

## Let the show begin



GSA Project Manager Steven Smith (right) discusses his management plan for the demolition and rebuild of the AFRH-Gulfport facility to the AFRH management team.

It's official Sheila Abarr, AFRH Public Affairs Officer, along with Joe Woo (middle), AFRH Architect, watch as GSA Project Manager Steven Smith passes off the official Memorandum of Agreement between GSA and AFRH at a meeting held on Feb. 12



### *AFRH/GSA sign into partnership; demolition, construction of new facility to follow*

Story and photos By Mary Kay Gominger

Officials from the General Services Administration met with the AFRH Management team on Monday, Feb. 12, 2007, regarding the AFRH Gulfport Rebuild Project. GSA was appointed by Congress to take the lead in the demolition, design and construction of a new facility to replace the existing structure that suffered extensive damage from Hurricane Katrina. The official memorandum of agreement transferring the control of the facility over to GSA was signed by representatives from both parties and took effect on Jan. 5, 2007.

Senior Project Manager and Agency Expert Steven C.

Smith, CCM, AIA, has been selected as the GSA Project Manager for the AFRH Gulfport rebuild. His team will work closely with AFRH Architect Joe Woo and other AFRH staff members on the design and reconstruction of the new Home.

"During the pre-planning stages and getting the Memorandum of Agreement established allowed GSA the opportunity to work with the AFRH team and talk with some of the residents and their families. This excited the GSA Team and although each team member or group has different priorities to ensure a successful project, they agreed on one thing which is to Keep Our Promise to those that served our country," Steve Smith said.

Look for more information about the project in future issues of the Communicator. You can also check for updates at [www.afrh.gov](http://www.afrh.gov) and on C99. Renditions of the design as well as time lines will be made available as the project progresses.

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## AFRH Editors Column



**Excellent service provided by our Health Care Team!**

"The longer I live the more fascinating and full of interest human beings seem to be. Mean and almost saintly, diversely unhappy, they are all dear to my heart. The ones who are not quite achieved, a little mad, possessed are of most interest to me." For what can be said of a perfect man who like an umbrella is of no use on a sunny day." by Maksim Gorky, a Soviet-Russian author, a founder of the socialist realism literary method and a political activist.

You may wonder what Maxim Gorky has to do with my column this month. Well, for one thing his words pretty well cover all of mankind. They even cover our multi-origin population we have here at the Home.

That being said, what we are going to do this time around is pass out some well earned "Kudos."

How many us have berated our health care professionals because we had to wait longer than what we thought we should for service? Well! These past few weeks they have earned their Kudos.

From the Medical Director's desk: "Recently, an outbreak of nausea, vomiting, and diarrhea was noted among the Armed Forces Retirement Home (AFRH) residents. With the assistance of Walter Reed Army Medical Center (WRAMC) Preventative Medicine Department, AFRH investigated the cause of the outbreak and it was found to be noro viruses.

What are noro viruses? Noro viruses are a group of viruses that cause the "stomach flu" or gastroenteritis...."

I returned from the Veterans Administration Medical Center (VAMC) after my bout with the noro viruses on Friday the 16th, and as is customary reported to the Wellness Clinic. All of our regular health care professionals were bleary-eyed, appearing worn out. They were worn out and it had become necessary to call in additional nurses and nurse assistants to handle the load.

Not only did our nurses and assistant nurses handle the continue flow of new patients, but for those who hospitalization were necessary, they took care of the residents who were sick in quarters.

Those of us who have been in any of our local area hospitals, and we have the best in the land, know that when discharged we are usually very weak and I was no exception. In my room I immediately assumed the position of horizontal parade rest and dozed off.

Early in the evening there was a knock on my door and my door chimes sounded. I stuck enough of my head out from under the covers to shout come in. Low and behold a "Florence Nightingale" in one of our nursing assistants clothing was bringing me two cups of broth and some other light snacks. Room Service yet.

Ruby Bloomer suffering from the same malady said, "I've been here for 14 years and have never received such service when I was ill."

So, let me say it loud and clear to all the health care professionals at KHC and the Wellness Clinic.

**WELL DONE! YOU ARE A CREDIT TO YOUR PROFESSIONS.**

Enjoy your paper!

## 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.

## How to become a resident today



AFRH is not just a place to live but a place to live more. Our model retirement community is 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.**

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- 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 following office:

AFRH at 1-800-422-9988, or write to AFRH Public Affairs Office #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

## The new C99 - have you seen it?



Media Now representative Marty Pisano puts the finishing touches on the new C99 software program right before he launches it. Residents now can enjoy finding information about AFRH recreational activities, menu items, community activities and many other interesting facts on the new Channel 99. If you haven't tuned in, check it out!

# Message from the Chief Operating Officer



This past month, I asked our Marketing Team to review and gather some data relative to inquiries from potential residents. Specifically, I wanted to know where the veterans that were calling for information about our retirement community lived. Are there particular areas that we get substantially more inquiries or is it more an average across the board with equal inquiries from all states? These are things I was curious about. I thought you might find the information interesting as well.

By a large margin, the state of Florida is where we get the most inquiries from veterans requesting application for residency. Florida does, of course, have a large senior citizen population due in part to the warm weather. Virginia, Maryland, Texas

and California had the next highest number of inquiries followed by Pennsylvania, Georgia, North Carolina, Tennessee and South Carolina. We had requests from all states, but the ones listed above stood out. As you all are aware, for the next several years, we will be occupying only one campus, with Gulfport closed for reconstruction. The DC campus made adjustments to services and activities to absorb the numbers from Gulfport and now, a year-and-a-half later, we are settled into a routine. The Marketing Team, normally having two campuses to offer to veterans, is now limited to just the DC campus which makes their job more difficult. One of Gulfport's appeals is that it attracts those retirees interested in the balmy, near-tropical weather. Many veterans and retirees have been stationed in or around the Gulf Coast and either have relatives nearby or have gotten accustomed to and comfortable with the area.

Residents of the DC campus are

attracted to this area for some of the same reasons. While we don't offer the same warm temperatures, we do have clearly defined seasons, which many enjoy, and the spring here in DC with the spectacular cherry blossoms is something to see. The DC area also offers some of the most fantastic museums and exhibits in the country, all within minutes of our home. The outstanding health care in the DC area, though, is undoubtedly the number one reason veterans choose to live here. Several major military and veterans' hospitals lie within minutes of our gates and they offer some of the most modern, technological advanced medical care available.

So what is it about our organization that draws people all the way from the Sunshine State or from California or any of the other far-away states. What do we offer that other retirement communities don't have? What conclusions, if any, can we draw from this data?

Here at AFRH, we are continually

making improvements to our Health and Wellness Center as a way to augment the medical services offered in the community. As a Continuing Care Retirement Community, we know that to compete with the private sector, we need to provide you with outstanding services in all areas to include security, housing, recreation and dining. We are dedicated to doing that, while at the same time, giving you respectful recognition for your service to our country for that is what separates us from the others – your military heritage. While private sector senior care costs continue to escalate to unimaginable levels, we strive to keep your fees to a minimum without sacrificing your care.

We now have residents here from all branches of military service and from every state in the country. They come here for many reasons. We will continue to improve the services we offer and honor the military heritage that brought you all here together.

*Tim Cox*

# Conversation with the Chief Financial Officer



Time is flying and we are deep into the tax season. By now most of you have received your tax information so you can file taxes. The Business Center is prepared

to receive your fee information for next Calendar Year 2008. We want to make this as resident friendly as possible. In the past computation of resident fees were a massive effort and often you were required to wait in line with other residents in order to submit your paperwork -- not anymore. You are welcome to bring your paperwork to the Business Center at your convenience as you receive it in the mail or all at once. Your file for next year has been setup; we are ready to receive your information. If you would like our staff to compute your fees (minus cost of living allowance for

maximum ceiling computation) for calendar year 2008, they will be glad to assist you.

The focus group meetings on resident fees provided some great discussion that resulted in good questions. As a result we will be getting a legal review of many questions like the following:

- Should the distributions from Thrift Savings Plans, annuities, life insurance policies, etc. be included as the monthly income and monthly payments (including Federal payments) received by a resident?
- If a resident's spouse is in a retirement home other than the AFRH and part of their income goes towards the spouse's fees, should those fees be deducted from the resident's income as part of the resident fee computation?
- If a resident receives winnings from legalized gambling, should the winnings be included in the resident fee computation as income?

- If a resident cashes in bonds, should the cash received from the bond be considered as income? If yes, is there any type bond that should not be included as income?

The following trivia is provided about resident fees:

- The maximum monthly fee a resident can pay for the following levels of care:
  - Independent Living is \$1,144;
  - Assisted Living is \$1,715; and
  - Long term Care is \$2,858
- The average resident fees:
  - Independent Living is \$759;
  - Assisted Living is \$908; and
  - Long term Care is \$1,333.

In the recent Army Echoes (Issue 1, Volume LI, Jan-Apr 2007) there was an article on the Armed Forces Retirement Home. The article discussed a Department

of Defense (DoD) requirement to report to the Congressional Defense Committees on the leadership and management of the Home. The legislative requirement was passed in Public Law 109-364 dated October 17, 2006. The law directed DoD to submit the report not later than 30 days after the enactment of the Act. Per legislative guidance, DoD submitted it's report to the 109 Congress at the end of last year.

Thanks again for your participation in the resident fee focus groups. I hope you found them as beneficial as I did. I enjoyed our discussions. Until next month's communicator, I look forward to hearing from you.

*Steve McManus*

## CFO conducts focus group meetings with residents



Chief Financial Officer Steve McManus responds to a question during a recent focus group meeting. Residents were asked to provide input to staff about how to make the Business Center resident-friendly and it was a time to address any questions/issues they had.



Chiffon Graves discusses user fee calculation with Arthur Tillery, conservator for his brother, James Tillery.



Dorothy Brown asks a question during the focus group meeting.

# AFRH Director's Message

## *Pursuing Your Goals*

How many of us continue to pursue our dream in life? How much do we perceive ourselves constrained by events or circumstances that appear to act as obstacles to our dreams? Life can appear to beat you down.

Many people have heard of parents who tell their children not to pursue something in life with remarks such as "don't be foolish" or "that makes no sense at all." Some children become easily discouraged. They go into a shell and don't tell anyone what they hope to accomplish in their lives. As we

celebrate this month of presidents, I wonder if our past presidents had listened to their parents and whether they would not have pursued our nation's dreams and goals to bring us this great nation.

For many of us, success feels comfortable because we envisioned what it would look like and pursued what we seemed to want. The lesson is that you have got to hang in there and persevere. No one can beat you down, except yourself.

In recognition of this pursuit, Chief of Resident Services, Chuck Dickerson, is assembling the resources to refurbish our Scott Lobby and common areas, and indoor and outdoor fitness and exercise facilities. David Rouse, Chief of Campus Operations, has in motion major capital improvements and repairs of our home infrastructures and systems. Dr. Linda Rader, Administrator of Health Services, is pursuing expenditures for replacement equipment in the health center to better serve the needs of more infirm residents. Reginald Johnson, Safety Officer, is installing safety provisions for residents and Emergency Disaster and Fire Plans to protect and safeguard them in the event of declared emergencies.

AFRH residents have goals and desires in daily enrichment of our community. Residents are engaged and benefit in each of the initiatives being undertaken. The residents of AFRH have powerful reasons for wanting to achieve our goals as a premier retirement community for those having served in our military. Daily, we are reaching forward in achieving these goals. We are constantly measuring and responding to improvement of programs and services; providing resources for physical and mental health; committing to persistence and exercising patience.

March to your own drum and try for the impossible. No great fireworks, no bravado, no declarations – just perseverance. Don't permit yourselves to be distracted by the transitory. Your destiny is up to you and no one else. Give your life the best and when the end of our lives comes, have no regrets.

That dream is what will achieve a premier retirement community and the betterment of our lives. I wonder if that is what our nation's presidents had in mind.

*Ben Laub*

## National Prayer Luncheon at Andrews AFB

Chaplain (Capt) Mark McKellen cordially invites approximately 30 Army Corps veterans for the National Prayer Luncheon, in your honor, on Thursday, March 15, 2007.

The luncheon will be held at the Club at Andrews AFB from 11:00 a.m. – 12:30 p.m. As part of the luncheon, all veterans will be seated with a group of young active duty troops to pass on their military experiences.

There will be no cost for AFRH veterans. Anyone interested in participating in this special event, please contact PAO at ext. 3043 or 3556.

## Welcome Aboard



Name: Gerard L. Manzione  
Branch of Service: USAF & USN  
Entry Date: June 1945  
Separation Date: April 1968  
Rank: MSgt  
War Theaters: WWII



Name: Frank King  
Branch of Service: USA  
Entry Date: February 1951  
Separation Date: November 1952  
Rank: CPL - E4  
War Theaters: Korea



Name: Jim Hammitt  
Branch of Service: USAF  
Entry Date: September 1947  
Separation Date: October 1969  
Rank: E8  
War Theaters: Vietnam



Name: Martin Tobiassen  
Branch of Service: USA  
Entry Date: 1939  
Separation Date: 1945  
Rank: 1LT Battlefield promotion  
War Theaters: WWII



Name: Michael M Self  
Branch of Service: USA  
Entry Date: April 1964  
Separation Date: June 1971  
Rank: SGT E5  
War Theaters: Vietnam



Name: Lloyd L. Gongalski  
Branch of Service: USA & USAF  
Entry Date: March 1941  
Separation Date: March 1965  
Rank: MSGT E7  
War Theaters: Vietnam, Korea & WWII

**If you have an interesting past...  
a story to tell...  
and would like to be featured  
in a future issue of the  
*Communicator*,  
contact**

**Mary Kay Gominger  
at 228-348-6604  
or Sheila Motley at ext. 3556**

# Message from Medical Director

## ***NORO VIRUSES INFECTION (EXTRACTED FOR CDC)***

*Submitted By Sissay Awoke, MD*

Recently, an outbreak of nausea, vomiting, and diarrhea was noted among the Armed Forces Retirement Home residents. With the assistance of Walter Reed Army Medical Center (WRAMC) Preventative Medicine Department, AFRH investigated the cause of the outbreak and it was found to be noro viruses. What are noro viruses?

Noro viruses are a group of viruses that cause the "stomach flu" or gastroenteritis. Previously, according to The Center of Disease Control, such illness caused by noro viruses infection used to be called:

1. Stomach flu (not related to the flu or influenza, which is a respiratory illness caused by influenza)
2. Viral gastroenteritis
3. Acute gastroenteritis
4. Non-bacterial gastroenteritis

*What are the symptoms of illness caused by noro viruses?*

The symptoms usually include nausea, vomiting, diarrhea, and some stomach cramping. Sometimes, low grade fever, chills, headache, muscle cramps and a general sense of tiredness may be present. The illness usually begins suddenly. In most people, the illness is self limiting lasting for one or two days.

*How serious is noro virus disease?*

Most people get better within one or two days, and there is no long-term health effect related to this illness. However, people who are unable to drink enough liquids to replace the lost liquids because of vomiting and diarrhea may have severe dehydration and be admitted to acute care hospitals for rehydration. This is usually seen in the very young and the elderly.

*What is the mode of infection with noro viruses?*

Noro viruses are found in the vomit or stool of infected people. There are several ways of being infected, which include:

1. Eating food or drinking liquids that are contaminated with these viruses;
2. Touching surfaces or objects contaminated with noro viruses and then placing their hand in their mouth;
3. Having direct contact with another person who is infected like caring for someone with the illness, or sharing foods or eating utensils with someone who is ill.

*When do symptoms appear?*

Symptoms of noro virus illness usually begin about 24 to 48 hours after ingestion of the virus, but may appear as early as 12 hours after exposure.

*Are noro viruses contagious?*

They are very contagious and can spread easily from person to person. Both stool and vomit are infectious. People infected with noro virus are contagious from the moment they begin feeling ill that lasts through 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery. It is very important for people to use good hand washing and other hygiene practices after they have recently recovered from noro virus disease.

*What is the treatment for noro virus infection?*

There is no antiviral medication that works against noro viruses and there is no vaccine to prevent infection. Noro virus infection cannot be treated with antibiotics. Noro virus illness is usually brief in healthy individuals. Patients with the illness should drink plenty of fluids to prevent dehydration.

*How do we prevent infection with noro viruses?*

You can decrease you chance of coming in contact with noro viruses by following these preventive steps:

1. Wash your hands frequently, especially after going to the bathroom, before eating or preparing food.
2. Wash fruits and vegetables very carefully.
3. Clean and disinfect contaminated surfaces thoroughly after an episode of illness by using a bleach based household cleaner.
4. Flush or discard any vomit and/or stool in the toilet and make sure that the surrounding area is kept clean.

**The simplest key for prevention is to wash your hands very frequently after bathroom visits and before eating.**

## Military Historical Milestones

### U.S. Armed Forces

1940 through 1945 - The integration of the armed forces was a momentous event in our military and national history; it represented a milestone in the development of the armed forces and the fulfillment of the democratic ideal. The existence of integrated rather than segregated armed forces is an important factor in military establishment today. The experiences in WWII and the postwar pressures generated by the civil rights movement compelled all services – Army, Navy, Air Force, and the Marine Corps to reexamine their traditional practices of segregation while there were differences in the ways that the services moved toward integration, all were subject to the same demands, fears, and prejudices and had the same need to use their resources in a more rational and economical way. All of them reached the same conclusion: traditional attitudes toward minorities must give way to democratic concepts of civil rights.

### U.S. Air Force

February 1961 – Strategic Air Command initiates the Looking Glass airborne command post. Maintaining continuous 24-hour coverage in shifts, Looking Glass aircraft are equipped to communicate with the Joint Chiefs of Staff, any Strategic Air Command base or any SAC aircraft.

### U.S. Army

1856 - Fort Randall, South Dakota, is built to replace Fort Pierre. Soldiers posted there helped maintain peace among Sioux, Ponca, and other tribes, in addition to protecting settlers.

### U.S. Marines

1950 - Women Reserves were mobilized for the Korean War and 2,787 women served proudly. By the height of the Vietnam War, there were about 2,700 women Marines served both stateside and overseas. By 1975, the Corps approved the assignment of women to all occupational fields except infantry, artillery, armor and pilot/air crew. Over 1,000 women Marines were deployed in Operations Desert Shield and Desert Storm in 1990-1991.

### U.S. Navy

1620 - Danish doctor Cornelius Van Drebbel is credited with designing and building the first workable submarine. The submarine was rowed underwater and tubes to the surface provided air, allowing the submarine to travel at depths close to 15 feet (4.6 meters) for several hours.

### U.S. Coast Guard

February 1941 - Legislation passed changing name of Reserve to Auxiliary and creating military reserve; provisions made for temporary Reservists.



Charles Felders (far right) joins the crowd as they perform the 'Electric Slide' during the Mardi Gras dance held Feb. 16th.

# Mardi Gras Party 2007

*Laissez les bons temps roulez!*

*English translation: "Let the good times roll"*

By Tracy Thomas

Laissez les bons temps roulez! English translation: "Let the good times roll!" And roll they did at the AFRH Annual Mardi Gras Celebration on Friday, February 16th, as the Scott Dining Hall was transformed into a New Orleans-style parade route and carnival.

The parade kicked off the festivities with Recreation's own Mary Darden as Grand Marshal followed by a group of zealous bead and candy throwers and this year's King and Queen, their majesties Marshall Phillips and Edna Ast, traveling in style on their lavishly decorated golf cart "floats." The Queen was eloquently dressed in a blue gown and matching sapphire and diamond crown that will be the envy of all Mardi Gras royalty everywhere this year! King Marshall just turned 99 years young this year and Queen Edna is a youthful 97.

After the parade, the King and Queen were seated and, as is traditional, the scepters were presented to the new rulers by the past year's King and Queen. Standing in for last year's King, Lorenzo Senires was Keith Turner and last year's Queen was Edyth Jackman. A toast was shared by all to celebrate the new King and Queen and the party began!

A delightful buffet was provided and served by the wonderful folks at the dining hall food service. Wine, beer, and punch flowed like water and the band kept toes tappin' until well past 10 p.m. And, thanks to a generous donation, practically everyone who was inclined left with a rose.

The Recreation Department would like to ask everyone to join us in thanking all of our generous volunteers for the time and effort that went into making this a truly wonderful event. From decorating, to serving food and drink, we couldn't have done it without them. Also, we would like to thank Irene Smith for her patient mentoring and advice that made this party possible. We can't wait to do it again next year!! See you then!

Bill Murray and Edith Ellington join other residents in celebrating Mardi Gras at AFRH.



Mimi Rivkin and John Smith on the dance floor.



Robert Royce and his guest enjoy a dance.



Marcellus Glascoe (far right) sits with members of his family that came to join him at the Mardi Gras party.



Residents take a break from the dancing to enjoy the dining room provided by the Dining Hall during the Mardi Gras festival.



Keeping in step - These two residents stay in step to a slow song.



Marion Richie and Harry Casino take a spin around the dance floor.

## The military history of your Ombudsman, Al Mori

By John Bowery

Our subject this month is Albert Mori, you know him as Al or Big Al or Mr. Motorcycle, but I know him as a friend. Albert Mori comes from Hammondsport, New York. Al was a graduate of Hammondsport High School June 1966 and he took a year to get his feet on the ground and decide what to do



January 1968, a young SP4 Al Mori serving in Ban Me Thout, RVN.

with the rest of his life. It didn't take long for him to figure out what would be the best route for him to follow. He chose the U.S. Army. He served faithfully and well for the next 26 years and rose to the rank of Command Sergeant Major of a Special Mission Unit in the Washington, DC area. He served in Vietnam and Germany, while stationed in the United States he served with the 10th Special Forces Group (Airborne), 4th Bn, 37th Armor and 82nd Airborne Division.

His awards and decorations include the Legion of Merit, Meritorious Service Medal with 2nd Oak Leaf Cluster, Air Medal, Army Commendation Medal with 3rd Oak Leaf Cluster, Good Conduct Medal with 8th Award, Vietnamese Service Medal, Republic of Vietnam Campaign Medal, National Defense Medal with Bronze Star, NCO Professional Development Ribbon with Numeral 4, Overseas Service Ribbon, Master Parachutist Badge and the Pathfinder Badge. VERY IMPRESSIVE.

Now we come to the most interesting part, Al was in the vernacular a "Spook," a man in the shadows, and portions of his life to this day are blacked out on the records of his background because

of the very dangerous and secretive activities he participated in during his service to this country. He later served as technical advisor and Top Secret Control Officer for the Special Programs Branch, U.S. Army Force Management Agency at Fort Belvoir, Va. Prior to that he was Command Sergeant Major of multidiscipline Intelligence/Special Operations unit out of Ft Belvoir, Virginia. Due to the classification of his unusual duties he cannot discuss many aspects of it. He has in his possession letters of appreciation and commendation of his work, some of which is now declassified. One was from the Department of the Army, Office of the Assistant Secretary, Manpower and Reserve Affairs. It is a letter of appreciation for service in the U.S. Southern Command and goes on to speak highly of Al for his work, and for the life of me I cannot honestly say what the hell they were talking about in the letter. (Talk about legalese or government language), but it was never-the-less very impressive. Al also has a letter from a Commanding General of the Colombian Armed Forces for his work down there.

After retirement from the Department of the Army, and 10 years working as a civilian for the Army, Al



December 26, 1971, Al at Firebase Crossed Sabres.

came here to the Armed Forces Retirement Home and assumed the position of Ombudsman. Although a man of disciplined demeanor, Al is always ready and able to stop and have a serious or friendly conversation with the residents of our home, your choice, and believe me you will come away with the same feeling that I had after talking to him for a few moments (the feeling that he cares).

## When all else fails...

### Amateur Radio emergency communications sums it up

By Sheila Motley

Approximately one year ago today, resident Allan Hubbert approached Charles Dickerson, Chief of Resident Services. His question was - what would happen if we had a catastrophic event here in D.C. and everything goes down (i.e., telephones and internet). Allan stated, "we learned a hard lesson when Hurricane Katrina hit our AFRH sister campus in Gulfport, Mississippi, in 2005." The commercial communications infrastructure was destroyed as the storm hit the Gulf Coast.

Allan has worked with Amateur Radio and communication for decades and is still going strong. He felt that Amateur Radio could play a significant role in providing emergency communications should the need arise. After Alan presented his proposal to Mr. Dickerson, he was asked to speak with Reginal Johnson, Safety Officer, to incorporate his expertise in Amateur Radio as the OPR for the Emergency and Safety Plan. Needless to say, today Alan is presently working with Reggie on a system that does not require AC power. All equipment runs off of 12 Volt DC, which is conducive to 12 volt battery operation which is the same voltage in an automobile. In the event of an emergency, Allan has the ability to place a vehicle next to the building, place jumper cables from the vehicle battery and charge

his battery which will provide him power for 2 to 3 days. No commercial power is required.

AFRH agency has written radio communications into our Comprehensive Emergency Management Plan. We have Amateur Radio using old fashioned morse code, voice, and also the latest digital (radio teletype and Packet) systems up and running. We also participate in the federal Shared Resources High Frequency Radio Network. This system includes only federal agencies such as the Departments of Treasury, DOD, Justice, Interior, Agriculture, Commerce, Health, Transportation, etc. It is our link to federal support agencies that kick into gear during catastrophic events.

Recently the Amateur Radio Club presented Roger Brown, one of the founders of the Radio club and Allan Hubbert, current President, with a certificates for their dedication, leadership and services they provide to the AFRH community.

Allan fondly recalled his best military assignment during his active career. He spent eight years with the 6594th Test Group at Hickam AFB, Hawaii. "It's a tough job, but someone had to do it," he laughed. Their unit mission was the midair recovery of de-orbited satellites. Using specially modified C-130 aircraft, they actually snagged the canopy above the main para-

chute of the satellite, and winched it into the open rear doors. Failing that, they then dropped Para rescue personnel into the water to attach a flotation collar to keep it from sinking. The USS Sunnyvale then steamed in to winch the payload aboard.

Declassified documents now tell the story. The, then secret, Corona spy satellites were recovered by C-130 aircraft assigned to his unit. One of these recoveries included film footage of the planned splashdown area of Apollo 11. These films revealed a significant pacific storm that could have been catastrophic for the recovery mission. An 11th hour change in the recovery area probably saved the lives of these American hero's. The 6594th Test Group played a small but very significant role in a successful recovery.

In the initial hours, day, and months after the storm, volunteer Amateur Radio operators contributed their time, equipment, and talents to providing essential communications during the recovery phase.

A license is required to become an Amateur Radio operator; however, no license is required for the federal SHARES radio network. If you're a former military operator and would like to participate, drop by and ask about volunteer opportunities. Only a short training period is required to get you up to speed and ready to help out.



The 6594th Test Group (AFSC) Hickam AFB, Hawaii, recovered capsule.

Safety Officer Reginal Johnson (right) presents Allan Hubbert with a Certificate of Appreciation on behalf of the Amateur Radio Club.



Resident Allan Hubbert, in 1962, after receiving his first hand radio license at Andersen AFB Guam.





# “Around the World in 84 Days”

**This month the spotlight is on  
Submariner George G. Putnam, Jr.**

*By John Bowery/Photographs courtesy of Garry Gray, Victoria, Australia*

Prior to becoming a member of the Triton’s illustrious crew, George Putnam spent 13 years aboard the AKA 13 and it had the honor of having nine certified shoot downs of Japanese planes in World War II. He served in Japan and Com Sub Flotilla Command.

For this story we will set the scene and tell you a remarkable story about a ship and the men that sailed it. Try to imagine, if you will, being restricted to living, working and sleeping in a space that was considered small even by the men aboard the boat. Imagine, if you will, the smells of the fuels, men and other things aboard. Now put everything in place and under the sea for a long voyage.

Imagine if you will being in a space that is less than 7 feet high, 4 feet wide most of the time and length, forget it. Now imagine being confined for 84 days with out seeing the light of day or feeling good ole terra firma under foot for that length of time. Most of you have determined by now that I am describing the interior of a submarine with the smells and sounds of a submerged submarine. To be specific the Nuclear Submarine “USS Triton.” This is the two reactor submarine that circumnavigated the world while submerged .

The Russians tried it several years later and fell short by over 10,000 miles, their effort failed miserably, and the Triton record of 36,000 miles stands alone to this day. The boat was skippered by Captain Edward L. Beach, He was a Naval aid to President Eisenhower for four years and was a famous submarine officer. He was their commander. The ships compliment contained 186 seamen and officers, this included seven government scientists that were aboard for the journey, (including a psychiatrist, George said he was a pleasant fellow, but even he got a little antsy after awhile). There was also a photographer for the National Geographic Magazine on board and he took pictures that were printed later in their magazine.

They can all stand tall and proud that they got to experience one of mankind’s great heroic feats. One of those men is one of our residents, here in the Armed Forces Retirement Home, Chief Petty Officer George G. Putnam, Jr. His duty was Chief Torpedoman’s Mate. George spent 20 years in the Navy and retired in December 1972. He was not exactly standing still during those year spent serving the Navy, he managed to get married three times and have two children, (a boy and a girl.) His first wife was of Japanese decent they were mar-



**The Triton Torpedo Room Crew - George Putnam is the young sailor, third from left, the man with the beard.**

ried 10 years, wife #2 was an American. They were married seven years and wife #3 is a Moroccan and he is still married to her and they have been married for 14 years.

Getting back to the submarine and men that this story is about, here is the route that the Trident took them on and they crossed the equator, which as all Navy men know, they are required to pay tribute to King Neptune. This was arranged by assigning someone who had crossed before to preside as King Neptune for this honored celebration. To the newbies, when they crossed the equator, those that had not crossed the equator before had to kiss King Neptune’s fat beer belly button. When they got to the Philippines they paid tribute to Magellan. They got to look thorough the periscope at the 30 meter high Magellan statue located in the place of Punta Eugene, Macan Island, Philippines. The Navy called this Periscope Liberty!

When they got to the Philippines they paid tribute to Magellan. They got to look thorough the periscope at the 30 meter high Magellan statue located in the place of Punta Eugene, Macan Island, Philippines. The Navy called this Periscope Liberty ! Each member of crew was awarded the Presidential Unit Citation. From the Philippines the Triton went South through the “Lonbok” Strait and then rounded the Cape of Good Hope (the tip of Africa) and proceeded via the Canary Islands and Cadiz, Spain to the United States.

While they were underway, one of the two nuclear reactors aboard developed a serious problem and they had to repair it of-course. they could only be in a very small compartment where the reactor was to make repairs and then for only 8 minutes at a time because the unit was hot and they would die if the rands they received were over a certain amount, so they would run in and paying strict attention to the time they were in there, they worked feverishly on it until they finally got the reactor fixed and continued on with the voyage.

While talking with George about the trip, you get the feeling that he is still a little stressed out while narrating his account of the reactor and even the length of time they spent submerged. George is a fairly active man and seems to have settled in here. He is looking forward to the warmth of the Spring and Summer time and plans on taking advantage of the many attractions that are available down by the National Memorials and Cherry Blossoms when they are in full bloom.



**“Dive, Dive!” The Triton with a dive in progress. George, as Torpedoman’s Mate, was the last man on deck when a dive was in progress.**

## Frank Nelson has found his ‘home’ on the hill

*By Bill Tobin*

Long time resident Frank Nelson could be called a lot of things, and I’m sure that he has been during his tenure with the Navy from ‘42 until ‘45. He was Sparky then, as he was a radioman, and since then has earned the sobriquets of “Lord” for Lord Nelson, and also as “The Constant Gardener,” as he has toiled down at the



**Frank Nelson, in 1942, at home in the Bronx on leave.**

Home’s gardens for quite a few seasons. His green thumb has helped to perk up the Home’s annual “Stone Soup.”

Frank was born in the Bronx, NY, on Oct. 5th in 1921 which puts him in the upper bracket of the Home’s residents – age wise. But those years have not slowed him down – only a little – as he is very active here, not only with the gardens, but also as an unpaid chauffeur for many of the residents. His spotless domicile attests to his boundless energy, as does his shiny vehicle.

Frank’s birthplace in the Bronx was next to Yankee Stadium where he watched many a game. In the Bronx he played catcher for the Springfield Grays. His team also played against Satchel Paige.

He left High School in 1942 to join the Navy. His father had been in the Navy in WW1 and was a disabled Navy veteran. The Navy sent him to Great Lakes for Boot Camp where he learned what a clothes stop was, and what it was used for. His training there was fun for him and he really enjoyed liberty in Chicago, Waukegan, and Milwaukee.

After completing Boot Camp, Frank was sent to the University of Chicago for four months training to become a radioman. From there it was off to the Philadelphia Navy Yard for

assignment to the Fleet. While there he played baseball with Enos Slaughter. His next duty station was to the USS Foote – DD-511, which he found at Bath, Maine. Frank served aboard her for his entire career which ended in Oct. of 1945. His first trip aboard was to Europe at Casablanca with a convoy. On entering Casablanca the Foote had to weave in and around the French Navy which had been scuttled there.

Next it was back to NYC for replenishment and on to the Panama Canal and the Pacific. The Foote sailed to New Caledonia and became a part of DesRon 23 (Destroyer Squadron 23) with Arleigh Burke as Squadron Commander. The Foote, and Frank, earned four battle stars for Guadalcanal, where they were “Chasing the Slot,” and for the Battle of Empress Augusta Bay. It was there that the Foote was credited with sinking a Japanese destroyer, and three Kamikaze planes. It was also there that the Foote took a torpedo in the screws and lost 59 feet of the after part of the ship, along with 19 sailors who died. It was repaired temporarily at Guadalcanal and then towed to San Pedro, CA by a 50 year old ship named the Gulf Star. The trip took two months.

From San Pedro Frank sailed the Foote to Palau in the South Pacific, and

then on to the Philippines for the invasion of Leyte, with General MacArthur. Next it was off to Okinawa for that invasion and for “picket duty” for two months. While doing so it managed to shoot down three Japanese Kamikaze fighter planes. In time the war ended and Frank and the Foote sailed back to New York where he became a civilian in Oct. of 1945.

The war was over but times were tough and Frank survived on “52-20” for awhile before landing a job with the Bendix Co. Next it was on to the Appliance Operating Co. which was a new venture in coin operated machinery. Frank did this for 20 years while also substituting as a building contractor. His next venture was with Equitable Life Insurance Co. as a property manager for four years.

Next came retirement and travel. He hung his hat in Chicago, Roanoke, VA, and Alabama until he “dropped his anchor” here at the Armed Forces retirement Home in 2001.

Since then he has enjoyed himself with the company of fellow residents, and also attended Admiral Burke’s funeral, and burial, at Annapolis, which he says was almost as big as the one for President Kennedy.

Frank says he has found a definite “Home on the Hill.”

# Residents enjoy Super Bowl XLI party at AFRH

Photographs by "Chuck" Jones, Jr.

Thomas Crocker shows off his AAFES gift card that he won at the party.



By Jerry Carter

The rainstorm was not enough to stop the Indianapolis Colts from scoring big in Super Bowl XLI. Despite the drenching rains, Peyton Manning completed numerous passes to his wide receivers. The Chicago Bears, known for a tough defense were unable to stop the Colts offense.

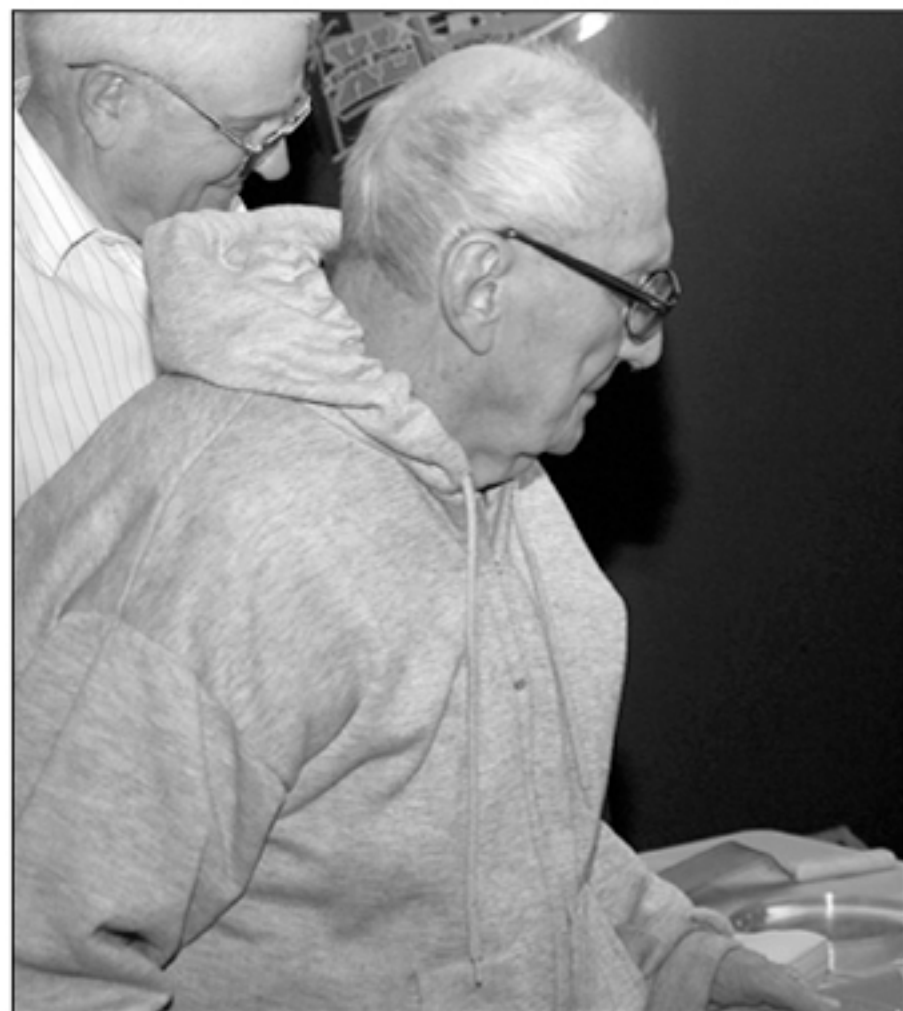
Over 300 enthusiastic residents attended the Super Bowl Pizza Party held in the Scott Theater. The residents were treated to beverages, pizza, soda, snacks, and prizes throughout the game. Resident Thomas Crocker won a \$50 AAFES gift card for picking the team who won the Super Bowl XLI.

Recreation Services would like to thank the following volunteers for helping out during this event: Jessie James, Bill White, and Charles Bronson.



Frank Nelson and Frances Scott sign up for the raffle drawing at the Super Bowl party.

Robert "Bob" Cavanaugh gets in the pizza line.



Charles Bronson serving pizza at the Super Bowl party.

## Huge Valentine delivery made possible by volunteers Washington Gas sponsors 3rd Spirit of Service Day

By Melodie Menke

On Saturday Feb 10th, at 10 a.m., the VA Board of Appeals, directed by Alice Booher and two Virginia lawyers, driven by Red Top Cab Company, (their services were donated to the veterans), delivered 4,000 valentines and candy

and travel size toiletries to the veterans of AFRH.

Standing by to deliver the valentines directly to the doors of the residents were 20 employees of the Washington Gas Company on their 3rd Spirit of Service Day.

Resident Team Leaders Jim Hart; Esker McConnell, Chuck Felder and Doris Jones, along with two community volunteers led the Washington Gas Company to the Sheridan, Scott and LaGarde buildings

Valentines and candy were delivered along with a lot of heartfelt conversations.

With the leftover valentines, they used their creativity and decorated the Scott Lobby ticket area, and the Sheridan Lobby, even making a Valentine Tree.

The residents were very appreciative and really seemed to enjoy the company and the valentines. The quote of the day from one of the residents was, "It's nice to get a valentine no matter what your age is." Washington Gas Company is putting their Spirit of Service day in their newsletter.

This was a team effort by many organizations. Valentines for Veterans is a national program through the Veterans Affairs Office. Thanks to all for the support of the Volunteer Services programs at AFRH.

## Valentine for Vets program promoted by VA Secretary

The following is a letter from VA Secretary Jim Nicholson to "Annie's Mailbox," the syndicated column written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Annie's response is used with permission of Kathy and Marcy.

*Dear Annie:* Many anniversaries and observances will occur this year that are important to our veterans: Memorial Day and Veterans Day are the best known ones. Another occasion I look forward to each year is the Valentines for Vets program during National Salute to Hospitalized Veterans Week (Feb. 11-17). The week encourages Americans from all walks of life to deliver valentines to local Department of Veterans Affairs (VA) medical centers and visit the veterans there.



Members of the VA, the Washington Gas Company and our residents.

# Black Jack "21" Game Show is a Grand Slam!!!

By Howard Turner  
Photos by Sheila Motley

If you missed the Black Jack Game Show, you really missed a great game and "A LOT OF FUN." The game show was packed with contestants and viewers who sat and watched the game. An overwhelming number of 30 contestants signed up at the game site, with more contestants wanting to sign up at the mid-way point through the games. Out of 30 contestants, only seven would go to the finals: Emil Byke, Mr. Bee Bee, Mr. Bowen, Frances Scott, James Grant, Alice Garrymore, and Frank Nelson. Whenever contestants seemed to be on the verge of winning a round because of a sure score of 19, 20, and sometimes 21, the dealer who was hot most of the day, would snatch the pot right out of their hands with a score of 21. And although the crowd was cheering the contestants on, it didn't cool the dealer off.

ers came with a game plan in the finals and they gave the dealer a run for his money at the beginning. It seemed as if he was finally cold, but that didn't last for long. After the dealer realized he may have to send away for more money, that gray cloud came into the room and the finalist who was so hot, quickly became another statistic for the dealer as he eliminated the finalist one by one. Frank Nelson gave the dealer a battle for the money as he took first place and the Black Jack Championship title with Emil Byke taking second place. And as another game day came to an end, EVERYONE left happy, leaving many compliments to Tracy Thomas and Keith Turner (who hosted the game show) for a very energetic and fun game.

The final seven play-



Frank Nelson, the Black Jack champion flashes his winnings.



Marvin Taylor looks on as Emil Byke decides whether he should take a hit.



A resident waits until the deal reveals his cards during the black jack game show held on Feb. 5.



Card or no card? Frank Nelson looks on as Keith Turner ask Alice Garrymore the question of the day.

Lou Bose aiming for a strike while Donald Dailey patiently waits for his turn to claim victory with a score of 183.



*In the bowling alley...*

## Employee/resident teams compete in annual bowling match

By Jerry Carter  
Photos by Sherry Artis

On Tuesday, January 23rd the Resident/Employee Bowling Match took place in the Sheridan Bowling Center. The residents and employees participated in several competitive, fun games of bowling. From strikes to gutter balls, everyone tried to get the highest pin fall. Residents Walt Prussman and Charles Merlino bowled high games of 179 and 132. Employee David Dailey bowled a high game of 183.

Recreation Services would like to thank all residents and employees for participating in this bowling event.



Willa Farrell looks to pick up a spare!

## Washington Chorus Outreach Singers visit King Health Center

By Steven Briefs

On Saturday, February 3rd, the residents of KHC were entertained by members of the Washington Chorus Outreach Singers. This group of talented singers is considered one of the foremost choruses in the nation and a cultural leader in the Washington metropolitan area. In the past they have appeared with the National Symphony Orchestra for concerts and at the Kennedy Center.

On Saturday they came and delighted us with such songs as, "I Can't Give You Anything But Love," "Moon River," "Route 66," "Over The Rainbow" and "What A Wonderful World." Many of our residents remembered these old songs and were able to sing-a-long with them. This group has come in the past and each time they bring much happiness and fond memories.



Washington Chorus Outreach Singers take KHC residents back to the past with the song "Moon River."

**Look in the March Calendar of Events to see what activities are scheduled this month.**



*One more scoop!*  
Stanley Sargara gets a scoop of his favorite flavor of ice cream from the 11th Wing, CMSgt Jeffery Bowes, Bolling AFB. This month's ice cream social was also a special day for resident Marshall Phillips. He was celebrating his 99th birthday.

## *A sweet Valentine's and birthday celebration*

*By Laura Fogarty*

On Tuesday, February 13, over 250 residents lined up to get a bowl of their favorite ice cream with all the trimmings. In addition, there were special Valentine's Day cakes and candy hearts for residents to enjoy.

This event had a dual purpose; to celebrate Valentine's Day and also to wish resident Marshall Phillips a very happy 99th birthday. Family members were on hand along with many residents to celebrate this special birthday with him.

Col. Neubauer, the 11th Wing Commander at Bolling Air Force Base and some Airmen came to socialize with residents and to thank everyone for their service throughout their lives. In addition a piano/bass duo from The United States Air Force Band performed during the event and as a very special treat, two vocalists were here to sing a few songs. They were exceptional and residents really enjoyed the music being played throughout the event.

Ice Cream socials are held every month and volunteers are always needed to assist with serving. If you want to assist please contact Tracy Thomas in the Recreation Office, ext 3289.

*Photographs by Sheila Motley*



Richard "Dick" Robinson asks A1C Reis, 11th Wing Command, for more chocolate please.



John Smith's smile tells all.



AFRH Director Ben Laub assists resident Lorraine Murphy as she adds all the delicious good stuff to her bowl of ice cream.



*A special birthday celebration*

Colonel Kurt Neubauer (right), 11th Wing Commander at Bolling AFB, shakes hands with Marshall Phillips and wishes him a very happy 99th birthday. Seated to the left is Johnny Gray.