men and women of the Armed Forces Retirement Home are caring and compassionate people. Other agencies who are participating in the program have commented positively on our collective effort. Without a doubt,

your effort and generosity has brought about a positive image upon the Home.

Collectively the federal government collected 27,654 pounds of food of which 934 pounds originated from the AFRH. This was the greatest weight total by any single government agency, although third in weight per employee at 3.48 pounds. The agency goal is set at 6.25 pounds per employee or 1,675 cumulative pounds. This means we are over half way to achieving our goal at 55.7%. Please join us in this cause worthy event by bringing in your non-perishable donation by July 31, 2009.

If you have any questions you can visit www.fedsfeedfamilies.gov or call me at ext. 3247. Again, thank you for your support and generosity in the "Feds Feed Families" food drive.



Feds Feed Families Food boxes, like this one pictured here, are located at the front gate as well as the Sherman, Scott, Sheridan and LaGarde buildings.

More winners from Casino Night

Here are the door prize winners from Casino Night. Each won a \$50 gift card sponsored by Warrant Officers Association Lord Fairfax Chapter.

- 1- James Abell
- 2- Albert Cotta
- 3- Allie Langley
- 4- Bill Fowler
- 5- Jessie Hines
- 6- John Green

INDEPENDENCE DAY CELEBRATION

By Jerry Carter, AFRH-W

Over 300 residents and guest attended the July 4th Celebration Cookout here at AFRH-W campus. Everyone was treated to great weather, excellent food, live performance by the "SouthBound" band, and a delicious ice cream social. During the festivities Recreation Services provided patriotic gifts and beverages throughout the event. Resident Bernice "Goldie" Goldstein played a few songs as guest drummer for the band. The residents enjoyed her performance! Many residents danced thru the night and enjoyed this special Independence day celebration.

The residents also viewed the Washington Monument's downtown fire-

works display and had the best view from the hill overlooking the entire area shooting off the fireworks.

Recreation Services would like to thank all co-workers, volunteers, Food Service, and the SouthBound band for making this a very successful and fun evening for everybody!



AFRH ladies, decked in red, white and blue, await the fireworks in downtown DC.



A resident took this photograph of the 4th of July fireworks display at our nation's Capitol.

Army veteran recalls experiences of Normandy landing in WWII

By Mary Kay Gominger
& Wilfred "Mac" McCarty

He still has a copy of the telegram that his parents received in the fall of 1944 from the Adjutant General of the Army, notifying them that their son, Charles N. Chambers, was Missing in Action. Charlie also keeps a copy of the next telegram they received, dated a few weeks later, regretfully informing them that their "Missing in Action" son was also slightly wounded. They serve as a reminder that he was one of the lucky ones. He came home after the war...when so many of his comrades did not.

Eighty-three year old resident Charlie Chambers was with the 8th Infantry Division that landed on Utah Beach Normandy on July 6, 1944. His unit was quickly engaged in fierce battles with the Germans. He took a small measure of comfort in hearing that some of the German mortar shells were duds. Then the platoon sergeant next to him was hit. That's when the chaos broke out. He quickly searched for the medic, but the medic had been hit also. The medic was able to talk Charlie through some first aid until he was hit. Two of his fingers dangled from his left hand, he experienced a flash of pain and was captured by a German paratrooper. He was marched to a bombed out German hospital in Brest and for the next three weeks, was held as a prisoner of war.

While there, two German doc-

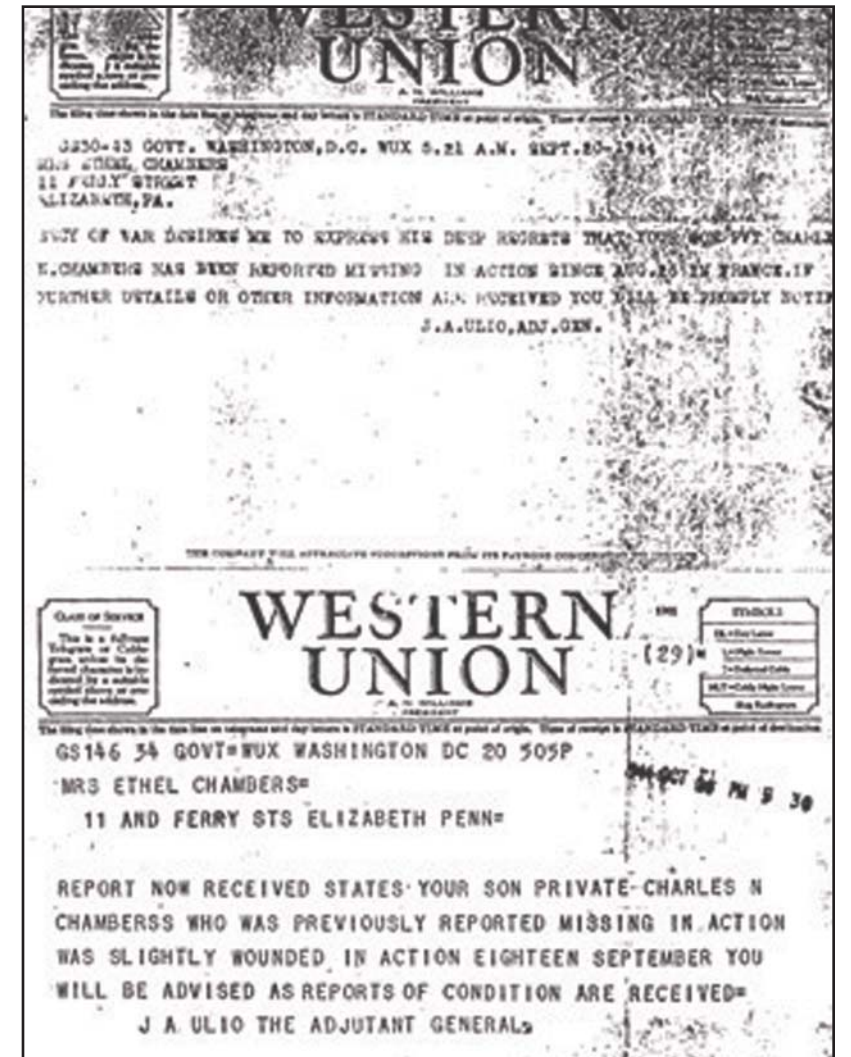
tors operated on Charlie's hand. He lost a third finger in the surgery.

Charlie remained at the hospital for a week, was transferred to another location for a week and then again by boat to a French village on the other side of the bay that was being used as a hospital with Red Cross signs on the roofs. While in the boat, Charlie saw an American reconnaissance plane fly overhead. He was told to remove his American GI helmet. One week later, Charlie was rescued when American troops retook Brest. He told a soldier where other American GIs were being held. He also told him he was hungry. The soldier went to his jeep and brought Charlie a case of K-rations.

Surprisingly, Charlie recalls, is that one day when he



On June 24, 2003, the U.S. Postal Service issued the Purple Heart postage stamp. Charlie Chambers is second from the left.



was a POW, he was given French Francs printed by the Germans, equivalent to pay for his rank as a private.

Charlie was sent to England for further operations and eventually returned to the U.S. on the Queen Mary. The war ended, he healed. In 1947, he reenlisted in the Army under a combat disabled program and served until 1966. He retired as a Master Sergeant and even returned to Germany during the Berlin airlift and was in Korea as well.

Charlie read about the Soldiers' Home in the Army Echoes magazine. He has lived at the AFRH-W for 21 years. He enjoys spending time on the computer, sending and receiving emails, and much deserved rest and relaxation.

PALs Orientation a 'Woof of a Time'

By Amanda Jensema

Each month the PAL's (People Animals Love) organization comes to the LaGarde King Health Center Recreation area for an orientation. During the orientation new dogs and owners learn about the PAL's organization and what would be expected of their pet. The orientation itself lasts 30-45 minutes and then afterwards the residents can visit with them. About 10-25 dogs are signed up for the orientation.

In order for a dog to receive a PAL certification, they must go through orientation, then have two successful visits at facilities they participate with. Once they complete this they become PAL certified.

During the visits the dogs bring so

much joy to the residents. You can see it in their faces, how they brighten up and get a glow. On one particular visit there was a dog who had been in an accident and lost one of his front legs. He was a hit with residents especially

since some of our residents here can relate to him.

All together the residents truly enjoy when the PAL group comes and visits. It's a treat for them, the dogs, and even the owners!



Harry Casino enjoys petting a dog during one of the PALs (People Animals Love) visit that was held recently at King Health Center.

KHC Summer Cookout

By Steven Briefs

Supervisor of Recreational Therapy

On Wednesday, July 1st residents in LaGarde KHC enjoyed a real summer treat, grilled rib-eyed steaks! Bill Striegel was our chef and provided delicious loaded bake potatoes, baked beans, deviled eggs, garlic bread, fruit salad and wonderful strawberry shortcake. Wow! What a great way to start off the summer season. We played a variety of music that celebrated our country and all our staff pitched in to make sure our residents had a good time.



KHC residents enjoy the summer cookout prepared by chef Bill Striegel on July 1. The cookout had steaks, loaded baked potatoes and all the trimmings.

Bowling News

By Ed Crump

Bowling scores have been on the rise over the past two months. One of the hottest bowlers has been Buron Noel who during May and June averaged a whopping 173 for 21 games and that included 15 games of 170 or better. He had his highest series ever in the shootout when he rolled a 562 on May 7 beating his previous high series of 540, which he did in August of last year. He won his second Bowler of the Month honors in May. Only Charlie Gammon besides Mr. Noel has finished in the top four on four consecutive weeks.

John Glover won his third Bowler of the Month award in June which ties him with Gene Allison for the most Bowler of the Year honors. He became only the fourth bowler to finish in first place in back to back weeks joining Steve Kostick, Gene Allison and Charlie Gammon in that select group. John currently carries a 151 average thru the month of June which is his highest average he's ever had in the shootout.

Ralph Wineland continues to lengthen his lead for Bowler of the Year honors. He currently has 54 points thru the month of June while Charlie Gammon sits in second place with 40 points.

When it comes to consistent bowling nobody does it better than Smokey Prussman. Over the past 39 games he's had nine different series of 500 or better out of a possible 13 in which he's averaged 180 over this period.

For an example Phyllis Bradford finished second one week which is her highest finish ever in the shootout and that day she rolled her highest series with a 413. She only had a 118 average when she started the day with an 82 pin handicap per game. Smokey Prussman would have to bowl a 594 series to beat her and that's not exactly easy to do. Willa Farrell had her best game of 187 as well as her best series with a 460. Henri Gibson had his first 500 series with a 504 while Jerry Luger had his highest game in the shootout with a 233 game.

Helen Noel is another one who has made great improvements over the past two months now that she's found a ball that feels comfortable to her. Over the past two months

she's averaged 121 to raise her average to 115. She had her highest game with a 157 and highest series of 404 which she had on two different occasions. I look for her to improve even more in the coming months.

Clarence Peterson had his highest game in the shootout with a 167 and highest series with a 437. He finished first once and fourth once over the past two months. He currently carries a 134 average thru June, the

highest average he's ever had in the shootout. He's been around 120 prior to that.

Mimi Rivkin had a second and third place finish during June where she averaged 163 and 15 now averaging 150 overall. She's bowling more now than she was.

The GEICO tournament was held earlier this month and the final standings will be published in next months' column.



Clarence Peterson (center) listens as Smokey Prussman gives him encouragement during the GEICO tournament held this month.

CONCENTRATION

Game Show Proves to Be a Thinker's Game

By Keith Turner

It was the classic match up that everyone had been waiting for, Bob Cavanaugh and Mike Longwell battling in the championship round of the famous game show called "Concentration." The game is played with 52 cards turned face down and each person has to find a matching set of cards by turning over 4 cards per try. If they didn't get a match, they would have to remember where those cards were in case they saw the matching card somewhere else.

Let's go back to last year's classic match between Cavanaugh and Longwell. During that outstanding match, Mike Longwell had been blowing the competition away all afternoon. Cavanaugh would have to go to the maximum rounds to defeat his opponents. The rounds are the best 2 out of 3 and the Championship round is usually the best 3 out of 5. In last year's finals, Mike Longwell had taken an early lead on Cavanaugh and then the unthinkable happened. A beautiful woman, a visitor, came over and stood by the table where Mike was playing and for some reason Mike couldn't remember where another card was on the table for the remainder of the evening. We all thought he was kidding like he normally

does and was just trying to let Cavanaugh back in the game. Well, that was not the case and Mike said that the beautiful woman was distracting to him and he couldn't remember a thing. She didn't bother Cavanaugh one bit as he came all the way back in rounds to snatch the championship right out of Longwell's reach.

Mike had been thinking about that event up until this very moment and wore blinders to the match so that wouldn't happen again. Well, he didn't wear blinders for real but he made sure that he stayed focused as if he had blinders on for real.

This year's Championship match was between these two guys again and this time Mike didn't give Cavanaugh any room to breathe. He jumped out in front and every time Cavanaugh battled back to try and close the gap, Longwell shifted in second gear and recaptured the championship title as the AFRH Concentration Champion.

"This is not over," replied Cavanaugh in a joking way..

"And you can count on one thing...I'll have my entourage of women set up for Mike the next time we meet!" He was joking, all in fun.

We'll see you at the next big game show that's coming up, "Family Feud." So get your team together and stay tuned for the date. We'll see you there.

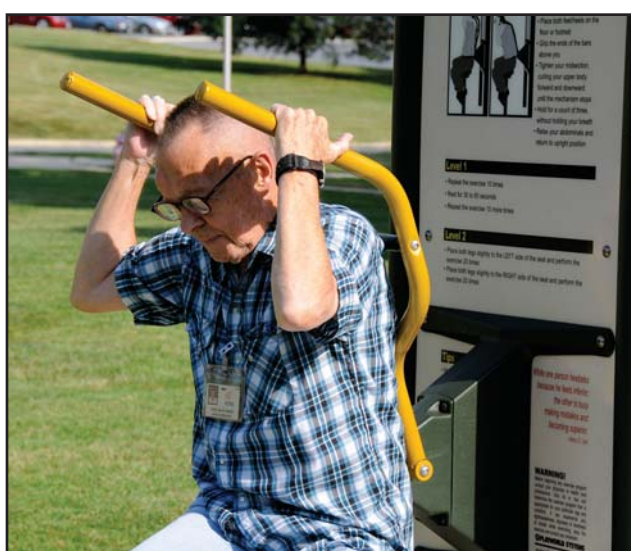


Mike Longwell, standing, shakes hands with Bob Cavanaugh before the competition begins as Keith Turner smiles in anticipation.

Fitness with Lifetrails



Above - From left - Ed Crump, Jim Taylor and Jerry Carter of Recreation Services review the correct procedures for using Life Trail equipment installed behind the Sheridan building of the AFRH-W campus.



Right - Harlan Henry uses one of the Lifetrail workstations.

Resident inducted into the 24,000 mile club



Roger Davison was inducted into the 24,000 Mile Around the World Club on July 9. Mr. Davison logged in 25,697 miles in his walking book. Here, TechSgt. Davis from Bolling AFB helps him put on the jacket he was presented for the achievement.

Partner Password

A true display of teamwork

By Keith Turner

It's been said that the greatest events are seen by few and missed by many. If that saying is true, this event falls under the "Classics" category. The Partner Password game show was a big request after designing it and bringing it to the home for the first time last year. And in all honesty, it was a lot of fun for those who played, watched and assisted with the production of the game. This year would prove to be no different as veterans hooked up with partners they knew were strong contestants for this game. After many teams were knocked out in the early rounds, you got a great feel for who you would like to see battle head to head in the Password Championship. Of course in situations like that, there are many times that one would get knocked off before reaching the finals, but this wouldn't be the case this time.

Richard Powers and Tom Fauss teamed up to make a very powerful team and Ernie Fowler and Mike Longwell teamed up to form a powerhouse themselves. Powers and Fauss were impressive from the beginning of the matches through the end, nearly "skunking" everyone they came up against in a very impressive way. They seemed as if they had been doing this game for years together and were ready for prime time. Fowler and Longwell, two very energetic young men, seem to always bring life to any event that they participate in.

Fowler and Longwell gladly awaited the toughest competition that they would face all evening, and Powers and Fauss were ready to give it to them. Longwell and Fowler were given the first word in the finals and missed it. That would be a costly mistake as Powers and Fauss would build up a 36-9 point lead remaining only 4 point



Keith Turner congratulates Tom Fauss (left) and Richard Powers as the two champions of Partner Password.

away from the championship title. However, one could feel the electricity in the air as Fowler and Longwell buckled down and displayed that serious look in their eyes. Before you knew it, the score was 36-19, then 36-27, and all of a sudden we had witnessed an awesome comeback that had the residents in the audience applauding as Longwell and Fowler closed the gap to 36-34 and it was on. The crowd started cheering the teams on and Powers and Fauss showed why they were so awesome once more by getting the first hint of the word on their first try to pull off the win by a score of 46-34. Folks this was a great match and good matches earlier in the game between residents who didn't make it to the finals.

Congratulations to our two champions Richard Powers and Tom Fauss and to all of our contestants for participating. Yes, it's true. If you missed this one, you missed a great one. However, don't worry, we'll be back next month with Partner Password putting the residents against the employees. This is for bragging rights. Look out residents, here we come!



A volunteer holds up a word as contestants give clues to their partners to guess the word.



The competition is fierce in the BPV category as Pete Peterson gets a measurement for the back through.



Curtis Young sets the pace during the Senior Olympic competition.

AFRH Senior Olympic champions stand out

By Keith Turner

The 4th Annual Senior Olympics kicked off with a phenomenal turnout for each event during the two day competitive challenge. Although many of the participants didn't march in the Torch Lighting Ceremony, each event had the most contestants competing for the "Gold Medal" than ever before, excluding the "Iron Man Competition."

It was a grueling and exciting two days of competition! The Iron Man is a triathlon style event that only the true athletes and warriors are willing to tangle with. What better place to find true warriors and athletes than here at the home. Hugh Wingo, Curt Young, Tom Fauss, and, the surprise of the day, Raymond Whitelow, all decided to take on the challenge of the "Iron Man." By the end of the event the vets were celebrat-



Ida Simpson holds up a softball at the end of the softball throw.

ing four new champions as they were all awarded 1st place gold medals with each of them giving a true champion's effort.

There were many great surprises during this two day event and the battle that Ruby Bloomer and Helen Pfeiffer displayed during the Strongest Woman event was nothing short of spectacular and left everyone in awe as the two ladies pulled each other in a tug-of-war contest for nearly 60 seconds at a stand still until, finally, Helen's last burst of energy pulled Ruby across the disqualifying line. Another highlight of the day happened when a champion resident challenged Mr. Cox in the Iron Man competition for the "Push Up" event. Bad move on the challenger's part, as Mr. Cox blew the competition away with 69 full pushups in 60 seconds and a new AFRH Olympic record which left everyone cheering and smiling.

The second day was for the BPV's to be on display. These events required speed, agility, quick thinking, and great driving skills. The resident from KHC came out in good numbers to participate for both days, but they really added excitement to the vehicle races using the Battery Powered Vehicles. The big winner from KHC was Mr. Robert Hill who received a first place, second place, and a third place medal out of four events.

All in all, this was an exciting two days to remember and although tomorrow is not promised to any of us, we all can say, based on everyone's effort on putting this huge event together and participating in it, that we had a great time and for many of us this will be an event to remember.



A group photo of the Senior Olympic competitors.



Richard Heinrich aims carefully during the pool competition.



Hugh Wingo digs in during the Tug Of War contest.

Medalist Winners

Here is a list of medalist winners and the amount of medals won:

1st Place Medals

Pete Peterson- 2
George Smith- 2
Robert Hill-1
Ronald Miller-2
Edith Ellington-1
Richard Heinrich-1
Ernest Fowler-1
Burton Noel-2
Helen Pfeiffer-5
Curt Young-4
Roger Davison-1
Billy White-3
Phyllis Bradford-1
Tom Fauss-3
Raymond Whitelow-2
Jim Grant-1
Ruby Bloomer-1
Hugh Wingo- 1

2nd Place Medals

Betty Lindstrom- 2
Robert Hill- 1
Donald Bourque-1
R.W. Robinson-1
Mike Longwell-3
Helen Noel-1
Burton Noel-2
Clarence Peterson-1
Ernie Fowler-1
Betty Lakatos-3
Neville Smith-1
Phyllis Bradford-1
Ruby Bloomer-1
Helen Pfeiffer-2
James Taylor-1
Curt Young-1
Clayton Hiss-1
Billy White-1
Hugh Wingo-1

3rd Place Medals

Robert Hill-1
Pete Peterson- 1
Nelson Jamison-1
Jim Grant-1
Richard Heinrich-2
Louis Damiani-1
Clarence Peterson-1
Chuck Felder- 3
Hugh Wingo-1
Neil Ferguson-1
Ruby Bloomer-2
"Catfish" Taylor-1
Bettie Lakatos-1
Ernest Fowler-1
Andrew Chapura-1