



Armed Forces Retirement Home

# Communicator

Volume IV Number 03

Armed Forces Retirement Home

Monday, April 30, 2007

## Women in Defense



*Generation gap narrows as present, past gather and share information*



*Story by Mary Kay Gominger*

*Photos by Sheila Abarr*

On Thursday evening, April 19, a group of ladies from Women in Defense, attended a social with the ladies of the AFRH in the Sherman building lobby. The social was an opportunity for the two groups to meet and talk about the similarities and differences in the workforce in the past and today.

The residents were encouraged to bring photos and memorabilia from their days in the military to show the visitors so the groups could better understand the culture of the work force in the 1940s and 50s. They also heard about the opportunities available to women now in the workforce.

Women In Defense, a National Security Organization, is an affiliate of the National Defense Industrial Association. Its' mission is to cultivate and support the advancement and recognition of women in all aspects of national security. A non-profit organization, WID was established to provide women a formal environment for professional growth through networking, education, and career development.

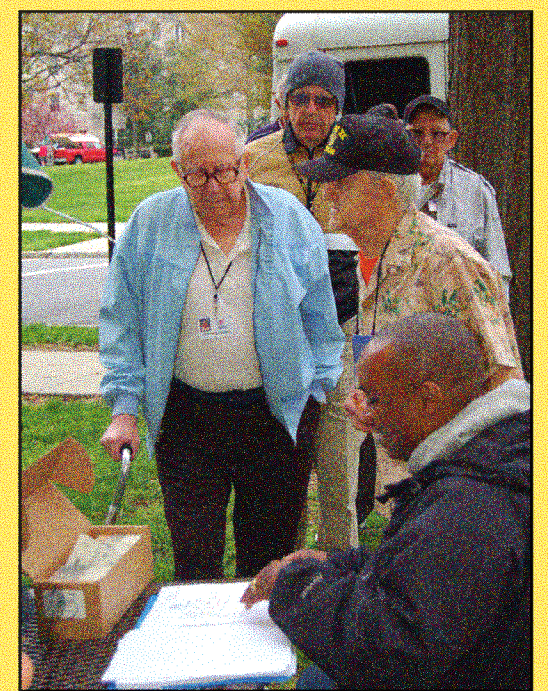
Incorporated in 1985, Women In Defense is governed by a Board of Directors elected by the membership. Appointed committees carry out the association's mission. WID has chapters throughout the United States. The association resides with the National Defense Industrial Association, 2111 Wilson Blvd., Suite 400, Arlington, VA 22201-3061.

Catharine Deitch shows Capt Candace Vessella a photograph of the company she served with during World War II service.

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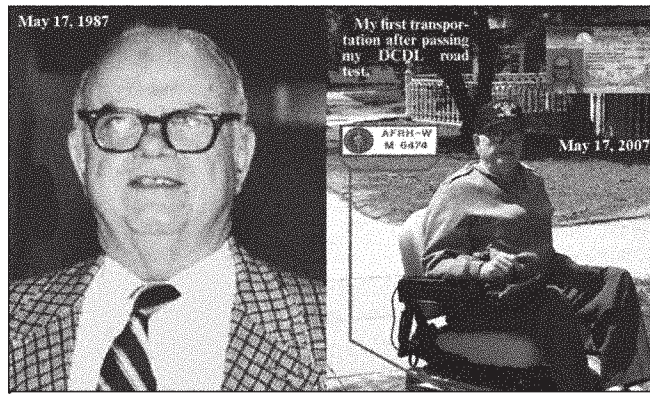


*Cherry Blossoms in full bloom during the National Cherry Blossom Festival on April 14, 2007*



*Photographs by Warren Helm*

AFRH Editors Column



**C-O-N-S-I-D-E-R T-H-E F-O-L-L-O-W-I-N-G**

With these words our nation's goals were set: "...With malice towards none, with charity for all, with firmness in the right, as God gives us to see the right..."

With these words the thoughts of many were codified and stated how our Nation should look after "...to care for him who shall have borne the battle, and for his widow, and his orphan..."

**That's us comrades and that's what all the media fuss has been about lately! Who said these things and when?**

Thursday, May 17, 2007 will be my twentieth anniversary as Editor of your newspaper. An enlightening experience, the staff and myself are fortunate to have such high calibre subscribers. We realize that collectively you have better than 24,000 years of survival experience all over the world, in places we can't even pronounce the names of, and certainly in many cases under very difficult circumstances.

Then – having vanquished our foe, we picked them up, dusted them off; and left them to live out their lives in freedom.

Arriving her in May 1987 I noted that dormitory air conditioning (AC) was by the prevailing breezes. Open windows at night treated you to the sound of automatic gunfire on the DC streets.

Things have changed through these twenty years. Central AC throughout the campus, less automatic weapon fire, and many other added amenities.

We started out with a 12 page paper went to 32 pages, and now consistently publish a newspaper every month. Thank you comrades and thank each and every one who helped make this possible.

*Oh yes! The 1st paragraph quotation is from President Abraham Lincoln's 2nd Inaugural Speech delivered at the Capitol on March 4, 1865.*

**E-N-J-O-Y Y-O-U-R P-A-P-E-R**

**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.

**How to become a resident today**



**AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.**

**Eligibility:**

**Military veterans from each service branch can live at AFRH.**

**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>**

**Participation at Retiree Day a big success**

*Unexpected visitor, a former resident, a pleasant surprise at Patrick Air Force Base*

*By Mary Kay Gominger*

Over the past several years since working for the AFRH, I have attended many retiree days at military bases mostly in the southeast regions of the country. As part of the Public Affairs and Marketing team, I have information about the AFRH available and answer questions many retirees have about our home, eligibility requirements, fees, services we offer and now, the many questions about the future of the Gulfport home.

This past weekend I attended a Retiree Day at Patrick Air Force Base near Melbourne, Florida. Tables were set up inside a hangar with the usual variety of participants such as representatives from the base's Family Support Group, the Red Cross, Tri Care for Life, Dental, the Commissary, BX and other services that are available for retirees.

This particular day, as I am talking to several Air Force retirees about our home, a gentleman was stand-

ing off to the side, patiently waiting for me to finish. As the group walked away, he stopped them and said that the AFRH was the best thing this country had going for veterans and he knew first hand because he used to be a resident. He went on to explain that he had to leave the DC campus due to some unforeseen circumstances but planned to return just as soon as he could.

This group was really impressed with all he had to say and after they left he came up and introduced himself. Ben Weakley was his name and once I told him my name he immediately knew who I was because he is on the mailing list and reads the Communicator every month. He listed off several stories I had written that he had particularly liked and with that, the two of us instantly hit it off.

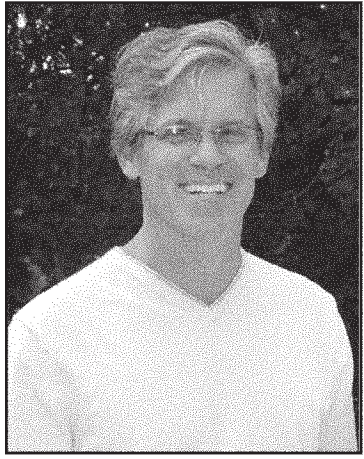
He eventually went off to visit other tables but every hour or so he would stop by and visit with me and talk to other retirees as they walked by. He spoke of the AFRH

with such pride and thanked me many times for being there and for all that I do for our country's veterans.

Flying home that evening, I couldn't stop thinking about what he had said. He was thanking me for what I do. That was so refreshing to hear and so nice to speak with someone who feels the same pride as I do about the AFRH and appreciates the dedication and hard work of so many staff members.

Our AFRH veterans have done so much for this nation and many are giving still through volunteering and helping their neighbors. We are fortunate to have such a giving group of residents and staff all under one roof. I look forward to spreading the word about our home and appreciate everyday that I can do what I do for our residents.

# Message from the Chief Operating Officer



The brisk chilly winds of March blew in many visitors to our campus this month as you may have noticed. The AFRH has many irons in the fire and several of them recently reached major milestones and it is important for you to realize the significance of these accomplishments to our community.

Late last month, after many years of strategic planning, research, and coordination, Crescent Resources LLC was selected to develop the 77-acre area of our campus that is bordered by North Capitol and Irving Streets.

The development of this under-utilized portion of our campus creates monumental opportunities for us in two ways. First, it allows us to make many very much needed improvements to our aging facilities without having to dip into and make huge withdrawals from our Trust Fund, securing the vitality of the AFRH for generations to come. Second, the development will provide you with close-proximity retail such as shopping and restaurants plus it includes over 20 acres of open green space with pub-

lic gardens, a picnic grove and walking paths. It's definitely a win-win situation for everyone – our veterans and our local community.

And in addition to the progress of this project, we also have had the management team from Jacobs Engineering, the construction management team for the AFRH Gulfport rebuild, here on campus meeting with GSA Project Manager Steven Smith and Joe Woo, the AFRH architect and many of the AFRH staff. The Gulfport project is progressing quickly now as everyone involved is dedicated to meeting the timelines that have been established.

The forward movement of these projects is satisfying at many levels. For our current residents, putting a facelift in the way of new roofs, wiring replacement, and fire and safety improvements on our aging facility will reap immediate benefits. The new facility in Gulfport will provide the residents that choose to live in the South with a brand new, state-of-the-art, energy-efficient home. Today's residents have much to look forward to.

Below the surface though is the real benefactor to the growth and progress of our home. It is today's active duty military. They are not just our future...they are a part of our community and they are making new pathways to our military heritage. It is these

brave men and women that are out there now, many in harms way, preserving our freedom and our way of life, just as each of you did. Every decision we make and every path we choose, we do so with them in mind. This is their home as much as it is yours and the decisions we make today impacts them tomorrow.

With this as our focus, the AFRH

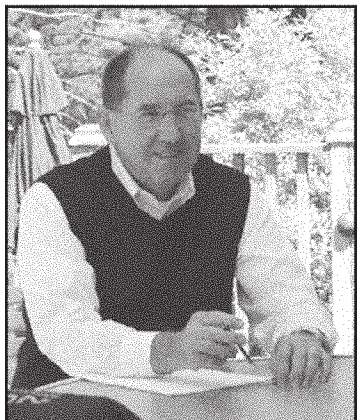
agency management team and other AFRH staff will meet the first week of May for a strategic planning session. Together as a team we will spend three days revisiting our mission and vision statements and carefully evaluating our services and processes we provide. I will provide you with highlights of this session in next month's Communicator.

*Tim Cox*



**Tom Massey (left) from Jacobs Engineering, listens as AFRH Health Care Administrator Dr. Linda Radar (center) and Liz Weathington, Director of Nursing, discuss space requirements for the Wellness Center in the new Gulfport facility.**

# Conversation with the Chief Financial Officer



A special thanks to many of you who have already started to bring your paperwork into the Business Center for computation of next year's resident fees.

Through this mutual effort and approach we will be able to avoid the normal stress of waiting in line and added frustration of not knowing your fees until the last moment. There is still plenty of time for you to bring your paperwork to the Business Center for those who have not. Also, paperwork can be dropped at Patient Finance during its

established hours. This summer we will be sending reminders to those who still need to submit their paperwork; the last notice will be in November. We will also be having focus group meetings once we receive legal opinions on many of the questions we have asked about what should or should not be included in fees. As discussed during earlier focus group meetings, those residents who fail to provide the necessary paperwork to compute their fee will receive the maximum fee beginning January 2008.

Some residents have asked me about costs at Washington as a result of Hurricane Katrina and the shift in population to Washington. I believe there were three main areas impacted from a steady state perspective: (1) many of our contracts

required modifications in the Scope of Work, which placed us at the mercy of the contractor to meet time constraints; (2) food service operations; and (3) healthcare costs increased with the added population of Assisted Living and Long-term Care (note: our most costly levels of care). Between these three areas our modified contracts are our biggest concern. We are aggressively reviewing our contracts and trying to regain the efficiencies lost during the surge in population. Food Service operations and healthcare costs will adjust to the population - up or down. Overall our costs in Washington will have increase by approximately \$6 million by the end of the fiscal year.

Received an interesting question by a

resident on what portion of the homes operating costs is offset or paid by the resident's fee. The resident's fee this year will pay for almost 20 percent of the home's annual cost. Over 80 percent of the residents cost at the Armed Forces Retirement Home is subsidized. The Homes' annual funded program for FY 2007 is \$56.7 million; revenue from resident fees is projected to be approximately \$11 million. If you do the numbers, it is easy to see.

Keep the questions coming. I enjoy talking to each of you.

*Steve McManus*

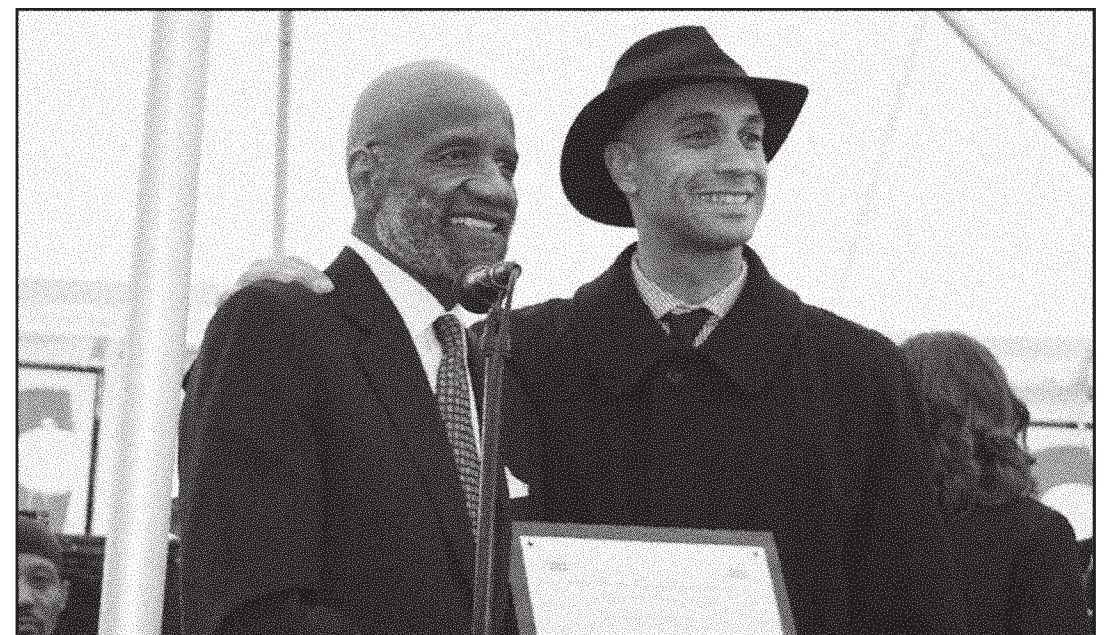
# AFRH hosts City's Emancipation Proclamation Celebration

The AFRH was the host for one of the City of DC's Emancipation Proclamation celebrations on Saturday, April 14. The event was staged in the lawn area in front of the Lincoln Cottage and the Sherman building. Residents were treated to an afternoon of activities including marching bands, a food court, dignitaries from the city and other visitors, all right on the grounds.

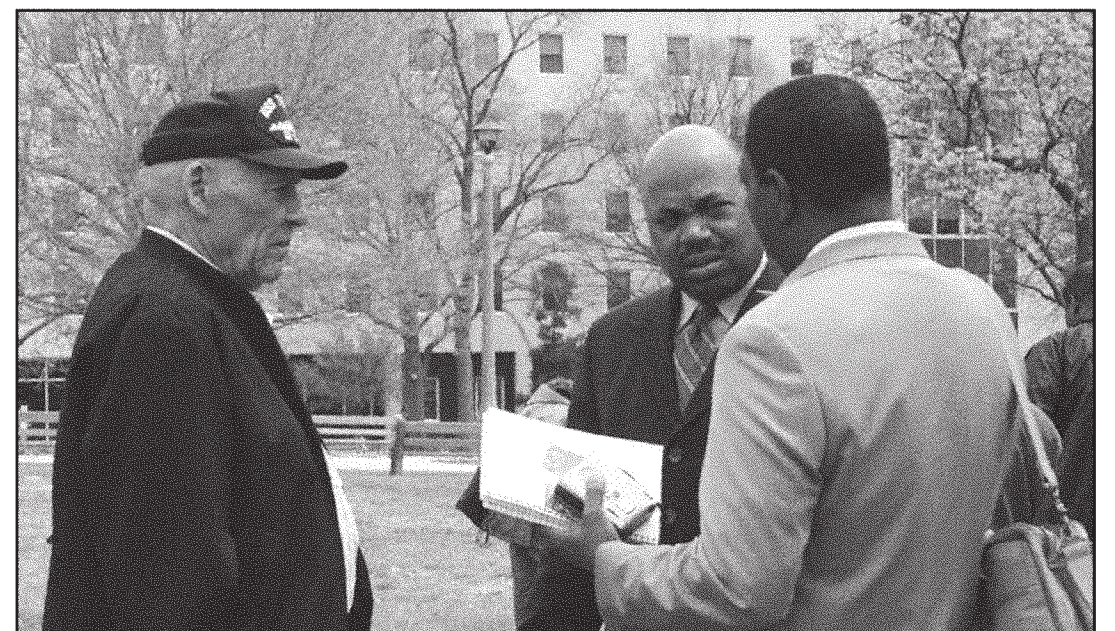
April 16 marks the abolition of slavery in the District of Columbia. On that day in 1862 over 3,000 enslaved persons were freed eight months before the Emancipation Proclamation liberated slaves in the south. The District also has the distinction of being the only part of the U.S. to have compensated slave owners for freeing enslaved persons they held.



**The Dance Place Step Team marches in front of the Sherman building during the City of DC's Emancipation Proclamation celebrations held on the AFRH grounds on April 14.**



**Mayor Adrian Fenty (right) presents a Ward 5 Emancipation Day Award.**



**Lanier Phillips participated in the gala event.**

# AFRH Director's Message



This is the time of year when we traditionally undergo Spring cleaning and straightening out of those accumulated piles in storage spaces, our accommodations, and on our desks.

This year, you are a part of that annual cleaning out as I bring you up to date on our move forward to improve our community.

Consistent with our Master Plan, our resident storage facilities are closing later this year. Compatible with the reduction in

our "footprint" of structures at the Home, we continue to move residents' personal effects from our storage warehouse to resident rooms. All on-site storage for residents' personal effects will be limited to a standard size wardrobe shipping container for on-site storage. Personal furnishings, beds, and lockers cannot be maintained in storage on the AFRH site.

Excess individual personal effects will need to be accommodated in either the residents' room, shipped to and stored with family members, or relocated to off-site storage.

In mid-May a listing of off-site storage companies will be made available through the Ombudsman's Office and

Resident Services Office. Each of our residents who have personal effects in storage will be contacted by a member of our staff. You will be scheduled to have your personal effects assessed by you and delivered to your room; or you may place those effects that you would like to retain in an on-site storage unit not to exceed a standard wardrobe shipping container; or disposed of by AFRH; or you can arrange for your personal effects to be delivered to an off-site storage warehouse of your choosing or to a family member or relative, at your expense.

The principle for you to consider is that if you have not used your possessions during the past year, those possessions can be stored off-site at your expense, or your personal belongings can be disposed of by AFRH.

Once we have relocated our storage facilities, any residents' personal possessions which cannot be accommodated in a wardrobe shipping container in the relocated storage area, and which remain in warehouse storage will be deemed to have been abandoned and would be disposed of accordingly.

We will be breaking ground shortly for our Lifetrails outdoor fitness and exercise facilities. This outdoor ellipse will have a number and variety of exercise opportunities for all residents to enjoy throughout most of the year. More information on Lifetrails will be forthcoming to you in the near future.

*Ben Laub*

## Gulf Coast Enterprise employees receive Good Samaritan Awards

Story by Liz Garris

Photos by Sheila Motley

Gulf Coast Enterprise employees Byron Waiters, Supervisor (LaGarde Dining Facility) and Linda Ingram, Food Service Worker (LaGarde Dining Facility) were presented 'Good Samaritan' awards at a special ceremony in their honor on April 11, 2007. Chuck Dickerson, Resident Services Chief, presented the awards. Byron and Linda were also presented a gift card for their honesty and dedication.

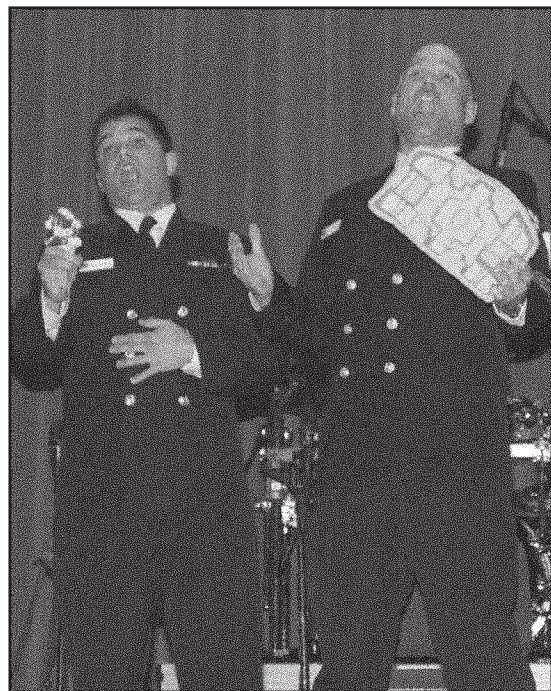
Linda found a wallet containing a large sum of money on April 3, 2007, at the LaGarde Dining Facility and immediately turned the wallet, along with the contents, into her supervisor, Mr. Waiters.

Byron spoke on how easy it is to do the right thing, and spoke on how it is important to give good service especially to the residents here at the Home, after all they gave of themselves to protect us and fight for their country.



From left - Susan Orr, C. Snow, Charles Dickerson, Byron Waiters, Fred Hornsby, Linda Ingram and Liz Garris after the awards ceremony.

## U. S. Navy Sea Chanters perform to enthusiastic crowd in AFRH theater



Top left - Two Navy singers belt out the grand finale in a song for residents during their performance here on April 5.

Above - The Navy Sea Chanters put on a superb performance for the AFRH residents in the theater.

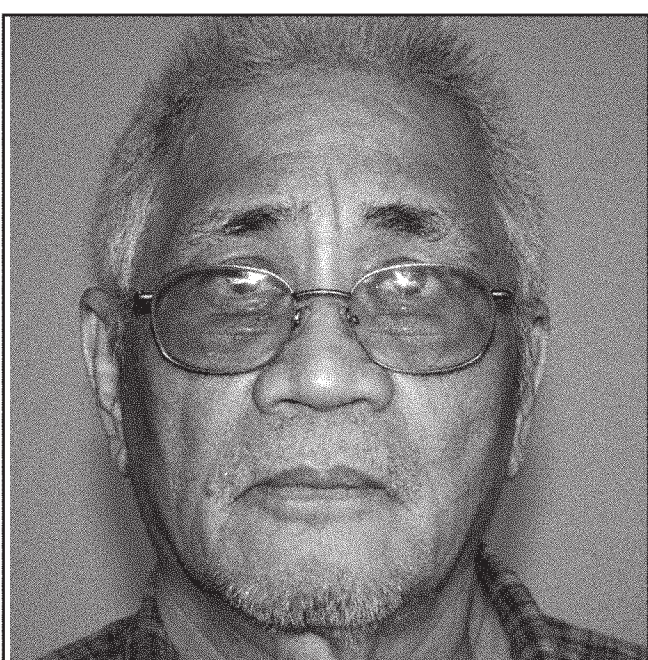


Left - Two residents visit with one of the members of the U.S. Navy Sea Chanters after the performance. Everyone in attendance agreed it was a very entertaining and delightful performance.

# Welcome Aboard



**Name:** Curtis F. Young  
**Branch of Service:** USAF  
**Entry Date:** June 1950  
**Separation Date:** July 1980  
**Rank:** E-9  
**War Theaters:** Korea & Vietnam



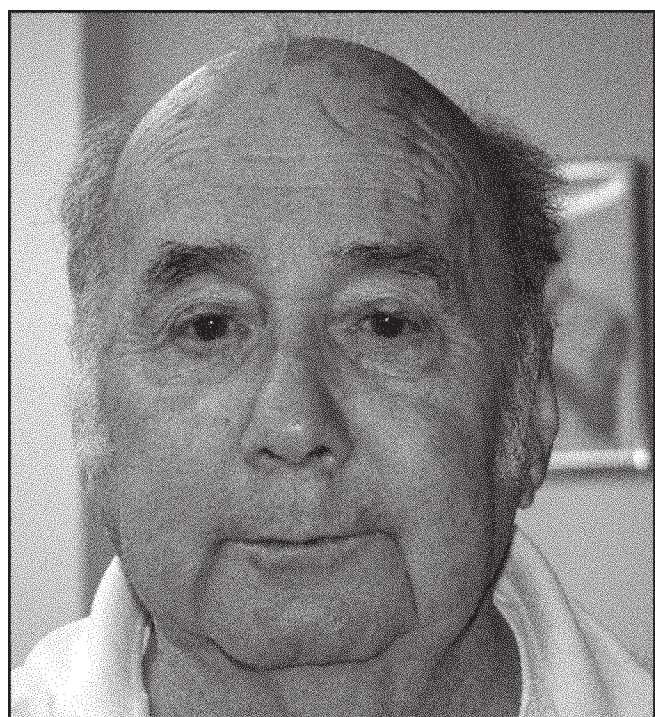
**Name:** Maximo Tatlonghari  
**Branch of Service:** USN  
**Entry Date:** May 1957  
**Separation Date:** September 1976  
**Rank:** E-6  
**War Theaters:** Vietnam



**Name:** Paul G. Taylor  
**Branch of Service:** USAF  
**Entry Date:** October 1960  
**Separation Date:** November 1990  
**Rank:** CMSGT  
**War Theaters:** Vietnam



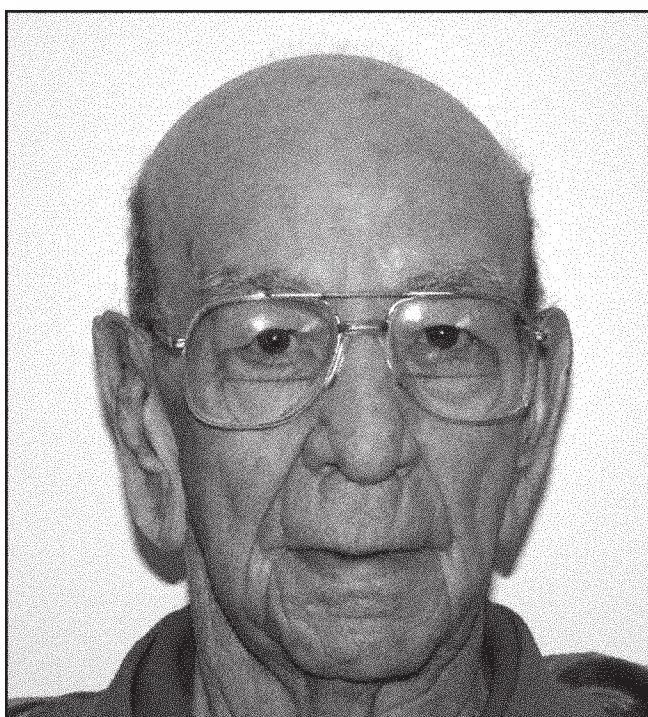
**Name:** John J. Simpson  
**Branch of Service:** USA  
**Entry Date:** June 1945  
**Separation Date:** March 1966  
**Rank:** E-7  
**War Theaters:** Korea & WWII



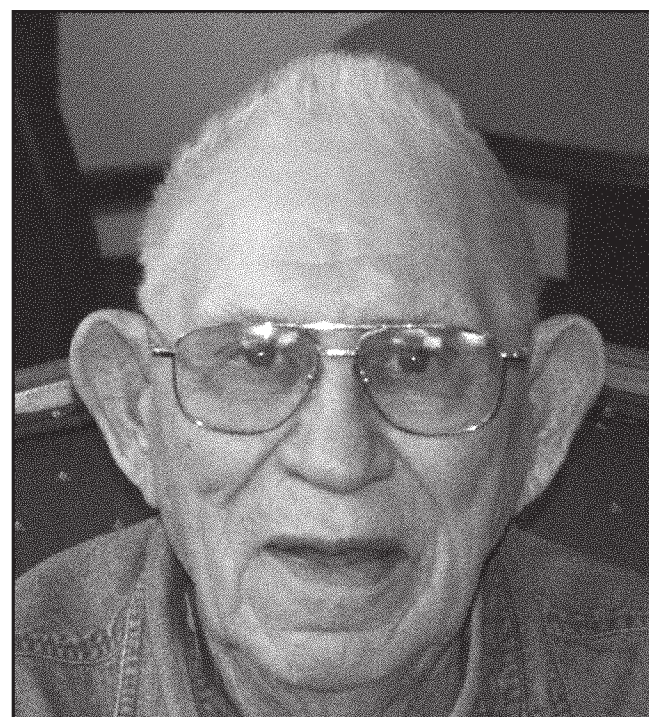
**Name:** Paul F. Goldworm  
**Branch of Service:** USAF & USN  
**Entry Date:** July 1941  
**Separation Date:** October 1961  
**Rank:** E-6  
**War Theaters:** Korea & WWII



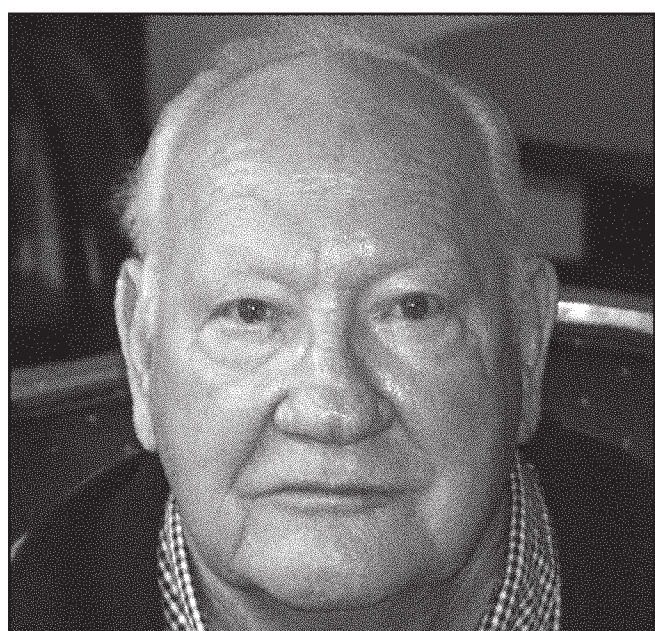
**Name:** Gene Harris  
**Branch of Service:** USAF  
**Entry Date:** July 1948  
**Separation Date:** November 1968  
**Rank:** TSGT-E6  
**War Theaters:** Vietnam



**Name:** Frederick Hensal  
**Branch of Service:** USN  
**Entry Date:** January 1944  
**Separation Date:** January 1946  
**Rank:** Seaman 1st Class-E2  
**War Theaters:** WWII



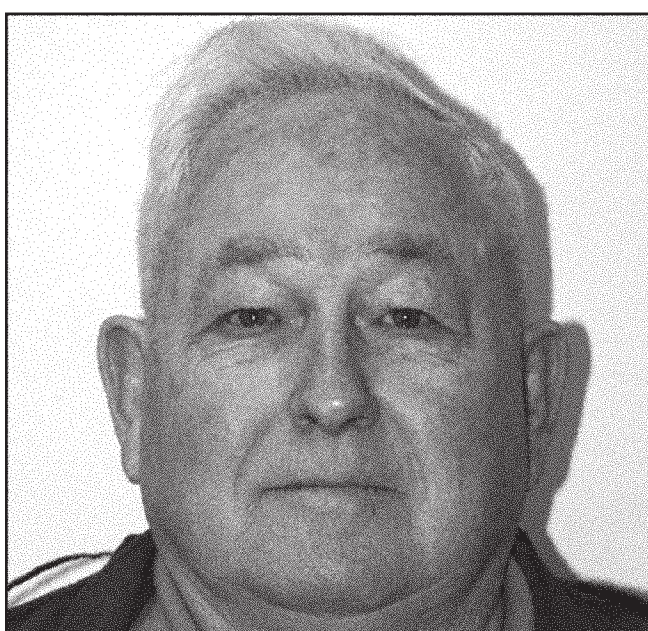
**Name:** George H. Smith  
**Branch of Service:** USA & USAF  
**Entry Date:** June 1942  
**Separation Date:** July 1950  
**Rank:** SGT  
**War Theaters:** European Theater



**Name:** Gene C. Dickens  
**Branch of Service:** USN  
**Entry Date:** December 1945  
**Separation Date:** July 1968  
**Rank:** E7  
**War Theaters:** WWII, Korea & Vietnam



**Name:** Lige Tackett, Jr.  
**Branch of Service:** USN, USA & USAF  
**Entry Date:** August 1943  
**Separation Date:** September 1966  
**Rank:** TSGT-E-6  
**War Theaters:** WWII



**Name:** Doyle W. Smith  
**Branch of Service:** USA  
**Entry Date:** April 1954  
**Separation Date:** February 1975  
**Rank:** SFC E-7  
**War Theaters:** Vietnam



**Name:** Minnaugh Jacobs  
**Branch of Service:** USA  
**Entry Date:** SFC E-7  
**Separation Date:** April 1945  
**Rank:** July 1971  
**War Theaters:** WWII, Vietnam & Korea



**Name:** Warren Penney  
**Branch of Service:** USN  
**Entry Date:** March 1946  
**Separation Date:** April 1966  
**Rank:** ABH 2  
**War Theaters:** WWII, Vietnam & Korea



**Name:** Thomas W. Hair  
**Branch of Service:** USA  
**Entry Date:** September 1961  
**Separation Date:** September 1981  
**Rank:** E6  
**War Theaters:** Vietnam

**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 202-365-4863  
or Sheila Motley at 3556**

# Volunteer Celebration Week

## Special tribute paid to resident volunteers with week full of activities in their honor

By Melodie Menke, Volunteer Services

Over 215 residents volunteered at AFRH from March 2006 to March 2007, over 40,000 hours to 27 different areas, i.e., Admissions, Public Affairs, Marketing; Recreation; Religious Activities; Social Work; Recreation Therapy, and Healthcare and Volunteer Services.

Veteran volunteers improved the quality of life for their fellow residents and AFRH staff. Volunteer Services paid tribute to those veteran volunteers with a week of activities to say thank you for making our Home a better place to live and work. From cake cutting of four different cakes; free flag lapel pins; raffles and socials, veteran volunteers were able to participate in all the events or choose the ones that fit their schedule.

And to all our AFRH community volunteers look for an appreciation celebration in June as the residents say thank you for making a difference



Melodie Menke serves up cake to several volunteer residents at the reception held in their honor.



Volunteers enjoy sampling some of the many treats available to them during a reception held after the Volunteer Awards ceremony held on March 16.



Resident go through the food line at the Volunteer Awards Recognition reception. This past year, 215 residents volunteered over 40,000 hours in 27 different areas and departments at AFRH.



Happy to volunteer - two residents enjoy the reception held in their honor.

*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. --*

*Margaret Mead*



Marine volunteers rake up leaves and help get the AFRH grounds ready for spring.



A Marine volunteer uses a tiller to break up the soil so that residents can plant a garden.

## Marine volunteers spruce up the AFRH grounds

Helping hands from the Marine Corps Barracks Washington DC

By Melodie Menke, Volunteer Services

When Marine Corps Sgt Shawn Tate made the initial email contact to Volunteer Services to offer the services of the Marine Corps Barracks Washington DC, often known as the 8th & I Marines, he had no idea that would entail 25 of his Marines being marched smartly around the campus of AFRH and being led by an AFRH Resident Volunteer Air Force retiree, Clayton Hiss.

On Wednesday April 11 2007, the Marines were marched to the garden area where they put their muscles to work. Marines walked over a mile of fence line clearing debris, then cleared the garden irrigation ditch and even used rotor tillers and tilled up the soil for veterans to plant their gardens. The 8th and I Marines were even able to join in with resident veterans for a quick set of bowling, billiards and cards before joining other veterans for lunch. Then this hard working group went back to their active duty jobs, but not before many residents were able to shake their hands and say thank you for a job well done.



Marine Corps Sgt. Shawn Tate (right) had the highest score in their quick bowling round and was presented by Resident Volunteer Smoky Prussman a small trophy. The residents found a top off a trophy and thought it was hilarious to give it out.....

## Frigid temperature doesn't stop the Easter Egg hunt



Residents, bundled up for warmth from the freezing temperatures, quickly search for hidden Easter eggs.



Volunteers from both on and off campus prepared and delivered over 200 Easter Egg baskets for residents in the Assisted Living Unit and in LaGarde.

## Many opportunities to volunteer in May

- May 8 Tuesday Pet Therapy PAL at LaGarde 1000-1130 5-8 volunteers needed
- May 10 Thursday 3rd Annual AARP Spirit of Service Day 1000-1500 40-100 volunteers needed AARP has their own American Idol, they would like to perform from 1015-1100 in the Scott Theater. 1100-1130 Small social in the theater lobby. AARP is bringing give-aways.
- May 12 Saturday 1000-1200 20 volunteers needed PAL-pet therapy will be on the grounds by the Stanley Chapel for their first Good Canine Citizenship training. Residents are encouraged to watch. Also several residents have joined PAL and will be assisting.
- May 17 Thursday 0900-1200 35-40 volunteers needed US Coast Guard (CWO Association and CPO Association) clean up at that ponds to include painting inside the pavilion. They also will be moving the gazebo from the Lincoln Cottage to the Family Chapel field area - a function that is being coordinated with the National Preservation Historic Society and AFRH.
- May 19 Saturday Pet Therapy PAL on Sheridan Lawn 1000-1130 20 Volunteers
- May 23 - decorating grounds for Memorial Day weekend. We have gotten a large donation of red, white and blue bunting that can be used at the front gate, LaGarde and other areas. The VA Board of Appeals has also donated over 1,000 flags and we will be passing them out to residents all weekend. Volunteers are needed. Anyone interested in volunteering can email [volunteer@afrh.gov](mailto:volunteer@afrh.gov)
- May 25-May 28 Memorial Day weekend

## Volunteers make a difference!

### AARP Income Tax Assistance Program at AFRH

Melodie Menke, Volunteer Services  
Over 312 residents took advantage of the AARP Income Tax Assistance Program being at AFRH twice a week for 10 weeks. AARP Site Leader Hattie Dorman and AARP DC State Coordinator John Goning and his team of tax preparers, plus our own AARP Resident Volunteers Russell Smith and Clyde Hairston, were instrumental in assisting veterans with their federal and state taxes. AARP Income Tax Assistance volunteered over 160 hours to AFRH residents. Many thanks to AARP and the wonderful support they have provided to the AFRH over the years.

## Prestigious guest speaker attends AFRH's Annual Prayer Breakfast

"Ruminating about the environmental pathology that characterized my childhood, I concluded that God Himself had ordered my steps, surrounding me with unmerited favor." This is a quote taken from Chaplain Barry C. Black's autobiography, *From the Hood to the Hill*, and is in response to the news that he had just received concerning his promotion to real admiral, deputy chief of chaplains in the Navy. Such a quote could also apply to his election to the position of Senate chaplain, the first African American to serve in this capacity since the first selection in 1789. Chaplain Black was the guest speaker at the AFRH

Annual Prayer Breakfast sponsored by the Chaplains' Office, on April 6, in the recreational section of the dining facility.

Chaplain Black's message to those who attended the second year of this annual event, challenged us to "Live To Disappoint Our Enemies." What he had to say to this audience was so inspirational and thought-provoking that many of those in attendance wanted to hear more of his ideas. Though he had brought only six of his books for the possibility of sale, about 13 people signed and paid to have a personally autographed copy of the chaplain's book delivered to them at a later date.

Chaplain Black served in the United States Navy for more than 27 years. He ended his military career in the position of Chief of Navy Chaplains, and was elected the 62nd Chaplain of the Senate on June 27, 2003. In this position, he opens the Senate sessions in prayer, and provides counseling and special care for Senators, their families, and other Senate staff members.

He also meets with Senators about spiritual and moral issues, assists with research on theological and biblical questions, and facilitates discussion and reflection groups among Senators and staff members.

Chaplain Black also conducts marriage enrichment counseling and officiates at weddings, funerals, and memorial services. He initiates and participates in special observances and interdenominational prayer gatherings, and cultivates relationships with local cler-



Two residents shake hands with Chaplain Black after the National Prayer Breakfast event. Chaplain Black retired from the Navy as the Chief of Navy Chaplains and now serves as the Chaplain of the Senate.



Chaplain Black (left) personally greeted and visited with many of the residents after the National Prayer Breakfast event.

gy and leaders of humanitarian agencies.

This year's Annual Prayer Breakfast speaker is married and has three sons. The Armed Forces Retirement Home was extremely fortunate to have Chaplain Barry C. Black as its honored guest.



Chaplain Black speaks to the group of residents that attended the National Prayer Breakfast held here on April 6.

## Chaplain's Corner

### Live life to its fullest!

Last time I was with you in this manner, we talked about the importance of making the "choice" to seize the day and not let opportunities pass us by. Would you agree with me that life is full of choices? Our situations are dependent on the choices we make or the decisions we come to grips with in our lives. Seldom if ever can we honestly say that, "The reason I am the way I am or the cause of my being in this predicament is due to someone else and their power over my life." Most of the time the situations in my life are due to my own decisions.

How much control, really, does someone else have over us?! If someone is in some way controlling our lives, can we agree that we have chosen to give that person this control? If we are true to ourselves, no matter the evaluation of our present condition, whether positive or negative, we must admit that we are responsible for the majority of our own circumstances. We have chosen to be where we are today! What a sobering thought this is!

The events of the past days and weeks have given each of us an opportunity to reflect on life in general and the value of life in particular. Many questions arise when we are faced with tragedies and unexpected occurrences. Do I really have a purpose here on this earth? Can I actually influence in a positive manner the behavior of someone else? Is my mark in life made only when I accomplish something remarkable in the eyes of others? Is there a point in my life at which I stop having an impact on those around me or on those whom I love? Why did I have to witness that horrible accident? Why do such terrible things happen to so many innocent people? This list of queries could go on and on. But no matter what the question, I choose to respond to these and any others that might arise with as positive a spin as possible, and suggest that you do the same.

The alternative is for us to dwell on and to be surrounded by negativism, despair, and gloom. What a sorrowful existence! One wise writer penned in Proverbs

17:22, "A cheerful heart is good medicine, but a crushed spirit dries up the bones." Let's examine the answers to some of the above questions from the point of view of positivism, hope, and fulfillment. Do I really have a purpose here on this earth? Yes!! Of the billions of people on this earth, everyone has a specific reason for being here. That purpose may only be felt in the region where he/she lives, or it may be global in some aspect. Yet, it is so valuable for all of us to feel as if we are designed for a specific task! Each of us has at least one gift to share with those around us. From this same book of Proverbs comes the thought, "A gift opens the way for the giver and ushers

***Each life and the manner by which it was shortened, whether by a speeding vehicle, an aimed or random bullet, or any other means causing what some might term a senseless death, have their purpose in the lives of those who remain here on the earth.***

him into the presence of the great." (Proverbs 18:16) If you haven't already begun to do so, begin looking for your special gift given to you to share with the rest of us.

Is my mark in life made only when I accomplish something remarkable in the eyes of others? No!! Many have spoken to their children and children's children, even before these words were immortalized by a great statesman, "Whatever you do, perform your task with excellence and enthusiasm! By doing this others who pass your way will note that this job was done by someone who knew what he was doing and someone who cared about those who might be affected by this performance." If no one ever says, "What a great job you have done!" the world has still been made a better place because of your high standard of excellence!

Is there a point in my life at which I stop having an

impact on those around me or on those whom I love? No!! Just recently I was asked to LaGarde because someone there wanted to see the chaplain. Because the person was in hospice care, I mentally prepared myself to do what I could to encourage him with words of hope and prayers of peace and supplication. He so graciously apologized to me for taking my time and expressed that he didn't want to bother me. I was humbled at his saying these things to me. When I felt that I had completed my visit at least for that day, he said to me in a halting manner,

"I am praying for you!" Can you imagine what a tremendous blessing this statement was for me! As I left this soon-to-be-85-year-old gentleman's space, I began to ponder the huge gift I had experienced in being summoned to the bedside of someone close to the end of his life on this earth. His impact had not ended!!

Why do such terrible things happen to so many innocent people? This question or one like it has perhaps been on the minds of some, especially in the face of events occurring on college campuses, within our public schools, or on our city streets. As not to sound cynical or as if I am avoiding the question, my response is, "I don't know! But what I do know is that the One who created us all does know! And He has not lost control of things." Each life and the manner by which it was shortened, whether by a speeding vehicle, an aimed or random bullet, or any other means causing what some might term a senseless death, have their purpose in the lives of those who remain here on the earth. Even those events that we call "acts of nature" have purpose. It may be that we will not see that purpose until many days hence, but the purpose remains. "No, in all these things we are more than conquerors through Him Who loved us." (Romans 8: 37)

If this column has left you with many more questions than answers, or given more pause to ponder, perhaps its "purpose" has been served well. Choose, therefore, with gratitude to live life to its fullest, taking nothing for granted, fulfilling your purpose for being, and sharing whatever you have so that others might be the beneficiaries of your gain.

*Chaplain John Goodloe*

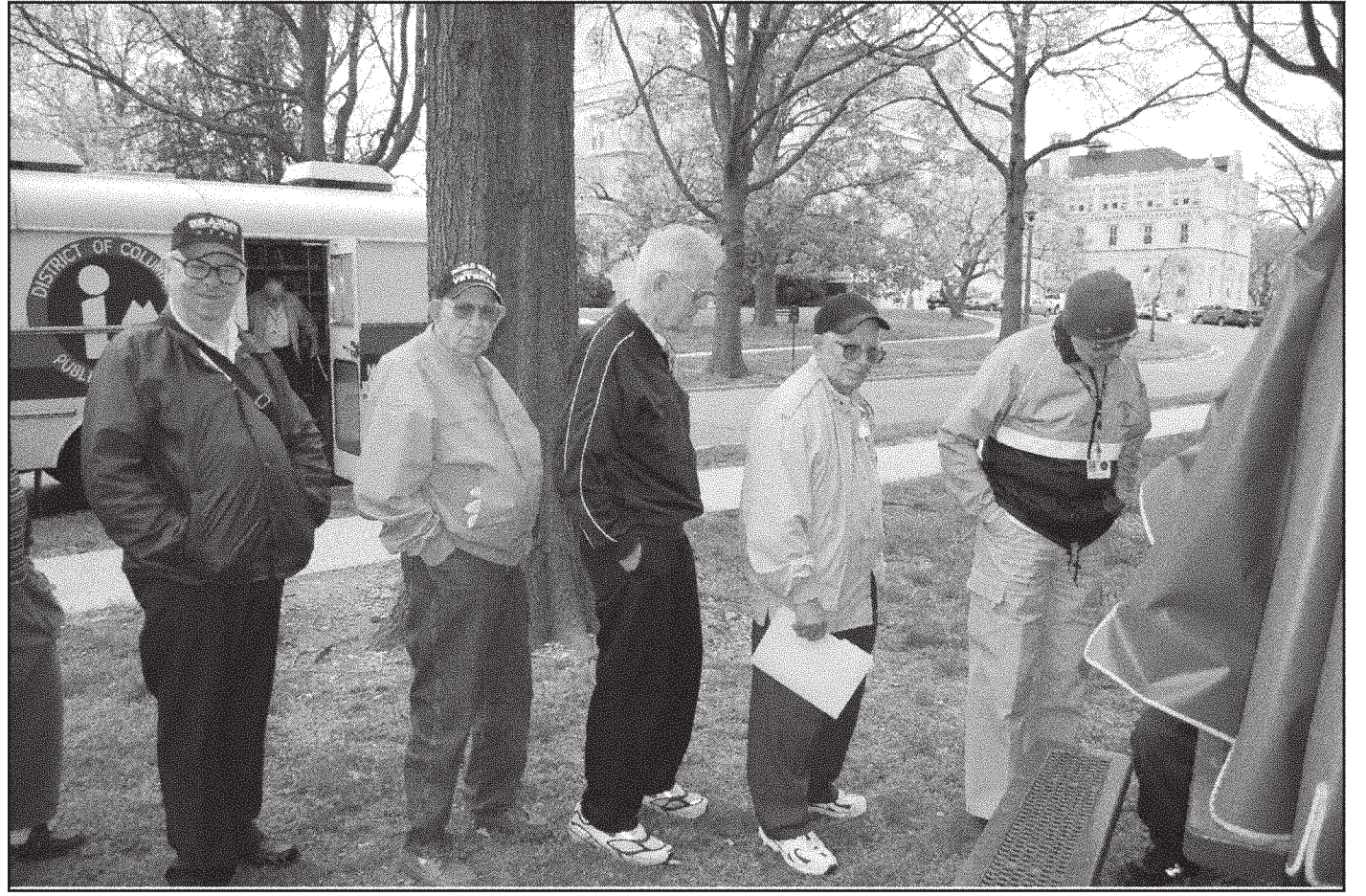
## Book Mobile visits AFRH

On April 19 the DC Public Library Book Mobile visited the AFRH campus. This is a partnership between the Scott Library and the DC public library system.

Approximately 70 residents signed up for library cards, which not only allow access to book mobile items, but also allow access to numerous scholarly databases.

Beginning in July, Scott library will begin teaching free class in how to access these databases and demonstrate why residents might want these skills. Scott library would like to thank Ms. Serena McGuire and Mr. BJ Harrison of the DC public library for organizing this event. Mary would also like to thank the library crew, particularly Charles Bronson, for helping to sign residents up and resident Willa Farrell for assisting when the book mobile arrived.

Thank you also for residents who showed up and welcomed the DC Public Library back to AFRH.



Residents wait in line to sign up for library cards at the DC Public Library Book Mobile that was on campus on April 19.

## Enduring Freedom Honor Team performs

By: Tracy Thomas, Recreation Services

The Armed Forces Retirement Home was honored on Monday, April 23rd, with a powerful performance by the Enduring Freedom Honor Team from Faith Baptist Schools in Fredericksburg, Virginia. Sporting vintage World War II khakis and Eisenhower short jacket ensembles, the student instrumentalists performed a diverse repertoire of patriotic tunes and period music from wartime eras. One particularly moving piece was the "Armed Forces Salute" also known as the "Armed Forces Melody." This selection is a combination of the Navy, Marine Corps, Air Force, Army, and Coast Guard songs. Several residents stood during the playing of their respective service branch's song.

The Honor Team recently returned from national competition in South Carolina where they won first place. Among other venues, they have performed at the Pentagon, the House of Delegates in Richmond, Virginia, Walter Reed Army

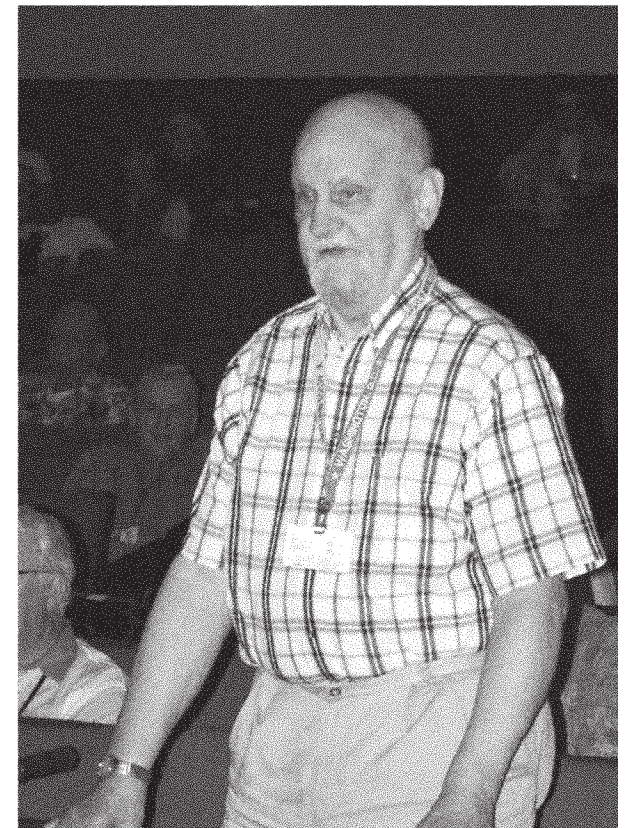


The Enduring Freedom Honors Team plays a melody for the residents.

Hospital, and Bethesda Naval Hospital.

After the show, the 13 member team, including the team's director Mr. Greg Reed,

spent almost an hour mingling and with residents..



Donald Stout stands at attention when the Marine Corps song was played. The band paid tribute to each branch of service.

## Family Feud Championship

### The 'Kitchen Crusaders' takes no prisoners, wins it all

By Howard Turner

The 2007 Family Feud Contest had been built up to be one of the most competitive competitions as dozens of people turned out to see who would carry back the title and the bragging rights for the first half of 2007.

We had our returning champions, "The Rolling Stones," (Clarence Stone, William Murray, Edith Ellington, Ruth Grau and Virginia Sicotte) who carry the reputation of smashing their challengers. "The Hot Shots" and "The Know It Alls" were no match for the Rolling Stones, and once again Clarence Stone and his team was in the championship awaiting the winner or the employee side.

The employees competition wasn't close either, as the Kitchen Crusaders (Fred Hornsby, Liz Garris, Cilenia Whitted, Floyd Cobb, and Susan Orr ) simply blew past the heavily favored "Super Stars" by a clean sweep.

Now the stage was set for another exciting championship. The championship started out being real close until the Crusaders decided to get serious and unleashed a tornado of correct answers over and over again. It was a complete wipe-out, as the Crusaders used the theory, "Don't take any prisoners, cause we don't have the food to feed them."

Congratulations Kitchen Crusaders, you are the current champions and you now hold all bragging rights. "All Hail The Kitchen Crusaders" WAY DA GO FRED!!!!!!!!!!



Howard Turner waits for an answer from a resident during the Family Feud Championship game held on March 29.



Susan Orr (left), throws up her arms in cheer during a round of Family Feud. Also pictured is Liz Garris and Fred Hornsby.

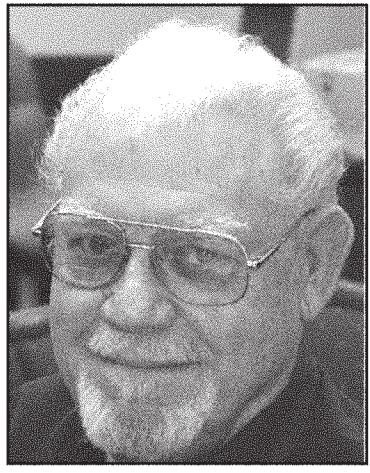


Clarence Stone and Fred Hornsby stand ready to ring the bell with the right answer.



# A promise kept after 65 years...

## AFRH remains our Home



By John Bowery

I've had some two years as a resident and have experienced nearly all of the facilities, including a five month plus stay at the LaGarde Medical facility. This gave me plenty of time to kick back and really think about our home, I respectfully suggest that you do the same. Before being sent to LaGarde, I had heard nothing

good about the place and now I was being sent there. I woke up one morning and found that I was completely paralyzed and I was taken to the VA Hospital, I am registered at the VA. I had a heart attack August 20. The VA Hospital is one of four hospitals that are available to us including Walter Reed, the Washington Area Medical Center and Bethesda Naval Hospital. I want you to know that these hospitals are a valuable part of our home.

After being returned to King Health Center and being there for the next four months, I dreaded going down to the dining room, so they brought a tray to my room. My taste buds evidently were acting up and the food was pretty bad to me. The only good thing was the fact that I had lost a lot of weight, I was down to 235 pounds from 289 pounds. My large belly was gone and this time for good I pray. Turns out that the food is excellent also, some residents from up here on the hill (as we call it) would come down to the King Center just to have dinner here.

They have an excellent Physical Therapy on the first floor. The person that was in charge of the section,

Mr. Brook Cawley, was very helpful to me. The first day I met him I told him that I was sure that I would never walk again because I could not get out of my bed without having them pick me up in a sling chair to go to the bathroom. He didn't say anything, he just walked out of the room and came back with a board and in only one day he had me transfer from my electric chair to a bed there in the center. He told me to go up to my room and practice getting in and out of my bed. It took approximately five days to get pretty good at transferring and going to the bathroom. It was only about two weeks before Brook had me up and walking with the help of my wheeled walker. I was so proud that I never looked back, I just thanked God that I was doing what I never thought I would be doing ever again.

While I am on the subject of the King Health Center, I would like to say something about my doctor (Sirisha Sastry), she is young and very knowledgeable and she cares about her patients and works very hard. She even fills in here at the Wellness Center to relieve doctors that have a day off. The women that took care of us and made our stay as pleasant as possible, were caring and would do everything they could to make us comfortable, among those women was Robbin, Veronica, (2) Donna's, Metta, to mention only a few, there were so many of them.

To sum it all up now that I have experienced everything we have to offer here and King Health Center, we are indeed very fortunate in having this place and all they have to offer here. Since I wrote this piece I found that we now have a wonderful Doctor (Shopra) in our Wellness Center. I consulted with him about the cellulitis and adema in my legs and ankles. He took one look and informed me that he could take care of them and get them back to normal. He told me I would have to be admitted to King Health Center

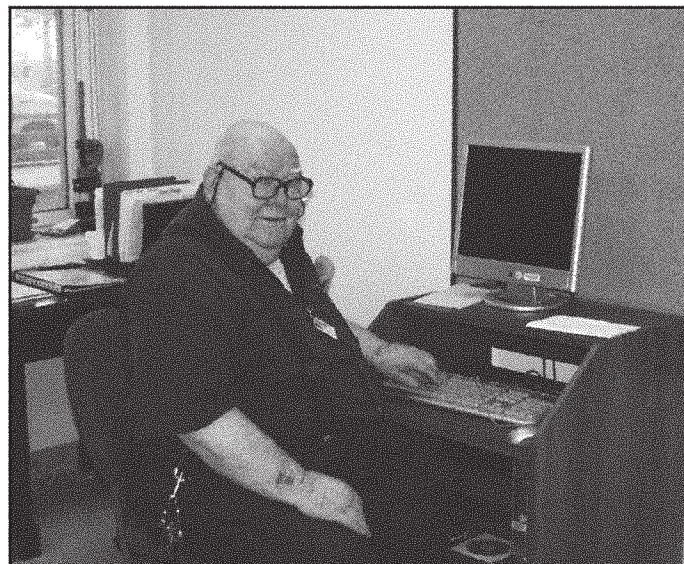
in order to get me the antibiotics that I would need. Dr. Chopra then suggested that I go to King Health Center and enter there for my care. I was admitted and stayed a total of two weeks and three days receiving the antibiotic that Dr. Chopra had prescribed, twice a day at 9 am and 9 pm for the next 14 days. My legs and ankles returned to their normal size during that time and I was discharged to return to my room in the Sheridan. Once again, the King Center had become a favorite place to me and the care and treatment was simply wonderful and very pleasant.



From left - Julia Mayrant, Mrs. Shirley Washington and Olga Rosa, staff members of LaGarde 5 and John's three guardian angels.

### Resident Profile

## *Army retiree has varied, successful career*



By Bill Tobin

Walter G. McClellan came into this life in Shawmut, Alabama, on June 9, 1936. He went to school there for eight years. His father was in the Air Force and so moves, like so many military families were made often through the years, and throughout the country. They started at Scott AFB in Illinois, then on to Eglin AFB in FLA., and back to Scott AFB. He then went to Selma, Ala., to live with his grandmother as his family went off to Europe. Walt didn't want to go so he

stayed behind and was schooled in Selma for eleven years.

Walt's itch to travel led him to enlist in the Army on 1-5-55. He was sent to a Repo Depot at Montgomery, Ala., where he stayed for three months before finally being sworn in and sent to Fort Jackson, S.C. for basic training. Next it was on to Fort Bliss for AAA training until June of 1955 when he was sent to Boston and Lynn, Mass. with an Anti-Aircraft battery. This lasted for two years. Still with an AAA battery it was now on to Panama until 1958 when he reenlisted and was shipped off to Fort Knox, KY for track mechanic school. Quite a change from AAA outfits.

But change was still in the winds for next it was on to Fort Bragg, NC for Jump School. After getting his "Silver Wings" he became a radioman for the 82nd Airborne. And then it was his turn to follow in his father's footsteps as he was off to Germany for a three year tour. He reenlisted again in 1965 and in 1966 it was off to Vietnam where he joined the 173rd Airborne Brigade at Bien Hoa. Surviving that he went to Fort Carson, CO for six months and one more tour to Nam in 1967. In 1971 it was back to Fort Bragg, NC and once more to Germany for his last tour in the Army as he retired in 1975.

Walt used the GI Bill to go to welding school for 18 months. Next he worked at Avondale, La., as a welder for 13 long years. His mother then had a heart attack and Walt cared for her for a year until she passed on. He then joined the Pinkertons at Selma, Ala., where he worked at George Wallace Community College for three years. Next it was on to Citadel Securities in Selma for 18 months.

Walt then decided to work for himself and did just that in many and varied jobs for three years until April of 2002 when he entered AFRH Washington. Since then he has been busy with a lot of things. Principally as a trip caller for the home. Walt enjoys making puzzles and can be found most days in the puzzle room. He is very non confrontational and quietly goes about his business. One would never guess that he received the Purple Heart for wounds received in Vietnam, but that's the way he likes it. As a reminder to this writer Walt stated that he also did two tours in Korea in 1959 and 1960 and again in 1969 and 1970. His second tour there was as an Infantry Intelligence Specialist so we now have our very own James Bond among us.

### Military Historical Milestones

#### U.S. Air Force

**April 1962** – At Lowry AFB, Colorado, Strategic Air Command declares operational the U.S. Air Force's first Titan I squadron, the 724th Strategic Missile Squadron, equipped with nine missiles, the first placed in hardened, underground installations.

#### U.S. Army

**50 Years Ago** – The Army conducts the first aerial refueling of a helicopter.

#### U.S. Marines

**April 1951** - Marine carrier-based airplanes made their first aerial contact with enemy planes over the Korean front lines. Captain Philip C. Delong shot down two YAK fighters and 1st Lieutenant Harold D. Daigh destroyed one more and damaged another in the heavily defended Pyongyang-Chinnanpo area. Both pilots were with VMF-312 flying from the USS Bataan.

#### U.S. Navy

**1964 – 1968** – Introduction to the U.S. Naval Fleet of the QH-50D UAV. 377 Aircraft delivered with a more modern Boeing T50-BO-12 engine, rated at 330 PHP. Tail section removed from the earlier "C" model and the rotor blades changed to an all fiber glass blade made at Gyrodyne. During this time over 12,000 flight hours are accumulated.

#### U.S. Coast Guard

**April 1951** - the Coast Guard ended its 177-year association in the Treasury Department to enter the newly-created Department of Transportation when President Lyndon Johnson signed Executive Order 167-81. The Coast Guard was the largest agency in the new department.

# Recreational Services monthly events...

## Residents win big!!!

Story by Jerry Carter

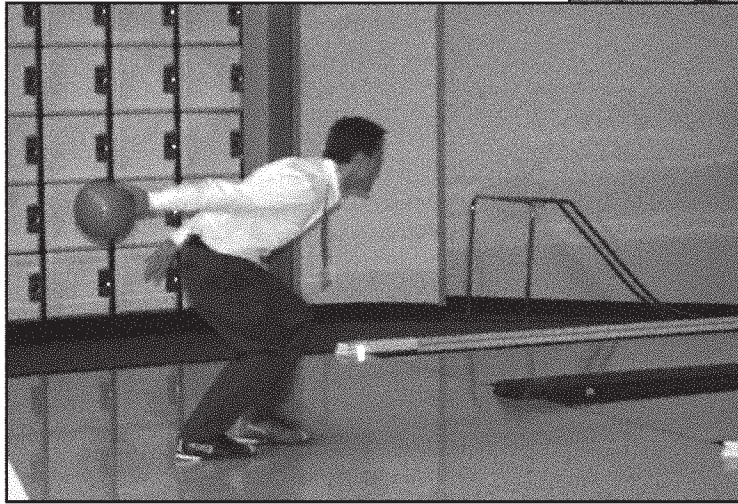
Photos by Sheila Motley

Believe it or not, the bowling match is on! The AFRH residents challenged the employees to a bowling match, which was held on Tuesday, March 27th at the Sheridan Bowling Center. The Lucky Strikes team, led by resident Tom Carras, defeated the Staff 07 in 3 game set. Despite the valiant effort by the employees, the residents dominated the action on the lanes.

Game 1- Lucky Strikes 632 Staff 07 507, game 2- Lucky Strikes 611 Staff 07 536, Game 3- Lucky Strikes 606 Staff 07 484. Resident Chuck Merlino bowled high game of 166 and series high game 475. Monk Stevens finished second high game of 161.

Employee Donald Dailey bowled high game 178 and series high game of 505. Tim Bourgeois finished second with high game of 169. Resident Ken Fielder, bowling Center volunteer worker presented the trophy to the Lucky Strikes team. The trophy is proudly displayed at the Sheridan Bowling Center. The residents and employees will match off again in July 2007, so be sure to come and witness this competition. Who will take home the trophy next time?

Recreation Services would like to thank volunteer Ken Fielder for working this event and thanks to the residents and employees for participating in the bowling match.



Above - Resident Smokey Prussman aims for a strike. Left - Donald Dailey, once again, aims to maintain his high score of 178.

## "Bowling night with the Marines" Season kicks off with exhibition game win

By Jerry Carter

On Thursday, March 15th the Henderson Hall Marines participated in bowling match with our residents in the Sheridan Bowling center. The marines and residents joined teams resulting in several fun filled games of bowling. Single Marine Program President Cpl. Tristen Krug stated "I love coming out to bowl with the retired military residents; they have the best stories to share with all the marines.

Resident Buron Noel bowled high game of 154 and marine Steve Flores had high game of 143. For the high game series of 2 games, marine Jeff Plateo bowled 273, resident Buron Noel 269, marine Alex Strewig 272 and resident Emil Byke closed out the series scoring 261. Recreation Services would like to thank the Single Marine Program/Henderson Hall for visiting AFRH-W campus. Also I would like to thank the volunteers who worked in the bowling center and all the residents who participated in the bowling match



Photograph by Chuck Jones

The AFRH Diamondbacks kicked off the 2007 season with an exhibition game against CUA Women's team last week. The final score was AFRH 3, CUA womens team 2.

Our season opener is on Tuesday, May 8th when AFRH will take on Childrens' Hospital here at the AFRH softball field behind the Scott Building. Game time is 6 p.m.

Here is the AFRH Diamondbacks 2007 season schedule:

- Tuesday, May 8th Childrens Hospital at AFRH
- Wednesday, May 16th Providence Hospital at AFRH
- Wednesday, May 23 Hospital for Sick Children at AFRH
- Wednesday, May 30th Howard University at AFRH
- Wednesday, June 6th Childrens Hospital at AFRH
- Wednesday, June 13th Washington Outsiders at AFRH
- Monday, June 18th National Cathedral at AFRH
- Wednesday, June 20 Hospital for Sick Children at AFRH
- Wednesday, June 27th Providence Hospital vs at AFRH
- Wednesday, July 11 Howard University at AFRH
- Wednesday, July 18th Washington Outsiders at AFRH
- Thursday, July 26th Blue-Shield-Blue Cross at AFRH

\*All games will be played at our field /softball field behind the Scott Building at 6 p.m.

| .RESIDENTS RESIDING AT AFRH |        |      |       |
|-----------------------------|--------|------|-------|
| Branch of Service           | Female | Male | Total |
| USAF                        | 9      | 352  | 361   |
| USA                         | 61     | 421  | 482   |
| USN                         | 33     | 219  | 252   |
| USMC                        | 4      | 25   | 29    |
| USCG                        | 0      | 6    | 6     |
| Resident age category       | Female | Male | Total |
| 40-49                       | 0      | 3    | 3     |
| 50-59                       | 2      | 7    | 9     |
| 60-69                       | 5      | 103  | 108   |
| 70-79                       | 14     | 409  | 423   |
| 80-89                       | 76     | 449  | 525   |
| 90-99                       | 10     | 51   | 61    |
| 100+                        | 0      | 1    | 1     |
| Combat Service              | Female | Male | Total |
| WWII                        | 43     | 480  | 523   |
| Korea                       | 17     | 517  | 534   |
| Vietnam                     | 21     | 455  | 476   |
| Granada                     | 0      | 1    | 1     |
| Desert Storm                | 0      | 3    | 3     |

| Rank | Female | Male | Total |
|------|--------|------|-------|
| E-1  | 2      | 12   | 14    |
| E-2  | 7      | 16   | 23    |
| E-3  | 10     | 46   | 56    |
| E-4  | 13     | 49   | 62    |
| E-5  | 10     | 120  | 130   |
| E-6  | 13     | 272  | 285   |
| E-7  | 21     | 292  | 313   |
| E-8  | 7      | 77   | 84    |
| E-9  | 4      | 36   | 40    |
| WO-1 | 0      | 2    | 2     |
| WO-2 | 0      | 3    | 3     |
| WO-3 | 0      | 8    | 8     |
| WO-4 | 0      | 5    | 5     |
| O1   | 2      | 2    | 4     |
| O2   | 0      | 0    | 0     |
| O3   | 0      | 0    | 0     |
| O4   | 1      | 4    | 5     |
| O5   | 0      | 1    | 1     |
| O6   | 0      | 0    | 0     |

| Eligibility categories       | Female | Male | Total |
|------------------------------|--------|------|-------|
| 20 years or more service     | 32     | 812  | 844   |
| Service connected disability | 7      | 73   | 80    |
| Served in a war theater      | 2      | 138  | 140   |
| Females prior to 1948        | 66     | --   | 66    |

\*Numbers are based on war time service.

\*Ranks not available at press time.

Female-17

Male-45

### Spring kicks off with Golf Clinics for residents



Left - AFRH Golf Pro Matt Kayson demonstrates to residents Terry Sawyer and Richard 'Dick' Robinson how to chip a ball.

Below -Terry Sawyer practices chipping right off the collar. Two golf clinics were held during the month of April - one on April 11 and then again on April 25. Watch for more golfing events in the May Recreation calendar.



## People Volunteers share pets Animals Love

Volunteers from PAL visited the King Health Center on Tuesday, April 10 and returned on Saturday, April 21, and had their pets available for everyone to enjoy. Stop by and see Volunteer Services Director Melodie Menke to find out when our friends from PALs will be here in the month of May.

Harry Merrywell and Marion Sardiello pet this beautiful black dog. PALs volunteers bring their pets to the AFRH several times a month so that residents can spend time petting and talking to the dogs.

Photographs by Chuck Jones



Julius Victor enjoys holding one of the dogs that visit the home as part of the PALs program (People Animals Love).



Left: Willa Farrell pets a dog and talks with the dog owner.



Right: Bill Murray makes a best friend quickly as this dog gets close and enjoys the attention.