



Armed Forces Retirement Home

Communicator

VOLUME V NUMBER 5

ARMED FORCES RETIREMENT HOME

MAY 31, 2008

THE ULTIMATE SACRIFICE

Wreath laying honors fallen veterans

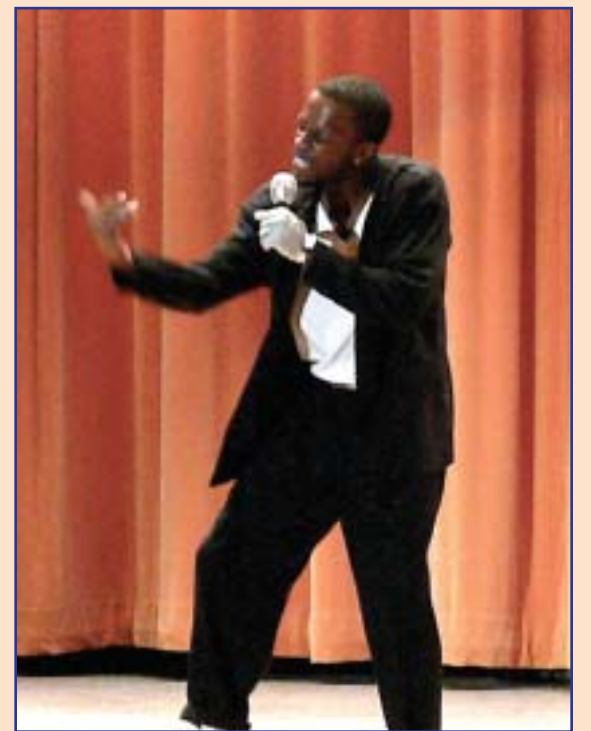


Memorial Day at Arlington National Cemetery

Above - A lone Honor Guard watches over gravesites at the Arlington National Cemetery on May 26. Nineteen residents from AFRH attended the Memorial Day ceremony.

Left - President Bush lays a wreath at the Tomb of the Unknowns during the Memorial Day ceremony.

Inside this Issue



Performers show real talent

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Dog 'jumps thru hoops' for residents

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AARP Volunteer Day at AFRH a big success

"No amount of money can be put on having a wonderful community partnership for the residents." M. Menke
Volunteer Services

By Melodie Menke

The 3rd Annual AARP Volunteer Day at AFRH had 95 AARP employees with great attitudes and high energy. While here they completed the following projects: re-organized the Craft Cottage, weeded the Air Force plane area, planted marigolds by the Sheridan gazebo, artwork for the LaGarde dining room, deep cleaned and disinfected Stanley Chapel, Rose Chapel, Scott Lobby, Scott Lobby Canteen, Meditation Room, Library, Music Room, Scott Theater, Scott Lounge, Scott Dining Hall and outside eating area and removal of barriers.

AARP donated all their supplies this year, over \$2,000 dollars worth and brought their own lunches and goodies for the residents. The projected savings for their 95 personnel volunteering three hours at AFRH is \$8,578.50 plus their \$2,000 dollars worth of donations. No amount of money can be put on having a wonderful community partnership for the residents.

The Resident Volunteer Team leaders Bob Carson, Victor Sutter, Don Ober, James Fitzpatrick, Mike Self, Bill Fowler, Dave



AARP volunteers take a group shot in front of the Lincoln Cottage located on the AFRH grounds. This was the third consecutive year volunteers from AARP have helped with many projects at the Home.

Davison, John Porter, Carlton Fraylick, Frances Scott, Chuck Felder, Doc Schultz, and Corrine Robinson led the AARP team into completing all their projects plus more.

Resident Artist Mimi Rivkin, Mike Martinez, Jim Boone, and craftsman P.J. Johnson opened their studios for the AARP employees to take a tour after their hard work was completed.

AFRH Team staff and resident support: Lorenzo Tribbett, Food Services, Chaplain Goodloe, Father Dixon, Jackie Bell, Becky Perry; Sheila Abar, Greg Moore, JW Hickman, Adam Reza, Angela Karabatos and Security Officers Scott and Thompson assisted in making the day run smoothly. We look forward to the 4th Annual AARP Volunteer Day in 2009.



A 'bird's eye view' of life on a Navy destroyer

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Notes from the Resident Advisory Council



Well, those of you who missed the AFRH talent show at the beginning of the month really missed something. Keith Turner and crew really deserve a well deserved "THANK YOU" for all the work and effort that went into the show. In addition, several residents of the home took part and you will probably read about in the Communicator. Final item about the talent show that is really important is that you get to understand that as one grows older, they just can't do the same things they did at the age of 30. In particular, the last skit about Michael Jackson was so.... good that every muscle in the body ached.

Well, we finally started doing the presentations of certificates to the visiting groups who perform for us. Other than losing some of my hearing capacity when I walked in front of a speaker while my mike was on, everything went just as it should have gone. Comments by residents of the home also indicated that they were pleased that the residents were taking part in these presentations.

Starting in June 2008 we are going to move the site for the meetings from the first floor of the Scott building to the Lounge area located in the basement of the Scott building. You will hear more about this as the time comes. One of the most important things about this move is that it will allow more people to attend the RAC meetings.

Another change is that the RAC will not have a summer break as they have had in the past. My thoughts here are that things continue on day-by-day just like in the world we left behind. So we need to address these issues as they happen not two months later.

Recently, the executive board of the RAC held their first meeting with the new Director. It was a very productive meeting with many topics discussed and actions started on some. One of the important things to come out of this meeting is that everything was on the table and a free flow of ideas ensued.

At the regular RAC meeting, Mr. Rouse, Chief of Campus Operations, presented a detailed report on his area of operations, and answered questions presented by members of the RAC. The RAC hopes that many of the areas that were mentioned as problems can be changed into opportunities for improvement in this vital area for residents of our home.

A final presentation at our last meeting was given by Sheila Abarr, Chief of Public Affairs who presented information on the Armed Forces Foundation (AFF). The members of the RAC asked that the RAC make arrangements with the head of the AFF to visit the home. This request will be acted on in the next month.

Finally, just a few words on the upcoming holiday period. Yes, it is the 4th of July -the birthday of our nation. I hope that if you remain at the home during that period, you take part in the activities available to you on that date. In addition, pick out your place on the grounds, you don't want to miss the annual fireworks on the mall, which you are able to see from our home. At least you do not have to worry about being in a large group of people. Those of you who will travel, take it easy, have fun, and return to the home a happier, more relaxed person.

Until next month...

Esker McConnell

AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi



Become a resident today!

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

Eligibility:

Military veterans from each service branch can live at AFRH.

The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer), are eligible to become residents of the Retirement Home:

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or
- Female veterans who served prior to 1948.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

POW/MIA table set so we don't forget

The American Legion Post #70 set up the POW/MIA table in the AFRH dining hall. They are unable to be with us this evening so we remember them. This table set for one is small...it symbolizes the frailty of one prisoner against his oppressors. The table cloth is white...it symbolizes the purity of their intentions to respond to their country's call to arms. The single rose displayed in a vase reminds us of the families and loved ones of our comrades in arms who

keep faith awaiting their return. The red ribbon tied so prominently on the base is reminiscent of the red ribbon worn on the lapel and breasts of thousands who bear witness to their unwavering determination to demand a proper accounting for our missing. A slice of lemon is on the bread plate to remind us of their better fate. There is salt upon the bread plate....symbolic of the family's tears as they wait. The glass is inverted...they cannot toast with us tonight. The chair is empty...they are

not here.

Remember, all of you who served with them and called them comrades, who depended on their might and aid and relied on them...for surely...they have not forsaken you.



American Legion members Dick Robinson (above) and Doris Jones (left) at the POW/MIA table display.

Message from the Chief Operating Officer



May proved to be a very productive month at the AFRH with progress being made in leaps and bounds both here and at the Gulfport site. And while the

changes in Gulfport were of the concrete and mortar type, thanks to our successful partnerships with GSA, Jacobs Engineering and Yates Construction, the cultural transformations taking place here in Washington, though more subtle and incremental, are nonetheless of equal value and will, in time, spill over into our Gulfport home, once it is operational.

We are continuing our focus on customer service. I decided it to be a main topic of discussion at our annual AFRH management three-day offsite conference held from May 13-15 in Warrenton, Va. In our first session, the staff agreed that to be recognized around the country as a 'world class' organization and a premier military retirement community, we must first identify and work towards specific customer satisfaction benchmarks. Just as it is unlikely that a traveler would get in a vehicle and drive towards a destination without first knowing how to get there; we too, must map out a strategy for achieving exceptional customer service and continually work towards achieving that mark.

As you know, there is a world of difference between receiving adequate or poor customer service versus 'world class' customer service. As part of this session, we

identified unique practices exhibited by those elite establishments known for their top customer service and we discussed ways to work those practices into our daily routines. We also discussed 'time hogs' - those tasks that come up throughout the day that steal our time and take us away from serving the resident. Certainly we all have jobs to do but periodically it is healthy for us all to step back and see exactly how time is spent each day and make adjustments.

On Wednesday, May 14, the group participated in a presentation by Lorraine G. Hiatt, Ph.D., Planner, Environments for Aging, Planning, Research and Design for Aging. Dr. Hiatt consults on facility and program designs for seniors. Her work involves space programming and staff-design considerations for renovations and new construction. For 30 years she has offered board and planning retreats, plus design input and review. Her national clients include 500 plus members of the American Association of Homes and Services for the Aging (AAHSA). Her work has involved actually living in 36 retirement communities and collaborating with architectural firms. Her design projects were featured in The New York Times and Design for Aging, a bi-annual design competition of AAHSA and the American Institute of Architects (AIA). She has published more than 50 articles on retirement housing, Assisting Living, Nursing Care and more. In 1995, one project received a Peter Drucker award for outstanding contributions to health-care management through design. Dr. Hiatt earned a Ph.D. in Environmental Psychology from CUNY and a BS and MS from Cornell.

Ms. Hiatt has been actively involved in establishing program requirements both at our Gulfport facility and here in DC and has served as a consultant for us for nearly a decade. Her expertise in senior living is help-

ing us transform from a home for the 'aged' to a community for the 'aging'. In our interactive session, Ms. Hiatt shared with the group the many ways AFRH leads the retirement community industry in vision. Our potential for residents to age in place as a result of flexible units, system wide design access and a wide range of services to include wellness, fitness and tradition puts us in an excellent position to be industry fore-runners. We are very fortunate to have Ms. Hiatt on the AFRH Team as we continue our journey towards becoming a 'world class' retirement community.

We also made time during the management session to revisit the work order process that has been under study for some

time. This has been a very tedious task and your patience is certainly appreciated. Contractual limitations, inadequate systems software, and the inability to track work orders from start to finish are just a few of the disconnects that have been identified and we are close now to resolution. For you that means getting your work orders completed in a consistent timely fashion with feedback throughout the process.

As always, your input and feedback is valuable to us. We thank all those who recently participated in our resident profile conducted by Dr. Hiatt in Washington. Your continued participation in the various departmental surveys is but one way we can identify your needs. The future is bright at AFRH and I am excited to be the leader of this team.

Timothy Cox



Paul Schlegel and Wilfred McCarty turn in surveys to Joan Pease. The resident surveys were for the AFRH Long Range Financial Plan which is tasked to develop the Program of Requirements for the Scott renovation, at a conceptual, rather than detailed level, for the Home's facilities needs of the time period 2010 to 2020. Included in the information needs are housing, resident services and administrative services done through staff interviews, review of existing documentation, and survey/inventory of existing facilities. This will help the team to determine our potentially under and/or over utilized spaces.

Gulfport Update

The following information is provided as a project update by GSA Project Manager of the AFRH Gulfport project Steven C. Smith as of May 4, 2008:

- Site grading and clearing commenced
- Temporary utilities installed
- Four tower cranes installed and operating on site
- 1,979 of approximately 2,000 building piles installed to date
- 165 of approximately 530 pile caps installed to date
- 140 of approximately 530 1st floor columns placed to date
- Back fill of pile caps and garage area continues
- 10,000 square feet of elevated concrete slab placed

Assessment and historic planning is underway for the Chapel. A contract has been awarded for the stained glass window removal, restore, storage and reinstallation to begin in June 2008.

Go to www.afrh.gov for more photos of the Gulfport construction project and to view the live earthcam.



Welcome Aboard



Name: Billy Williams
Branch of Service: USAF
Entry Date: December 1950
Separation Date: June 1971
Rank: E6
War Theaters: Korea, Vietnam



Name: Earl Rice
Branch of Service: USAF
Entry Date: September 1943
Separation Date: 1968
Rank: E6
War Theaters:



Name: Henri Gibson
Branch of Service: USA
Entry Date: 1962
Separation Date: November 1986
Rank: E8
War Theaters: Vietnam



Name: Joseph Parsons
Branch of Service: USA
Entry Date: October 1959
Separation Date: October 1981
Rank: E7
War Theaters: Vietnam



Name: Joseph Patterson
Branch of Service: USAF
Entry Date: May 1965
Separation Date: August 1987
Rank: E6
War Theaters: Vietnam



Name: Laneth Womack
Branch of Service: USN
Entry Date: June 1948
Separation Date: July 1977
Rank: E7
War Theaters: Vietnam and Korea



Name: Nicholas Civetti
Branch of Service: USAF
Entry Date: June 1955
Separation Date: July 1975
Rank: E6
War Theaters:



Name: Thomas Nichols
Branch of Service: USN
Entry Date: June 1957
Separation Date: June 1979
Rank: E8
War Theaters: Vietnam



Name: William Allen
Branch of Service: USN
Entry Date: May 1942
Separation Date: July 1964
Rank: E7
War Theaters: WWII, Korea



Name: George Myers
Branch of Service: USA, USN
Entry Date: June 1943
Separation Date: May 1964
Rank: E6
War Theaters: WWII



Name: Stanley Hubrey
Branch of Service: USA
Entry Date: September 1940
Separation Date: December 1973
Rank: E8
War Theaters: WWII, Korea, Vietnam,
 Desert Storm Recall



Name: Leon Smith
Branch of Service: USA
Entry Date: July 1950
Separation Date: July 1970
Rank: E7
War Theaters: Korea, Vietnam

Free book on its way

In the last issue of the Communicator we ran the story of local author Richard Haddock who has been visiting the AFRH and writing a novel based on his interviews, discussions and friends he has made here. The book, *Closing the Circle*, is at his publishers and should be available soon. The AFRH is planning a ceremony where Richard will be signing and giving away copies of his book to those residents who wish one. There is a sign-up sheet in the library. If you want a copy and haven't signed up, get on down to the library and add your name to the list. Over 50 residents have signed up so far.

Look for announcements on the various bulletin boards around the AFRH as to what day and time the book signing ceremony will take place. Richard will read a few short excerpts from his book, then sign copies for the residents. A summary of the novel and its cover are included in this article.

Closing The Circle Summary

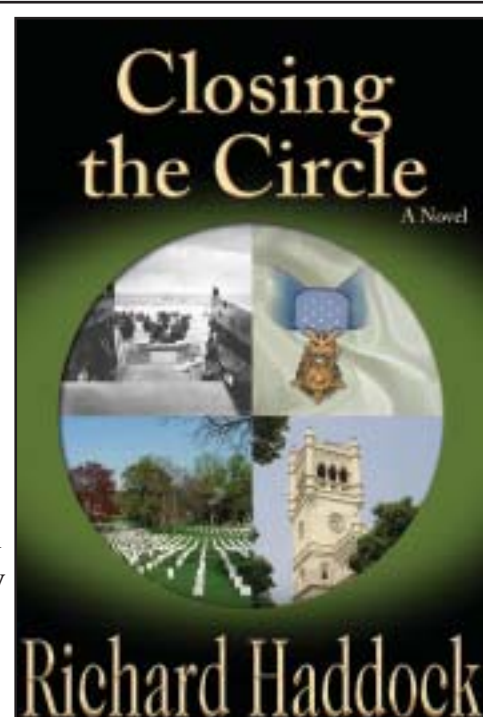
Tommy Marshall was eighteen when the Japanese attacked Pearl Harbor and he enlisted, anxious to seek revenge, but the Army assigned him to a finance job in London where he languished as others fought the enemy. A chance encounter with Eisenhower landed Tommy in a combat unit and he found himself amongst those storming Omaha Beach on D-Day. What Tommy witnessed would change him forever; the loss of comrades creating a killing frenzy and heroics that won him the Congressional Medal of Honor.

After the war Tommy tried to fit back into an America that was distancing itself from the scars of war. He married, started a family and a career, and pursued his newly won American dream. But that dream ultimately became a nightmare as his wife and son died and his career ended in bitterness.

Years later, when Tommy entered the old soldier's home in Washington, D.C., he was resolved to spend his final years as a recluse. But when he returned to France for

the 50th anniversary of D-Day, his perspective changed when he found the graves of his wartime buddies in Normandy and challenged himself to enjoy a life they had been denied.

This is a story of the hope and promise wrought from war, of how its lessons changed those who fought it, and how a younger generation has much to learn from those who sacrificed for our prosperity and freedom.



Name: Jerry Goodwin
Branch of Service: USN
Entry Date: January 1966
Separation Date: September 1987
Rank: E6
War Theaters: Vietnam

From the Director



A book that made a difference in my life is *The Red Badge of Courage* written by Stephen Crane in 1895. The story takes place during

the Civil War when a young recruit joined up to march, fight and win glory. Mr. Crane's book gives an incredibly realistic portrayal of a young man in battle. In the long wait before a battle begins the nineteen year old soldier, Henry Fleming, frets and agonizes with penetrating questions . . . am I ready for war? Will I be brave? When the battle begins Henry breaks and runs. After his desertion, he goes through an emotional roller coaster as he tries to make sense of his role in the battle and his self-serving cowardly response to run out on his regiment.

The story ends well, with Henry facing his fears and returning to his regiment. Henry becomes one of the best fighters in his battalion as well as the flag bearer. He mastered his fear.

Fear easily cripples. We can become awfully intimidated by fear. I remember well a fear after finishing boot camp and reporting to Sub School in Groton, CT. As I look back I see it now as juvenile but then it was very real. On my first day at the base, I was walking past an officer and I was petrified to salute him, thinking I wouldn't be able to do it properly, so I just didn't salute. Two steps past and he said, "Sailor . . .". Then I got it right when I saluted him. I vividly remember other times I confronted real fears during my years of duty.

I sat next to a five year Marine on an

airplane two weeks ago and he told me of his last tour in Iraq. He was a tank commander and his was the lead in a group of four tanks. A double IED exploded underneath the tank to his right and he saw his best friend and three other guys blown to pieces. He talked of his fear.

At site 8410 of Section 60 in Arlington you can find a gravestone that reads: "U.S. Army Cpl. Matthew Phillip Wallace, born Dec.27, 1983, died July 21, 2006, recipient of a Bronze Star and Purple Heart, and a very simple epitaph, 'Loved by all.'" Mat wrote of his fear in his letters home, stating, "Of being torn between confidence in Christ and his mission, and the horrors of his daily life."

I am confident you recollect fears that were real to you in the service and after your discharge. Some of those fears, you most likely faced courageously and others, you failed at. You, because you are a human, have fears even today.

We who work at the AFRH want to help you live as free of fear as possible. Our desire is to meet your physical, social and even your spiritual needs. Our chaplains would delight in helping put-to-bed your spiritual fears. They are not only great guys but are specialists in their field. And we want to help you be as involved with people as you can be. Our #1 goal is to assure the Home, which is now your home, as "The Premier Retirement Community for America's Veterans". My #1 goal as Director is to see that we just don't say the appropriate words but follow through with our deeds.

Eleanor Roosevelt said, "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."

David Watkins

Bigger, better than ever Talent show receives a standing ovation

By Howard K. Turner

The 2008 Talent Show at the Armed Forces Retirement Home was nothing short of "great" according to the residents and guest. Over 500 seats were full and many people were standing around the walls. The atmosphere was electrifying and the team work from employees, residents and outside volunteers was truly awesome! The show started out with an "ice -breaker" as 9-year old Alexis Turner (daughter of Keith Turner), opened the show as the hosting MC with a comedy skit that the audience found cute as well as funny. You see, she had tied her father up back stage so she could be the Host for the evening and her plan went well

at first until Keith came out hopping onto the stage while he was untying himself. That really loosened the audience up and the show was ready to take off.

The theater was filled with a lot of talent from the residents and the employees. The show included tap dancers, line dancers, singers, comedians, magicians, poets, very funny skits, and a special performance by Michael Jackson (played by Lorenzo Tribbett) that had the audience yelling for more, and this was after the show had gone over an hour forty-five minutes. There was something in the show for everyone to love. The list of participants who wanted to be in the talent show has grown so much over the past three years that we couldn't take five additional acts and the show still went over schedule. It's a beautiful thing to see so many people come together to put a show of that magnitude on stage and have it run as smooth as possible.

Words alone will not describe to you what you missed if you weren't there, and if you were there, you had so much entertainment on stage that you couldn't help but find a good number of acts that fit your taste. And in the end, after Stephen Neal made his comments about Keith Turner and Lorenzo Tribbett, the entire theater gave Keith and Lorenzo a standing ovation.

It's always nice to put your heart into your work especially when people show you or tell you how much they appreciate the things you do. A little thanks can go a long ways. This will be a hard act to beat next year.



Howard Turner and his wife performing at the 2008 AFRH Talent Show.

Resident brings home the gold at DC Golden Olympics

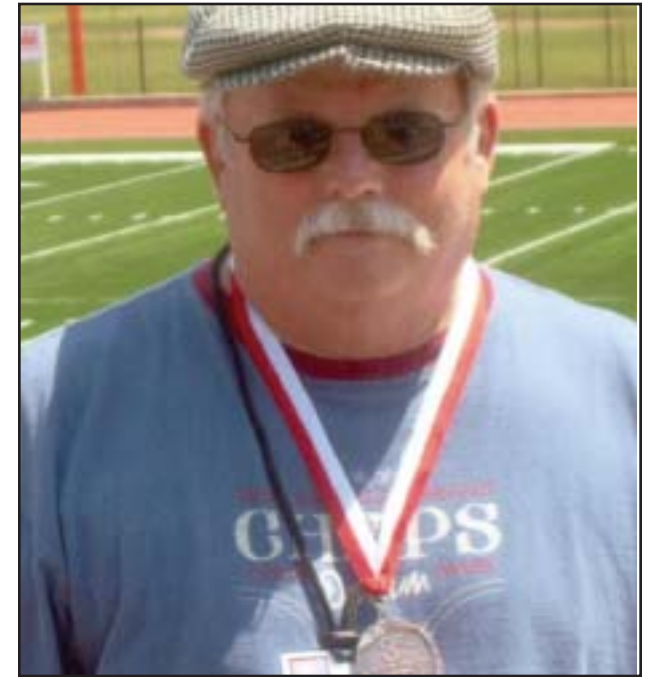
By Mary Kay Gominger

Five month AFRH resident William (Bill) Madden loves to play sports. Always has. Most probably, always will. For 23 years while in the Army, Bill signed up for any and all team sports the base had to offer such as bowling, racquetball and softball. It really didn't matter to him what he played or where he was, he just loved the friendly competition and fellowship that came with being part of a team.

On May 6 - 9, Bill decided to participate in the 25th Annual DC Golden Olympics and he came away with two gold medals - one in the 25 yard free style swimming and another in the horseshoe throw and one bronze medal in the softball throw category. His accomplishments landed him a free trip to San Francisco next year, paid for by the DC Department of Parks and Recreation and the Office on Aging, to compete in the 2009 National Games.

For the Army veteran, it was a sweet victory indeed. Not winning the medals - for Bill it ran much deeper than that - for him, it was a huge step towards taking back his health. You see, Bill has been fighting the ill affects of diabetes since his retirement from the Army in 1995. Slowly, the disease has been stealing his health. Two years ago, because of the severe numbing in his feet, he fell and broke his right leg. He now 'sports' a 14 inch steel rod in that leg. He fell last year and crushed his left ankle. Refusing to give up, Bill began to look at his options.

"I am not going to let this thing get



Bill Madden sports the medals he won at the DC Golden Olympics on May 6-9, 2008. Bill won two golds and a bronze which qualified him for an all expense paid trip to San Francisco in 2009.

me," Bill said. "I came here because I knew with all the top notch medical facilities in the DC area that someone would be able to help me. I needed a place just like this to get my diabetes under control. The care I have been getting at the VA has been excellent and I am starting to see small gains. In addition to drastic changes in my medication, exercise is what the doctors tell me I need to do. So on the days I can, I do that."

Bill saw the flyers posted by the Recreation Services in the hallways and he decided to stop by and ask Jerry Carter what it was about. Jerry encouraged him to sign up and he thought...why not? Bill said that competing in the DC Golden Olympics was an experience like no other.

"I looked around at the hundreds of seniors competing and it had nothing to do with their age or how strong they were - it was about heart," Bill said. "These people had huge hearts and it showed in their smiles and in their enthusiasm. It was so encouraging for me to see and feel the energy. It certainly made me focus on the strengths I have and I felt the energy pour into me. It was quite an experience and I'm so glad I went," he concluded.



A tap dancing group from Virginia called Young At Heart takes to the stage during the AFRH Talent Show. The group performed at AFRH this spring and were well received. They were a big hit at the Talent Show.



Resident Anthony Demartino takes part in the Talent Show by performing with his puppet.

Thanks to the volunteers that change our world

National Volunteer Week celebrated at AFRH

National Volunteer Week was observed April 27 - May 3 for the Resident Volunteers at AFRH. Over 250 residents volunteer their time and talent to make AFRH a more efficient and friendlier place to call Home. The week was filled with small socials as a way of showing our appreciation to the Resident Volunteers.

On Tuesday April 29, it was Fruit and Juice Tasting Bar; Wednesday a fun filled Nut Bar with cashews, pistachio, and the favorite hot Cajun style peanuts; Thursday was a pizza lunch party; Friday was Good Fortune Day with fresh lemonade and fortune cookies; and Saturday morning was flavored hot and cold coffees. AFRH formal Volunteer Ceremony with Presidential Volunteer Awards given to resident volunteers will be on June 17, 2008. Community Volunteer Appreciation Day will be held on June 27, 2008.



Chaplain John Goodloe and Loraine Murphy enjoy a snack during one of the many social events held during the week to honor Resident Volunteers.

VOLUNTEER INTERN Commissioned into Air Force

On May 14 in Stanley Chapel with 200 guests in attendance, Howard University Air Force ROTC commissioned five cadets, one being our 2007 Summer Volunteer Intern, Ashleigh Wesche. Ashleigh held a volunteer internship with partnership with Trinity College and was able to assist in all areas of AFRH. She takes with her years of hard earned advice from our residents on the military and life in general.

Good Luck in your Air Force career!



Ashleigh Wesche pictured here with resident Harry Casino last summer. Also pictured is a Howard University ROTC volunteer.



Coast Guard personnel do a walk through of the pond area to identify work that will need to be done when they return on June 18.

U.S. Coast Guard continues Pond Partnership with AFRH

On Tuesday, May 6, the U.S. Coast Guard Chief Warrant Officer's Association (CWOA) and the Chief Petty Officer's Association (CPOA) with committee members CWO4 Sean Fennell, past CWOA President, MAT4 Rusty Huyck; Lt. Dave Solorzano, and ISM2 Brent Light, did a pond inspection in preparation for the USCG Annual Pond Beautification Day on June 18, where 30 - 35 Coasties will put their knowledge and muscle to work making the pond a showplace for all to enjoy.

AFRH is appreciative of the support we get from these Coast Guard volunteers!

**U.S. Coast Guard
Annual Pond
Beautification Day
June 18
AFRH Pond**

Dog days at AFRH

By Melodie Menke
Volunteer Services

On Sunday, May 4th beautiful weather and happy dogs made for a perfect combination for the 2nd PAL Dog Day Agility Training at AFRH. The 20 year partnership with pet therapy, People Animals Love of Washington D.C. continues to grow with more ideas and greater socialization for dogs and residents. Colonel Nikki Hall, Chief, Appellate Defense Division, Air Force Legal Operations Agency, and master training for dog agility, brought her dogs and the team put on quite a show as they maneuvered through the agility course much to the delight of the residents. After the field work, the dogs were happy to relax and be pampered by the audience.

"The dogs love to interact with people," Col. Hall said. "They can tell the difference in the venues we attend.

For instance, when we go to a retirement home like this, they are calm and enjoy the attention. When we get to a competition, either dog agility trials or fly ball, they get out of the car and are very excited and ready to go."

Colonel Hall has been in the Air Force for 20 years. She said she plans to attend the AFRH PALs visits on a regular basis.

"My son and I travel a lot attending different competitions throughout the year," Col. Hall said. "But we definitely want to continue to be a part of this. The dogs love coming and visiting the residents and my son and I enjoy coming here too.

The next fun event is June 21 for a PAL Picnic on the Scott Patio.

Dogs, dogs, and more dogs.... residents enjoy spending time with the dogs that come during the monthly PALs visits. This month, the visit included a dog agility demonstration.



AFRH Diamondbacks are sizzling hot this year

By Keith Turner

There is an old saying that turnaround is fair play and with that being said, the AFRH softball team was a team that other teams didn't mind playing against last year, and the year before, and the year before that. Now don't get me wrong, they weren't a bad team, but they weren't as feared as they are now. When I say "feared," I mean feared.

The opening game of the season the AFRH Diamondbacks trailed by at least eleven runs and everyone was saying, "here we go again," but to everyone's surprise the Diamondbacks stormed back to tie the game and win it. Last week against the champions from two years ago, AFRH trailed by a score of 14 to 2 at the end of the 1st inning and people wondered if the week before was just luck or are they good enough to do it again against an even stronger opponent. But after a terrible first inning, the Diamondbacks fought back to tie the game, take the lead, and never

trailed again. They won a very exciting game by the score of 23-17. Now, every team has an eye on them and they are no longer being thought of as "just alright."

The next team that's on the schedule is an exact reflection of the Diamondbacks and both teams are surprisingly undefeated at this point in the season. This is a big game for both teams because they only meet one time in the regular season and they both have yet to meet the champions from last year (the powerful Howard University Bison). The stage is set and the championship run is the Diamondbacks' to win or to fumble away. Are they really that good this year or are they riding on the wings of luck? Stay tuned because we'll find out with the next three games.

GO DIAMONDBACKS! We're all on the band wagon. Stop by the Fitness Center and talk to Jerry Carter if you are interested in playing softball or to get the schedule.



Members of the AFRH Diamondback Softball team - Back Row: Keith Turner, Adam Reza, Greg Wilson, Angela Karabatsos, Jerry Carter, Donnell Height, Joseph Bobo and Carl Holloway. Bottom Row: Curtis Young, David Nokes, Phyllis Bradford, and William Palmer.

Bowling column

Resident devises point system for weekly tournaments

By Ed Crump

First of all I'm honored to be able to start a bowling column every month in the Home newspaper. Bowling is an enjoyable sport where you can meet the nicest people and have lots of fun when you are bowling. You don't have to be the greatest bowler in the world to have an enjoyable time. It's also a great form of exercise. Here's a little background information about me. I retired from the U.S. Air Force back in 1973. The year before I retired I wrote a bowling column for the base newspaper. I was also secretary of the men's bowling association on base for a year. After retiring I moved to Brockton, Mass., to live with my brother who was also an Air Force retiree. There were four of us brothers who spent 20 years in the Air Force and at one time three of us were stationed together at Clark Air Force base in the Philippines.

Once I got settled with my brother in Massachusetts I joined a mixed bowling league and bowled in that league for 29 years in which I didn't miss one single game which amounts to 3,039 total games. I was the president of the league for one year before taking over as the league treasurer, which I did for 13 years prior to coming to the Home in June of 2003.

Upon arrived here I checked out the bowling alley and got myself involved with the bowling shoot out which is held every Thursday afternoon all year long. I now am a volunteer and am in charge of the weekly bowling shoot out. One of the things I wanted to do was to devise a point system and give monthly awards based on the number of points earned during the bowling shootouts.

We now have had four bowlers of the month so far this year. Steve Kostick won the award two times for the months January and March. Jim Taylor won the award in February and Buron Noel and Chuck Merlino tied for the month of April.



Willa Farrell attempts a strike at the AFRH bowling lanes last week. If you like to bowl or would like to learn how, stop by the bowling lanes and join in with the fun. Everyone is welcome.



Ed Crump checks scores. Ed is a long time bowler. He once played in a league for 29 years in which he didn't miss one single game - that's 3,039 games. Ed would like to see more residents compete in the AFRH weekly shootouts which are held on Thursdays. Stop by the bowling lanes for more information.

Four bowlers from the Home recently finished competing in the Columbus Senior League at Riwslol Lanes in Riverdale, Maryland, and both teams did very well during their first year in the league. One team was composed of Charlie Gammon, Ed Crump, and Ernie Eldredge. They finished in 5th place out of 32 teams in the league.

Willa Farrell finished third in the singles bowling event at the DC Golden Olympics here in DC. Also in the

competition, I received a first place in my age group in the 1,500 meter speed walk race. I hope to return next year in this event. Walking, in my opinion, is one of the best exercises you can do and is the main reason you will always see me walking all hours of the day. I enjoy it. The key is staying with it. Make yourself do it. You'll be glad you did. It has sure made a difference with yours truly.

Intergenerational bowling

By Carol Mitchell

Norwood Middle School students and the Residents of King Health Center and the Assisted Living Unit wrapped up another exciting season of league bowling. The students were partnered up with a resident and have been coming to AFRH-W Sheridan Bowling Lanes throughout the school year. Debbie Pakaluk, the 7th/8th Grade Community Service Coordinator for Norwood Middle School which is located in Bethesda has been working with Carol Mitchell, Recreation Therapist for KHC for the past 10+ years in giving young people and older adults an opportunity to get to know and enjoy each other. The KHC Bowling League Program gives these two generations which are divided emotionally, physically, and socially, wonderful opportunities to learn and share from each other.

2007-8 League standings:

1st Place	Steelers	Harry Casino and Michael Wiacek
2nd	Norwood Lacrosse	Donald Smith and Ally Stoll
3rd	SDAABP	Charles Gibbs and Ann Ketler



Army pigeon lays egg on destroyer

Humorous recount of life aboard the USS FOOTE

Special to the Communicator
By Wilbur V. Rogers

The USS FOOTE (DD-511) was patrolling the entrance to Lingayen Gulf and it was a little over two months since I-Day (Invasion Day) of Luzon at Lingayen Gulf on January 9, 1945. Most of the invasion ships have gone back south, approximately 1,200 of all types.

During the night of March 12th the seas get pretty rough. The Quartermaster of the watch said they logged 50-knot winds. That would be about a Force-5 storm with moderate waves, becoming longer with white caps. By reveille on the 13th we wake up to a sea that is deceptively rough - not choppy - just long smooth swells that set these top-heavy tin cans (Navy destroyers) rolling like an empty barrel, particularly at this 12-knot patrol speed. At breakfast the Mess Deck is in shambles.

Shortly after the 8 a.m. watch is relieved a pigeon lands on the port side splash shield of the bridge - that is strange since we are out of sight of any land. The bird appears oblivious to all the activity on the bridge and shows no inclination to fly away. Captain Ramsay, intrigued by the bird, thought it was a good omen. The subject of what to feed the pigeon came up. Either Seaman John Kearns or Quartermaster Bill Patsos told the captain that Radioman Frank Nelson (now an AFRH resident) was a pigeon expert - he raised carrier pigeons before the war. The word was passed for Frank to report to the bridge. Frank walked directly up to the bird and picked it up. He knew exactly how to place his thumb and forefinger around the bird's legs that was normal, comfortable and familiar to him or her. There was a U.S. Army band on the pigeon's leg and it was obvious this was not the first time it had been handled.

Speculation on the bridge was the pigeon was blown off course by the foul weather and found itself at sea, became tired, and the FOOTE was the nearest solid place to land. The question of the bird's sex was discussed and since Frank was the expert the captain asked him and Frank said it really wasn't easy to tell but he thought it was a "cock." Someone immediately named him Paddy. Frank crushed some dried peas and corn for feed and provided a bowl of water. It



Resident Frank Nelson with sea going "Pattie."

appeared the bird had found a home and never ventured from the ship's bridge day or night. Frank lost considerable credibility when "Paddy" laid an egg on the bridge during her third night aboard. So much for our pigeon "expert." Guess the name is now "Pattie."

It was amazing how much refuge came out of that pigeon from the small amount it was fed and she was completely indiscriminate about where she made deposits. There

"...Frank lost considerable credibility when "Paddy" laid an egg on the bridge during her third night aboard..."

was always an abundance of rags on the bridge available to all hands to police the area. The pigeon liked to perch on the captains' chair on the port side of the bridge and anyone present would be ill advised to let a deposit remain on that chair too long. In reality, the pigeon wasn't winning any popularity points with the bridge watch, but the captain liked that bird, so what could they do? The lookouts spent about as much time looking for pigeon deposits as they did looking for "bogies" (Japanese planes).

Maybe the bird would turn out to be an asset after all. The next time Kamikazes threatened our illusions of immortality we could send Pattie up as a diversion and maybe cause some confusion.

Or if near land she could be sent up to retaliate on the

Japanese ground troops. This may give the clean-up crew on the bridge a little relief.

Pattie remained on the ship apparently with no desire to leave, but we have not had occasion to fire the guns since she reported aboard. We don't know how she will react to combat.

On March 24th we are relieved of the patrol duty at the entrance of the gulf and steam into Lingayen anchorage and drop the hook. Part of the crew got Liberty ashore with two cans of green beer each - what a deal. Pattie didn't go ashore. Four guys missed the last boat back to the ship and one is reported to be bound for Manila. It was a disaster. Captain Ramsay spent about four hours with the S.O.P.A. (Senior Officer Present Afloat) trying to explain the unexplainable crew conduct. He was not a happy sailor. No more liberty for the FOOTE crew at Lingayen - not a big loss.

We weigh anchor on March 26th and sail south for Subic Bay on the west coast of the Philippines just north of Bataan Peninsular. We stay at Subic Bay two days and on March 29th we are underway for Leyte, escorting the Amphibious Force Flagship, USS ROCKY MOUNT (AGC-3).

At mid-morning on March 31st we enter San Pedro Bay, Leyte Gulf, and tie up alongside the Destroyer Tender, USS WHITNEY (AD-4) for about 30 minutes availability.

When the lines were singled-up in preparation to leave the WHITNEY the captain asked where Pattie was. No one on the bridge knew. The captain gave the order to make the lines fast to WHITNEY again because the bird may have changed ships.

Probably 100 crewmembers on the FOOTE and a like number on the WHITNEY were looking for Pattie. The search went on for about 40 minutes with no luck. The WHITNEY is very busy and has ships waiting to get alongside. We cast off and head for our assigned anchorage.

There was a lot of speculation about what happened to Pattie. The two most popular was that the mid-watch in the Fire Room on the WHITNEY would be dining on squab this night or while the bridge crew was occupied getting alongside the WHITNEY and since we were near land, Pattie simply took her leave and flew away, unnoticed. I subscribe to the latter.

If any of you have access to a FOOTE Cruise Book you will find a picture of Pattie and Frank Nelson on Page 66, second photo down on the right side.

Women in Defense

GENERATIONS SHARE

On Wednesday, May 7, twenty-one members of Women in Defense visited the AFRH for a social gathering with the women of the AFRH. This is the third consecutive year the event has been held.

Cultivating and supporting the advancement and recognition of women in all aspects of national security is the mission of Women In Defense, a National Security Organization (WID). Members of this non-profit professional organization, which includes men and women, have careers related to the defense of the United States and national security.

During their visit to the Home, our female veterans shared photo albums and other memorabilia from their time in the service with the ladies of Women in Defense.



Catherine Deitch shares stories of her time in the military with Women in Defense member Christy Riccardi.



Resident Mary Allen talks with Virginia Gaskins.



Kristen Dedinsky browses through some photo albums that the AFRH ladies brought to the event. Pictured in the background is resident Engelina Kuhn, a former Marine.