

Milestone reached in AFRH Master Plan

On June 14, the Armed Forces Retirement Home reached another significant milestone in its Master Plan with the selection of a short list of three potential developers for its first redevelopment project.

AFRH Chief Operating Officer Tim Cox announced three developers: Crescent Resources, LLC; JBG/AFRH, LLC; and Clark Realty Capital, LLC, will be invited to submit more detailed proposals for use of the 77-acre site on the southeast corner of the Washington campus. This site is bordered by North Capitol and Irving Streets and is adjacent to the Washington Hospital Center and Catholic University.

The proposals for a mixed use development will help the Home determine how much money can be gained from developers for a long term lease of the land. This money is needed to finance major construction and renovation of facilities needed to house and provide health care and other services to today's and tomorrow's veterans. A new AFRH long term care facility will be constructed on the northern portion of the campus to replace King Health Center.

Mr. Cox followed the recommendation of a five-member panel of experts convened by the U.S. General Services Administration. That panel carefully reviewed the responses to a Request for



AFRH Chief Operating Officer Tim Cox, standing, discusses the Master Plan with the AFRH Advisory Board members.

Qualifications from a dozen different development teams. They considered each developer's track record on similar developments, financial status and understanding of the Home's vision for the property.

"These three developers best met the objectives we set for this site," said Mr. Cox.

"Each has exceptional experience in producing high quality developments and we are excited about the benefits of development for the city, the surrounding neighborhoods and our Home."

Mr. Cox praised the resident's Master Plan committee for playing a central role in

the planning process and looking out for the best interests of the Home and the residents. This mixed use development may include residential units, offices, research and development facilities, medical uses, a hotel and some small retail uses.

The development plan requires developers to include affordable housing in the mix of residential units in keeping with a high priority of the District of Columbia government and 77 units of housing for veterans in transition to reflect the AFRH's commitment to serving the needs of military veterans.



See Luau, page 11



See packout, pages 6,7,12,13



See fishing rodeo, page 19

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.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



What was the reason why about 60 years ago the world was at war? Volumes have been written on this subject, however, to me the answer is simple. The people of Germany **followed the wrong leader**, and each and every one of them paid a price for this bad decision. Would this be **Karma**?

“Swords into plowshares...” Isaiah 2:4 & Micah 4:3. or in the military concept, “...Swords to plowshares is a concept in which military weapons or technologies are converted for peaceful civilian applications...” The intent of each of these references seems to be similar if not the same.

We residents of AFRH are in this category. We are warriors no more. We live in a unique community spawned by General Winfield Scott, *with the reluctant consent of Congress*, as an asylum for soldiers who could be warriors no more. I won't bore you with all the changes that have taken place at our home over the years. Let it suffice to say that our doors are now open to those qualified from all branches of the Armed Forces.

Recently part of our “Band of Brothers” in Mississippi suffered a catastrophe named Katrina. In a true display of comradeship and humanity we were able to accommodate each and every one of our AFRH-G comrades here in Washington. It was a good thing that we were able to do this.

And now, at this moment, and at this time, **in present time we are one home**. We are residents of the **Armed Forces Retirement Home**. We are the beneficiaries of a fantastic annuity plan which was funded by deductions from our pay in varying amounts depending on when we served

So let us enjoy our freedom in anyway we choose, as long as it doesn't impinge on the freedom and enjoyment of other residents.

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

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers 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 either Home.

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 Admissions Office, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Message from the Chief Operating Officer



One of the major goals of the Health Care Team in the Wellness Center is to provide education and information that will allow our residents to remain independent for as long as possible living in the environment of their choice.

Members of our Healthcare Team are: Medical Assistant Barbara Turner, Phlebotomist Barbara Gray, and Pharmacy Technicians Barbara Harris and Nathan Bennett.

Our nursing staff includes Resident Nurses Judith Hodgson, Arsenia McArthy, Yarsby Thorpe, Simone Hamilton, LPN, and CNAs Alavain Wilkey, Bridgette Ross, and Wilthric Marshall.

Since moving to our new clinic in October 2005, the team has focused on educating our residents about healthcare matters thus allowing them to make sound healthcare decisions. In April of this year we held our first Health Fair with excellent attendance and support from our residents. We had participation from the Washington Regional Transplant Consortium while AFRH Nutrition Services and AFRH Rehab Services provided education and assessment information. Students from the Catholic University Nursing program provided posters.

Two of our newest team members, Yarsby Thorpe and Wilthric Marshal, recently began working with Dr. Sissay Awoke on our Diabetic Management Program. Ms. Thorpe has developed a system to ensure timely follow ups and to capture data that will help her identify and reschedule those who may have missed their appointments.

Judy Hodgson and Bridgette Ross are now assigned to the anti-coagulation therapy program. They will work closely with Nurse Practitioner L. Brown to improve patient outcomes. Ms. Ross has been instrumental in streamlining the resident contact and notification process.

Simone Hamilton is responsible for coordinating our triage area along with our medication assistance and teaching program. She is the Urology Clinic Liaison working with Dr. Max Koppel from the Walter Reed Urology group.

Alavain Wilkey has assumed the responsibility of maintaining our health promotion materials. She also prepares health information exhibits in our clinic display windows and developed a wallet/pocket card to record blood pressure readings.

Arsenia McArthy works with our residents in the evenings responding to emergencies and all health-related concerns.

Our Healthcare Team treats residents not only in the clinics but also out in our community areas and residential buildings. There is a nurse and certified nursing assistant assigned to each of our residential buildings. They conduct visits, initiate assessments and offer guidance on issues related to activities of daily living.

In accordance with our goal to help residents remain independent for as long as possible, one important aspect of our program is to assess both our new admissions as well as our discharges from local hospitals. Mrs. Irish, RN, meets with residents and family members to discuss specialized needs, arranges healthcare referrals and determines the appropriate level of care. For our Spanish speaking residents, Mrs. Irish translates medical information when necessary to enhance our resident's ability to make sound healthcare decisions.

Tim Cox

Conversation with the Chief Financial Officer



What is new in the AFRH financial world?

Congress has passed the Hurricane Katrina Supplemental funding bill and the President has signed it. This bill includes an additional \$176 million for a new facility for Gulfport. In the past Supplemental, Congress had approved \$45 million for the study and construction of the new facility in

Gulfport. Congress has also consolidated and redesignated the blended use facility unobligated funds to new construction. Total funding is approximately \$240 million for a submitted requirement of \$383.8 million. General Services Administration (GSA), in consultation with Naval Facilities Engineering Command and the management of the AFRH, is the agent for planning, design, construction, and contract administration related to the construction of the new AFRH-Gulfport. Katrina funds are also being used to develop a memory support unit at AFRH-Washington and to improve assisted living facilities here in AFRH-W equaling approximately \$11 million.

Katrina funds are also being used to support movement of

AFRH-Gulfport residents' personal belongings from Gulfport to AFRH-Washington and to other locations where former AFRH-Gulfport residents are currently residing. Deliveries are well underway and the feedback has been positive. Our efforts have been augmented by many volunteers, and we really appreciate their support. Many kudos to all involved.

Requests for Information

The COO received a letter requesting information about the user's fees here at AFRH. The questions are below. Answers for these questions will be ready by the next edition of the *Communicator*.

- 1-What is the average user's fee paid by retired military personnel?
- 2- What is the average user's fee paid by non-military retired and those not in receipt of VA disability compensation?
- 3-What is the number of military retiree's accepted as residents of the Home in FY 2005?
- 4-What is the number of persons accepted as Home residents in FY 2005 who receive neither military retirement nor VA disability?

Another resident raised the question – should disability

See CFO, Page 4

Office of the Director



Moving Ahead

Events which happen to us may be beyond our current comprehension, but there are reasons. As a result of accepting events over which we cannot exercise control – we need to move forward and permit life to provide us with its gifts.

This is the case during June 2006 when under the leadership of Commander Burns, AFRH Deputy Director, our residents' personal possessions have been successfully moved from Gulfport to Washington. The staff from Gulfport and Washington have been coordinating this massive effort for many months. They have our sincere Thanks for a job well-done. The cadre of volunteers who participated in the relocation of the residents pos-

sessions offered their time to meet the challenges of this undertaking. They all represent the finest that the community has to AFRH.

During this final movement of personal possessions, the D.C. Home will also benefit. The furnishings used in the public areas of the AFRH-G and which Gulfport is sending our way will be used in various buildings throughout the Washington Home. This phase of transfer is now concluded.

To further benefit and to offer comfort for our memory impaired residents, a part of the LaGarde Health Center ground floor is being developed for a Day Club. Residents whose needs for social supervision and supportive activities can best be met in a distinct setting appropriate to their conditions will benefit from the introduction of the Day Club. This specialized service is another hallmark in the AFRH

assurance and our pledge to meet residents' needs. The Day Club will honor the tradition of our community in taking care of its own.

As you will read further in The Communicator, Commander Timothy Burns is retiring from the Navy and he is moving on to another career challenge. Commander Burns has been the Deputy Director of AFRH since July 2005 and distinguished himself on many fronts; working on special Home projects, with residents, our Chiefs, and in the greater community. We offer Commander Burns our sincere gratitude for his dedication. His grace, personal humor, and principled compass have been a continuing and invaluable guide. Tim Burns continues in the tradition of the Officer and gentleman that makes our Home and our community distinctive and unique.

My personal thanks to Commander Burns. We wish Tim Burns and his family the best in his future undertakings.

Ben Laub

Office of the Deputy Director



Farewell Message

My tour at the AFRH-W is nearing completion, and I want to wish you all the best of fortune and health. Shortly, I will be joining the ranks of the military retiree's, and embarking on the next phase of my life's journey.

I have had a wonderful time in my short one year at the Home...I have learned a lot from you and thank you for tolerating my numerous questions while allowing me to sharpen some skills. Leaving is bitter-sweet; although I look forward to my retirement and returning to my family, I'll miss the camaraderie and warm friendships I've forged here.

To the residents, I am sincerely thankful to have had the opportunity to serve on your behalf. You have borne the costs of America's wars and have stood watch over America's peace. Today, and every day, you can be certain: the nation you served and the people you defended are grateful.

To the staff, your dedicated support of the Home, your hard work and successes, and your good counsel and advice, have all contributed to providing a safe and healthy environment for our Nations' military retiree's and veterans. We have had a lot of churn in the past year...you worked extremely hard adapting to the many changes. Keep up the solid progress and remember, leadership is mostly silent and is only really truthful when referred to by others about you. I feel privileged, indeed, honored to have had the opportunity to serve with you and share memorable and productive experiences. With great respect, I thank you.

For me, job satisfaction was not inherent to the AFRH experience, but emanated from my service alongside some of the most gifted, focused and dedicated professionals (residents, staff, and contractors) I've had the privilege to befriend. It's been a fun year and I leave with a seabag-full of great memories. Thanks for your support, trust and patient cooperation. My Home experiences have even helped me add a few new "sea-stories" to my repertoire.

God bless, fair winds and following seas.

Cmdr. Tim Burns

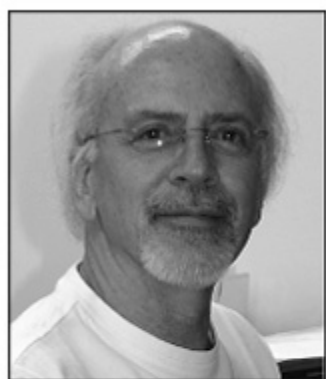
CFO, from page 3

payments be part of a resident's monthly income? We asked the question and received a legal opinion from Bolling AFB. The answer was yes, it should be included. Statutory language supports the conclusion that disability payments are a form of federal payment and therefore, must be included in the resident fee computation.

I appreciate all the comments and discussions I have had during the month. Looking forward to hearing from you!

Steve McManus

Office of the Director



Sometimes good news is not always repeated with the same regularity and consistency as disruptive headline grabbing news seems to be in the everyday reporting of events that help shape our lives. Well, let us change that course for a short period of time, by saying that the Armed Forces Retirement Home-Gulfport is truly in the hearts and minds of citizens

of the Mississippi Gulf Coast. I have had the pleasure of attending both the Gulfport City Council meeting on Tuesday of this week and last night the College Park neighborhood meeting. The citizenry of College Park are our neighbors living within a "stone's throw" of the Home. Anniston Elementary School, where so many of you have provided much needed individual attention to the students, is a huge part of College Park. Residents, over the years, have served as valuable mentors to the school age children of Anniston Elementary School. For a moment back to the meetings, often-times, one might think that these types of meetings turn into personal gripe sessions or, even worse, so boring that one is brought to tears. Well, not so....Gulfport's mayor and council members do see the "big picture" and their collective visions are leading the resurgence of the Mississippi Gulf Coast. At both of these meetings the news of the Home's major construction funding and the eventual return of the residents to the coast was a popular theme among the attendees. Last night the attendees, approximately 60-70 people, broke into a loud clapping of hands at this announcement. It is evident that the City of Gulfport appreciates the heroic perseverance of the Armed Forces Retirement Home residents in the aftermath of Hurricane Katrina. Further, the mayor and council members understand their obligation to the residents of the Home, veterans who sacrificed so much for our country.

The pack out of the tower went very smoothly, hot and humid, but the staff from Alexander's Mobility Services (Atlas Van Lines) and the Home's staff worked as a marvelous team together for eight grueling days. It was truly a pleasure to work with these professionals and you definitely would be proud of your staff in Gulfport. Also, we can not say enough about the heartfelt cooperation we received from your staff in Washington, DC. They "bent over backwards" to make this move as seamless as possible. The Washington, DC team put countless hours into planning for the arrival of your personal possessions. WASHINGTON TEAM....a huge thanks from all of us in Gulfport.

The memorabilia is being properly protected and packed in storage boxes in preparation for shipment to the CB Base. Every piece of memorabilia has been removed from the walls and with the assistance from the Seabees the history of the Home will be safe and secure awaiting the return of the Home. Master Chief Perrone and Master Chief Duval have really been very pro-active in assisting the Home by providing Seabee personnel to help with many of our projects.

The fence project (replacement of most of the fencing around the Home) has taken a minor hit in terms of a start date, but the Seabees are adjusting their manpower needs to accommodate

the Home. The project is tentatively scheduled to begin in approximately three weeks. The fencing material is on the ground in "C" Parking Lot.

The movement of government furniture (washers, dryers, captain's beds, end tables, most of the lobby chairs/chairs by the elevators, and many more pieces of furniture) is tentatively planned for the middle to late July. Almost all of the furniture items have already been positioned in the ballroom and in the exercise room awaiting a signed contract to move the items to DC.

Out of the 143 or so vehicles that were parked in the Home's parking lots during and after Hurricane Katrina, we are down to only three vehicles still on the grounds. It has been a challenge working with individual insurance companies and with individual vehicle owners in getting these washed out vehicles off of the grounds. But, this is so minor compared to many of the other projects undertaken by the staff.

Almost nine months later, FEMA contractors began to pull down the skeleton of First Baptist Church, Gulfport on Highway 90. The beachfront property will be sold by the church, not through a realtor. The First Baptist Church has purchased property north of the interstate for their new location.

Transportation leaders and regional planners are working diligently in getting the coast transportation back in order. They will begin using \$1.2 million for two studies to help shape South Mississippi's future infrastructure. One interesting note is that the group is working to hire a contractor to help set up van pools that would service major employers.

I will close for now, please take good care of yourself. We talk about each of you everyday and you are in our hearts and prayers.

Robert S. Locke

AFRH... serving our military retiree's

The month of June found the AFRH staff supporting Retiree Appreciation Day (RAD) in Bethesda, MD and Keesler AFB, MS. The Bethesda RAD was held at Northwestern High School in Hyattsville, MD, and serviced retiree's throughout the Washington, DC and Maryland area.

The Keesler RAD hosted over 500 retiree's from the Biloxi area and throughout Mississippi. Many visitors stopped by the AFRH booth asking questions about the status and future of the Home in Gulfport. Others stopped by and asked about certain resident whereabouts and the general welfare of our Gulfport residents since the storm. It was heart-warming to see such an outpouring of concern about the residents and staff at AFRH-G.

Packed Out!**AFRH-G is packed up - shipped out!**

Story and photos by Mary Kay Gominger

What a month this has been at AFRH-G! The long awaited, eagerly anticipated movement of our residents' personal belongings out of the hurricane damaged main building started and ended this month. Actually, the move came after months and months of planning, preparation and coordination but the actual pack out took only 10 days.

The team of movers from Alexander's Mobility Services, an agent of Atlas Van Lines, arrived in Gulfport on June 4 and started off loading boxing and packing materials on each floor. The first floor hallways were stacked, end to end, with all size boxes and other packaging material. The next morning, bright and early while it was still somewhat cool, the building came alive as teams of packers and staff members moved up and down floors two through 11 packing rooms and loading trucks. The ground floor now became the staging area as mountains of boxes, now full, lined the hallways - DC trucks on the back dock and trucks going to other destinations around the country (32 states in all) lined up at the fantail.

To really fully appreciate the enormity of this project, keep in mind that over 275,000 pounds of personal effects were boxed and moved through the building with no air conditioning, limited lighting, one freight elevator and two smaller elevators. Hydration was the word of the week. You put these elements together then add 12 and 14 hour days and you have quite a memorable 10 days...to say the least.

Watching the last truck pull out, loaded and on the way to DC, was like reading the last chapter of a good book. You don't want it to end...but you know it has to - - -at least for now.

So as we turned back and looked at the building, seemingly lighter and less full,



Two employees of Alexander's Mobility Services work on labels for the boxes. Herbert Locklear Sr., right, filled out labels for the entire move.

though I know that's not possible to see - we all looked at each other and shrugged.

"Do we start taking down the memorabilia now or and wait til in the morning?"

"Let's see, over 3,000 items to be cleaned, wrapped, boxed and crated for storage at the Seabee Center - definitely in the morning," we all agreed.

More to come on that. And remember - though this was the last chapter to AFRH-G as we knew it - there's always a sequel to the good books so stay tuned. More good times are on the way.

Left - Movers from Alexander's Mobility Services stage boxes and packaging material on each floor to prepare for the pack out of resident belongings. The movers packed and shipped 327 rooms in under 10 days.





AFRH-G staff member Leigh Brown passes information over the radio about a particular shipment.



Mike Baker (left) and Walter Teague, both from Campus Ops, take down curtain rods in a residents' room. Campus Ops staff assisted the movers throughout the week. They were especially helpful in dismantling murphy beds.



Alexander's Mobility Services Project Manager Jonathan Cotten, left, gives direction to crew leader Herbert Locklear.



Movers load a truck headed to Florida. This became a familiar sight during the week as the Gulfport residents' personal belongings were loaded onto trucks for shipment out of Gulfport.

See pages 12-13 for the 'Pack In' at AFRH-W and page 24 for coverage of the AFRH-G memorabilia packout

Battle of Midway

**“A
glorious
page
in our
history...”**

Adm. Chester W. Nimitz

**Recognized as
one of the
most important
battles of
World War II**

Battle of Midway, 4-7 June 1942 --

The month of June marks the commemoration of the 64th anniversary of the Battle of the Midway. This battle is largely regarded as one of the most important victories won by American sailors in World War II fought on and around the tiny central Pacific atoll of the same name between June 4-7, 1942. It marked the point at which the Japanese Pacific offensive stopped and the allied offensive began. More critically, the battle enabled Americans to turn their attention to the fight in the South Pacific, as well as operations in Europe, Africa, and the Atlantic, and thus strengthened commitment to winning a two-front war.

Chief of Naval Operations, Admiral Mike Mullen, sent the following message:

“During this commemoration, it is proper to recognize this larger purpose and to honor the sacrifices and heroism of those three fateful days - we must pause and reflect.”

The brave soldiers who fought at Midway, declared Admiral Chester W. Nimitz, wrote “a glorious page in our history.”

The Battle of Midway, fought over and near the tiny U.S. mid-Pacific base at Midway atoll, represents the strategic high water mark of Japan's Pacific Ocean war. Prior to this action, Japan possessed general naval superiority over the United States



On board USS Yorktown after she was hit by dive bombers.

and could usually choose where and when to attack. After Midway, the two opposing fleets were essentially equals, and the United States soon took the offensive.

Japanese Combined Fleet commander Admiral Isoroku Yamamoto moved on Midway in an effort to draw out and destroy the U.S. Pacific Fleet's aircraft carrier striking forces, which had embarrassed the Japanese Navy in the mid-April Doolittle Raid on Japan's home islands and at the Battle of Coral Sea in early May. He planned to quickly knock down Midway's defenses, follow up with an invasion of the atoll's two small islands and establish a Japanese air base there. He expected the U.S. carriers to come out and fight, but to arrive too late to save Midway and in insufficient strength to avoid defeat by his own well-tested carrier air power.

Yamamoto's intended surprise was thwarted by superior American communications intelligence, which deduced his scheme well before battle was joined. This allowed Admiral Chester W. Nimitz, the U.S. Pacific Fleet commander, to establish an ambush by having his carriers ready and waiting for the Japanese. On 4 June 1942, in the second of the Pacific War's great carrier battles, the trap was sprung. The perseverance, sacrifice and skill of U.S. Navy aviators, plus a great deal of good luck on the American side, cost Japan four irreplaceable fleet carriers, while only one of the three U.S. carriers present was lost. The base at Midway, though damaged by Japanese air attack, remained operational and later became a vital component in the American trans-Pacific offensive.

He was there for the big ones...

Resident remembers Battle of Midway

By Mary Kay Gominger

When resident Harris Bircher joined the Navy in 1937, little did he know what was in store for him for the next few years. Really, for the first 10 years of his 20 year Navy career, Harris has experiences and memories that books and movies are made of.

“It was an exciting time,” Harris said in a recent telephone interview. “I was part of the invasion of Pearl Harbor, the Battle of Midway and Guadalcanal.”

With the month of June being the 64th anniversary of the Battle of Midway, Harris easily recalls where he was and what he was doing as the action went down.

“I was first on the USS West Virginia but she got sunk so I was transferred to the USS San Francisco. I can remember to this day – I was shaving when we got hit by six torpedoes and three bombs. Our ship was sinking. We all jumped in and started swimming for the island....which as we were about halfway there, the USS Arizona got hit and was sinking too and there was oil and fire spreading all over the water. We had to dive down and swim under all that to

make it to land. It was a pretty exciting time,” Harris said.

“One thing that really sticks in my mind was that immediately after this, the Navy didn’t know where I was and after about three weeks, they notified my family that I had been killed in action. They had notices of my death in the local paper and everything. Then one day my parents saw someone in town that had seen me the week before on the ship. He told them that I was alive and ok. I’m sure that was a

shock for them. I still have the obituaries that ran in the paper,” he said.

Harris spent three years in San Diego training recruits and then was called to Korea.

“We hauled troops over to Korea mainly,” Harris said. “It wasn’t too bad,” he recalled. “There wasn’t much action on the water like before.”

Harris now spends his days at the Armed Forces Retirement Home in DC and has been there for the past five years.



Harris Bircher thinks back about his days in the military. Harris served in the Navy during the Battle of Midway.

Photo by Greg Moore

Helicopter crashes on golf course

On Tuesday, May 30, at approximately 4:45 p.m., a Medstar Helicopter, en route to Washington Hospital Center, went down on Hole 8 of the AFRH golf course. AFRH Deputy Director Tim Burns had just returned from leave was playing golf at the time of the crash and provided critical emergency assistance to the crew.

“When I saw the [chopper] coming down I immediately called 911 and went to find a fire extinguisher because when it crashed a small fire started on the ground. The co-pilot climbed out on his own but the

nurse had her foot stuck and couldn’t get out. I went in the chopper and lifted her out and by then emergency assistance was on site.”

The chopper was removed from the AFRH site and was taken to the Tipton Airport in Odenton, Maryland, for investigation.



Air Force veteran recalls serving in the military

By John Bowery

Several residents told me that I should interview Loretta Turner for an article. Everyone told me that she had a wealth of information about a great many things here at AFRH that we take for granted. After talking to her for five minutes, I knew they were right on, she does know about those things and a great deal more. At 85 Loretta does not get around as much as she would like. Having the motorized vehicle makes it a little better here, but she still drives her car and in fact she told me that she fully intends on driving to Alaska this fall.

She enlisted in 1944 at Cincinnati, Ohio, and served 20 years in the Air Force. Her main duty then was a clerk and she served at a military hotel of sorts. She applied for and received an appointment to Air Traffic Controllers School. She really liked that work and stayed at it for 12 years. She trained new people for the job and she found that they were much better con-

trollers if they had ridden a bicycle, a car or truck. If they were new to the Air Force and had none of those skills, she said that it was very difficult to train them and for them to become competent in that very demanding field. I questioned that and she assured me that it was quite true, in every case.

She was stationed at Maxwell Air Force Base in Montgomery, Ala. This was a SAC base and General Curtis LeMay was Base Commander. He was, in fact, over the entire fleet of B52 Bombers in the country. He was a robust man that constantly had a large cigar in his mouth and even when he was down on the flight line he was smoking that cigar. They told him once that it was a no smoking area and that the place could explode and he replied, "It wouldn't dare." It used to scare Loretta nearly to death because of the danger

of smoking around the flight line. He was very strict and discipline was extremely important to him and he was quick to apply it to an airman or officer when necessary. She continued to serve until her retirement and finally arrived here at AFRH. Loretta is an outspoken gal with lots of moxie and has an opinion on a great many things so don't be surprised at any comment she makes to your questions. She has a great sense of wry humor and she usually cuts right to the heart of the topic.



Loretta Turner served in Air Traffic Control while in the Air Force.

Not your traditional dentist appointment

The Mobile Dentist Clinic made its rounds at AFRH this month providing dental care to residents. The Mobile Dentist is a complete mobile dental office that specializes in senior care. The 30-foot custom-built coach provides on-site comprehensive dental treatment using onboard generators, compressors and completely equipped dental operatories.



Above - Dental Assistant Tasmin Coppin, left, reviews records with Dr. Michelle Borrus.

Right - Carl Benette, RDH, works on resident Carl Benette.

KHC Luau party...

...a tropical paradise!

Story by Jeff Anderson

Photos by John Bowery

On Thursday, June 22, the Recreation Clinic of Lagarde was transformed into an island paradise.

The residents were treated to a Luau Program, which included Hula dancers, a luncheon and even Elvis made an appearance. The lunch was prepared by the food service staff and served by the Navy petty officers of Fort Meade.

The staff and residents were also given Hula lessons and some even participated in a limbo contest.

A special thanks to Ted Gregory and the Smithsonian Green House for their support of our activity through their plants.



Residents and staff give a shot at Hula dancing.



This dancer shows the crowd how it is done.



One of the Hula dancers shows the correct hand movement, nice and slow.



Staff and residents joined in and danced to the music playing during the luau at Lagarde.



A hula dancer takes to the dance floor.

The trucks roll into DC

Residents eagerly receive shipments from Gulfport

By Virginia Sicotte and Melodie Menke

When you need good help in a hurry at AFRH, who are you going to call? The community volunteers, that's who. Over 164 volunteers responded to an email asking for helping hands to assist Gulfport residents living at AFRH Washington DC to receive their long awaited personal belongings from the Home in Gulfport MS.

Active duty military from E-2 to O-6, from all services, Coast Guard included, and their civilian co-workers joined together for the week of June 12 –16. The Pentagon, Defense Logistics Agency; White House Communications; Defense Intelligence Agency; US Coast Guard; Bolling Air Force Base; Andrews Air Force Base; Fort Meade; Fort Belvoir; and Bureau of Navy Medicine and Surgery; Walter Reed Army Medical Center; National Naval Hospital Bethesda; Dept of Veterans Affairs; GSA; OSD; OPNAV; Secretary of the Navy Office; Fort Detrick; U.S. Navy Medical Corps; Air Force First Sergeant; AFSA Chapter 300; Headquarters U.S. Marine Corps; Victory Church of Christ and many other agencies answered the call for volunteers. There was a mother/daughter team, a father-in-law and son-in-law team and a dad and son team. Whole military and civilian departments volunteered for a shift, Colonel's helped make coffee and E-4's took charge of different floors.

"The active duty never forgetting one of their own was very much evident last week," said Melodie Menke, AFRH Director Volunteer Services.

She continued, "Anything the residents needed, they were there to assist. From unpacking items, re-arranging furniture, connecting cable to TV's and hooking up computers and just taking a few moments and looking over photo albums and reminiscing."

Every day a new group of volunteers reported for duty at 0730 and worked with residents till noon and then a quick lunch and then the second shift reported onboard. Many of the morning shift volunteers stayed for the afternoon shift, adopting the new volunteers and showing them the ropes.

A pair of volunteers were on hand at each resident's room as their goods were being delivered to lend a helping hand if needed. One hundred and twelve Gulfport residents received neatly packed boxes filled with their personal belongings. Many had recliners, dressers and beautiful pictures. The volunteers were extremely respectfully and had a listening ear for what could have been a roller coaster week filled with emotions for the Gulfport residents, the joy of seeing old familiar things and a little sadness of what a life-changing storm Hurricane Katrina was. But mixed with a sense of humor and the resilience of their maturity, the residents made it a week of making new friendships with the community volunteers, as they exchanged life stories and found common bonds.

As one volunteer said as his shift ended, "I got more than I gave today."



Staff Sgt Lasundra Bridgewater from the AF FOIA Office, helps a resident unpack.



Employees of Alexander's Mobility Services worked together with AFRH staff and many volunteers to deliver the residents' personal belongings to their rooms.



Volunteer Staff Sgt Shannah, AF Reserve Affairs Office, pushes a box towards a residents' room for unpacking.



Volunteer SMC Jackie Diosa works with Joe Little as he goes through the boxes that arrived from Gulfport.



Ken Fielders gets help from one of the Alexander Mobility Services packers.

Residents participate in Army birthday celebration held at the Pentagon

Call to Duty

Since its birth on 14 June 1775 over a year before the Declaration of Independence, the United States Army has played a vital role in the growth and development of our nation. Soldiers have fought 10 wars, from the American Revolution through the Cold War, the Gulf War, to the current war on terrorism and the freedom of Iraq. This 231st birthday is a celebration of the Army's history, traditions, and service to the nation's past, present and future.

Today, all of our forces share a common heritage. The thousands of soldiers on point around the globe ensure the freedom our forefathers fought and died for, and do the tough jobs that maintain our American way of life. Soldiers represent what is most noble about our nation: liberty, freedom, and unity. Courage, dedication to duty, and selfless service to the nation will remain the hallmarks soldiers of the United States Army carry into the 21st century.



Army Public Affairs Officer Paula Smith visits with AFRH resident Mike Longwell at the Army birthday celebration.



AFRH resident David Funk meets Secretary of Defense Donald Rumsfeld.



A group photo is taken of the AFRH residents who participated at the Army birthday celebration sponsored by the Pentagon.

Seeing is believing

Unused eyeglasses can be put to good use

By Wilfred "Mac" McCarty

There is a box in the dining room for residents to donate used eye glasses for the poor of the world. There is also a box outside volunteer Stanley Sagaras' room, 2034 Sheridan, where donated glasses can be deposited.

Stanley does not wear them all himself but took around 2,700 pair to Ethiopia in April 2006 with VOSH (Volunteer Optometric Services to Humanity). They saw 2,628 patients in five days. Each patient saw a volunteer optometrist (many of these volunteers are senior citizens). The flight to Addis Ababa, Ethiopia, took 16 hours and then they took a bus for 10 hours (oh my aching back) to Jigjiga, Ethiopia. But first they had to get through customs and Ethiopian customs wanted to charge them \$2,000 import tax based on the stated value of the glasses even though they were donated. They finally got them to not charge import tax but there was delay and anxiety as they tried to get a fax from the Minister of Finance who was not in his office at 10 p.m. on a Friday night. In Ethiopia there are nine official languages and countless dialects. This was the first time most of the interpreters had spoken English with those from America and UK and our accents were most definitely an issue. At times the interpreter could not

understand the specific dialect of Ethiopian and had to get another interpreter to translate.

These wonderful volunteers (they pay their own way) can have my used eye glasses anytime.

(Information taken from Suellen Brauers wonderful report on Ethiopian trip)

Some of the countries visited by VOSH - Croatia, Bulgaria, (twice) Hungary, Dominican Republic (twice) Peru, Paraguay (three times) Vietnam, Brazil, Romania, Ukraine, Mexico, Russia, Honduras, Samoa, India, Cambodia, Costa Rica, Thailand. Charles Covington, their leader on Ethiopian trips asked one of the Ethiopians to talk about their culture. Rashid said, "Our culture is "don't ask, don't tell."

Another time Rashid said, "they will

tell you what they think you want to hear. They also noticed that the patients kept asking until they got what they wanted. For example if they didn't get eye drops from the doctor the patients would ask for them in dispensing and if they didn't get them in dispensing they would ask for them in fitting.

Joe, one of the optometry students on mission said, "I always expected Ethiopia to be inhabited by a significant amount of 'have nots.' That is one of the staple definitions when one tries to define a third world country. Unfortunately even with that being said I could never have been prepared to deal with what I encountered.

"I expected to see 'have-nots' and I saw the 'have-nothings'



Norman Godfrey passes on a pair of eyeglasses to Stanley Sagaras. The glasses will be reused by someone in need.

Do you need health insurance?

By Gary Gregory
Social Worker

You may be eligible for health insurance in the District of Columbia from Medicaid. This is a federally funded program which provides free health insurance to seniors, disabled persons and other individuals with low income. This insurance pays for doctor's visits, hospital bills, prescription drugs and other health services. To qualify, you must live in DC and have

an income of approximately \$9,000 or less annually. However, other medical expenses and your other assets are considered when filing your application. So you may still be eligible if your income is somewhat higher.

To apply you may visit 1207 Taylor Street, NW or call 698-4350 to request an application and it can be mailed to you. You will need to complete and sign the application. You will also be requested to submit proof of income and assets.

If you have more questions please call the number above. If you need further assistance please see your social worker. Information is also on the web at <http://dhs.dc.gov>. If you have no health coverage this is an option to consider, especially if your income is limited and you are unable to afford other commercial insurances.

Top bowlers enjoy friendly competition in tournament

By Jerry Carter

This 2nd annual Super Bowl II bowling tournament was held earlier this month on June 5, 6, 12 and 13th. Residents competed against each other in high spirits and friendly competition creating a fun filled atmosphere in the bowling center. High games/scratch are as follows: 1. Steve Kostick 215/2, Ernie Fowler 210 / 3, Emil Byke 213 / 4, John Harrison 212 / 5 and Jerry Lugar 201. High Game Handicap: 1. Bob Leftwich 244 / 2 and Steve Hakala 233. The total pins winners are: Steve Kostick 2316, Tom Carras 2290, Steve Hakala 2117, Emil Byke 2106, Jerry Lugar 2072, Smoky Prussman 2069, Bob Schonherr 2062, Ernie Fowler 2041, James Taylor 2020 and John Harrison 2006.

A special thank you to GEICO for sponsoring this tournament and all the residents who participated in the Super Bowl II bowling tournament.



Ernie Fowler concentrates as he prepares to bowl.



Bowler Steve Hakala takes his turn in the 2nd Annual Super Bowl II bowling tournament.

Diamondbacks win first home game

By Jerry Carter

AFRH Diamondbacks defeated the PH PainKillers 18-16 before many spectators enjoying the game. The home crowd was a big factor in our win. Many residents and staff attended the game and cheered our team to victory. Our win was a team effort. Ernie Fowler pitched the entire game and kept the PainKillers at bay. Outstanding plays were made by outfielders Adam Perza II and Cleophus Snow. When the D'Backs were at bat, each of the following batted three for four resulting in runs - Leonard Montague, Warren Helms, Roy Cogle, Raymond White, Coach Carter, and Adam Perza II. The team pounded out 26 hits by the end of the game resulting in a win!

Everyone had a good time watching the game and enjoying the hot dogs and drinks provided by Food Service. Thanks to the Food Service and all the spectators who attended the game.



Rounding third and heading home...
Adding to the excitement of the game, Warren Helm runs to home base. The AFRH Diamondbacks defeated the PH Painkillers 18-16.

Residents attend ‘Night of Heroes’

Annual event supports wounded veterans, military families

Story and photo by Greg Moore

On June 15, 2006, 22 residents of the AFRH were invited to attend the Night of Heroes, hosted by the Pentagon Federal Credit Union Foundation. The event was held at the National Building Museum in Washington, DC. This event is a yearly fund raiser that raises money to support wounded veterans and financial programs for military families. Our residents were invited as honored guests.

The Master of Ceremonies was Col. Barney Barnum, USMC (Ret), a recipient of the Congressional Medal of Honor. The American Hero Award was presented to Lt. Gen Russel Honore’, Commanding General of the First U.S. Army, and Gen (Ret) John Jumper, Former Chief of Staff of the U.S. Air Force. The Corporate Award was presented to Northrop Grumman. The Keynote Speaker was Senator Jack Reed (D-RI). Our residents were treated to a reception and dinner as well as music by the 313th Army Show Band. Several resident participated in the live auction which features such items as sporting ticket and memorabilia, restaurant and hotel packages, art, and collectables, just to name a few.



Wilfred McCarty, Charles Felder, Richard Robinson, Mike Longwell, Ed Stites, Carrol Collins and Daniel Funk have a group photo taken during the Night of Heroes hosted by the Pentagon Federal Credit Union Foundation.



Resident Marion Marques attended the Night of Heroes, a fundraiser that benefits wounded veterans and provides financial programs for military families.



John Smith, right, visits with the new Commandant of the Marine Corps General Conway at the yearly Night of Heroes event.

Eagle Gate, 1896



Eagle Gate, 2006



Members of Naval Coastal Warfare Squadron 4, Inshore Boat Units 41 and 42 from Portsmouth, Va., volunteered at AFRH recently. One of the projects the group of 25 worked on while here was painting the Eagle gate entrance.

Damn the Torpedoes!

China Service Medal has a unique history

By Robert F. Dorr
Special to AFRH

The China Service Medal was created in 1940 for sailors and Marines who had served in China in the late 1930s. It is unique among American medals because the Navy resurrected it after World War II for a new generation of Americans who served in China, Formosa (now Taiwan) or in the Matsu Straits between 1945 and 1957.

"It was meant to honor service at a difficult time," said Dr. Charles P. McDowell, an expert in American decorations and medals. He said the medal was established in August 1940, "to commemorate the services of sailors and Marines who had been on Chinese soil or had been onboard any vessels in Chinese waters in support of military operations" between July 7, 1937, and Sept. 7, 1939.

The opening qualifying date - July 7, 1937 - marked the start of the undeclared war in which Japan invaded China. On that date, Japanese and Chinese troops clashed near the Marco Polo Bridge outside Peking (now Beijing).

The closing date for the medal - Sept. 7, 1939 - was the last day before President Roosevelt proclaimed a limited national emergency in the U.S.

The medal was designed by George H. Snowden, a sculptor who had been educated at Yale University and at art academies in Paris and Rome.

The medal is one and one-fourth inches in diameter and is made of bronze. In the center of the obverse is a three-sailed Chinese junk on top of scroll waves. The vessel is circled by the words "China" and "service" in Asian-style lettering.

Snowden selected the junk for the medal, McDowell said, "because it is a common sight in Chinese inland and coastal waters and symbolizes the geographical area."

On the reverse of the medal, a bald eagle faces to the left. It is perched on an anchor, the flukes of which are to the right. The eagle is holding laurel, which symbolizes achievement.

The China Service Medal issued to

sailors has the words "United States Navy" above the eagle; for Marines, the medal has the words "United States Marine Corps."

The medal is gold with red strips on either side. The colors were selected because they were considered popular Asian colors.

A Navy Department general order issued in 1942 identified more than 40 vessels whose China service after July 1937 qualified for the medal. Hundreds of Naval

"...Interestingly, the Navy order expressly stated that the secretary of the Navy also could award the medal to personnel of the Army or other components of the Armed Forces..."

personnel received the medal in the early 1940s for service they'd completed. Among the recipients were sailors aboard the gunboat Panay, which was attacked and sunk by Japanese planes Dec. 12, 1937.

In 1947, the Navy resurrected the China Service Medal by establishing a second period of qualifying service. After Sept. 2, 1945, any sailor, Marine or Coast Guardsman who served ashore in China or was attached to any vessel supporting in China was eligible. Interestingly, the Navy order expressly stated that the secretary of the Navy also could award the medal "to personnel of the Army or other components of the Armed Forces."

This makes the China Service Medal unique because its first period of eligibility is restricted to Naval personnel, while the second applies to all in uniform.

Robert F. Dorr, an Air Force veteran, lives in Oakton, Va. He is the author of "Chopper," a history of helicopter pilots. His email address is robert.f.dorr@cox.net. Fred L. Borch retired from the Army after 25 years and is now working as the regimental historian for the Army Judge Advocate General Corps. He is the author of "Kimmel, Short and Pearl Harbor." His email address is borchff@aol.com.



Front view



Back view

Gone Fishin'...

Story by Jerry Carter

Photos by Sheila Abarr

Who caught the biggest fish? It was a warm sunny morning, a perfect day to cast a line and participate in the 2006 Fishing Rodeo! Residents enjoyed the opportunity to compete against each other and socialize while fishing at the ponds.

Congratulations to the following residents: Longest Fish Caught-Bobbi Naboni, 23 inch bass. Heaviest Fish Caught- Herbert Mapp, a 4.6 pound bass. Smallest Fish Caught- Floyd Pergran, 2 and half inch sun fish. Most Fish Caught- Bobbi Naboni, 32.

A good time was had by all, and special thanks to volunteers John Pitts and Kevin Hart and co-workers for helping make this event successful.



Herbert Mapp patiently watches his line during the fishing rodeo. Herbert caught the heaviest fish of the day at 4.6 pounds.



Robert Schonheer casts a line and waits for the big one.



Bobbie Naboni pulls in a fish. She caught the longest fish, a 23 inch bass and she caught the most fish, 32.



Steve McManus, AFRH's Chief Financial Officer, checks out the fish caught by Robert Schonheer during the fishing rodeo.

2006 Senior Olympics Tournament

Brings out the true champions...

Story by Howard Turner

Photos by Sheila Motley

The home held a very classy grand Senior Olympic two day tournament on Thursday, May 25th. Many residents turned out to put on a display that would astonish the World Olympians. The Olympic tournaments were designed by Keith Turner with judging and setting up by the entire recreational staff, Melodie Menke's volunteers, and a few residents. Day one of the contest was awesome and every participant was happy, laughing and joking, but don't be mistaken, everyone was seriously out to win.

The one mile walk was won by Edmund Crump, with 2nd and 3rd place by Ernie Fowler and Renato Julian. The ladies walk awarded Bobbie Naboni (another true athlete) with 1st place as she represented very well.

The Bean Bag Toss placed Nevylle Smith in first place, Woody Williams in 2nd place, and Donald Stout in 3rd place. Jewel Poteet took 1st place for the women and Elizabeth Lindstrom was second.

The Pool Shooting tournament was won by (sharp shooter) Gene Spencer and 2nd place was awarded to (everyone's



Edmund Crump lights the torch to begin the tournament.

favorite) Mike Longwell.

The Can Knockover was won by Ernie Fowler, 2nd place was Donald Bourque, and 3rd place was captured by Buren Noel.

For the ladies, Bobbi Naboni won the Gold Medal, Doris Jones took 2nd, and Jewel Poteet placed 3rd.

Other events that held were

Basketball Hot Shot, Women's Basketball Hot Shot, Partner Hot Shot Basketball, Bicycle Race, Softball Distance Throw and Hit, NFL Quarterback Throw, Horseshoe Tournament, Golf Putt Putt, Partner Can Knockover, Bowling Olympic Championship, Speed Walk Partner Relay, BPV'S Olympic Speed Race, Obstacle Course and BPV Relay Race.



Nevylle Smith tosses a bean bag earning the title of 1st place winner in the Bean Bag Toss.



Above - Clarence Stone and Ron Miller competing in the BPV Relay Race.

Left - Ernie Fowler shoots a hoop during the Basketball Hot Shot game while Jerry Carter waits for a rebound.

Patriotism revived for AFRH veterans

By Sheila Motley

On May 29, 2006, residents from the Armed Forces Retirement Home had the distinguished pleasure of participating in the District of Columbia Memorial Day Parade. They proudly rode in their bright red trolley waving to the crowd that was thanking them for the services they provided to our country.

Memorial Day is much more than a three-day weekend that marks the beginning of summer. To many people, especially the nation's thousands of combat veterans, this day, which has a history stretching back all the way to the Civil War, is an important reminder of those who died in the service of their country.



Above - AFRH residents enjoy the sites and sounds of the streets of DC during the Memorial Day parade as the crowds cheers our heros.

Left - A Girl Scout honors Raymond Smith with a ribbon of appreciation to show her gratitude for protecting her country.

Photos submitted by Sheila Motley and Constance Burns



America...

Land of the world's proudest people...

By Pete Carter

We have reason to recognize and appreciate the celebration of the Magna Carta. Our reason for appreciating such a document is arrived at by consideration of the fact that we believe it influenced the writing of our Constitution and Bill of Rights.

Although the Magna Carta was written 791 ago, On June 15, 1250, the effects are still felt by a proud America. The writing of this document was not written as a law but as a treaty to influence the King of England to sign a written guarantee that he would not exercise arbitrary power over the rights of free men. A document such as this was used by wise men in setting up plans and guides for a people to be freely governed by; however, not as an enforceable law.

The Magna Carta and our Constitution are magnanimous in the influence of the FREEDOM we are endowed with as North Americans. The freedom we share with the majority of our countrymen living the appreciation while many take so much for granted while a miniscule bunch abuse the many privileges offered.

Any time there is a doubt about how well off we are as members of the United States a trip to any other country in the world, outside the United States will provide a lesson for the unbelieving. Remembering that if we step aside of the legal tenants of this great country and are arrested, we don't lose our rights. We are still guaranteed that we will not be deprived of life, liberty, or property without due process of law. For evidence of these guarantees, read the 5th and 14th Amendments to the Constitution of The United States of America.

When you see Old Glory waving in the breeze with colors bold and shoulders held high, pause a moment in adoration. Think of the beauty and what it stands for. Be proud of the freedom it stands forsalute if so inclined. IT IS TRULY GREAT TO BE AN AMERICAN.

Correction:

In the last edition, Bill Haley's Comets were mistakenly referred to as ROCKETS. Apologies for the error.

Resident Profile

Meet Raymond L. Whitelow, Sr.

By Bill Tobin

HELLO SOMEBODY!!! Every resident who has gone on a bus trip over the past year has heard these words delivered in a loud, stentorian voice in response to the trip caller when he asked for his presence.

As expected, the voice belongs to a rather commanding presence in the person of one Ray Whitelow. Incidentally, that name is pronounced WHITElow, not Whitlow.

Ray has been a resident of the AFRH-W for some time now and is well known, and well liked, by a majority of the people who have been lucky enough to get to know him personally.

If you arise early enough on a Sunday morning, you will get to see him dressed to the "Nines" as he goes to the church of his choice for that day.

He is a past officer in the Home's American Legion Post, indulges in the use of the Home's golf course, and makes most of the tours provided by the Welfare and Recreation Committee.

Ray's two biggest pursuits in life today can be summed up by the letter G. And that is for God and Golf. There's a small letter t in there also, denoting travel.

He was born on October 23, 1933, in Nashville, Tenn., which is his home base today. Ray graduated from Pearl High School in Nashville and then worked in construction for about six months. His next employer was the USAF for which he served for 20 years and 22 days where he became a Civil Engineer Heavy Equipment operator.

Tours in the Air Force commenced after basic training at Lackland, Texas. They included, but were not limited to: Ft. Leonard Wood, Hunter AFB, Savannah, Ga., Osan AFB in Korea in '53, Tyndall AFB, Panama City in '55, Stewart AFB, Tn., Thule Greenland (lots of snowplow work there), George AFB, Calif., Ramstein AFB, Germany (for 3 years), Mt. Home

AFB, Id., and Terrajon AFB, Madrid Spain. Ray also served a tour in Vietnam at Thuy Hoa AFB, and Mather AFB Sacramento, Calif., was where he retired in 1971. Ray was awarded the Air Force commendation medal for his work in the recovery of two nuclear bombs from a B-52 and a KC-135 aircraft which collided over Palomaris, Spain in 1966 (scary).

After retirement, Ray worked for the USPS over 17 years as a letter carrier. Then it was back to Nashville where he became heavily involved with the Baptist church serving as a treasurer of the Bethlehem UPB Church for 20 years.

His association with his church continues today with work in bible studies and Sunday school here in D.C. He would like to mention and give thanks to the presence of his pastor John Goodloe and his wife. Pastor Goodloe is familiar to any resident who attends chapel here at the Home due to his Paul Robeson-like voice and statuesque figure.

Ray came to AFRH-W three years ago and found that he had a first cousin here – Mr. John Green. Talk about coincidence. His pursuits since have been on the



Raymond Whitelow, Sr., enjoys God, golf and loves to travel.

golf course, and travels around the world, both by flight and with his Caddie.

He has a daughter Carolyn and a son Raymond, Jr., who reside in Nashville. He also counts six grandchildren and two great grandchildren (making him one of the more prolific residents here).

RAC NEWS

On May 22, '06, the RAC held an informational briefing for the residents in the auditorium. The members and active resident committee members were introduced and our functions and procedures were explained.

The purpose of the meeting was to inform all Home residents of the structure, composition and need for your representative organization - and about the election process. The RAC directive 7-2 was and is available, along with samples of the nomination and ballot forms. The September election date will be announced this summer- then the fun starts!

Get your act together and be ready to campaign! RAC members - Al Mori and Mr. Dickerson will give you whatever information you need.

Have a good summer.

Mimi Rivkin, RAC Chairman

Tomb of the Unknown Soldier

The following information is taken from the website of the Society of the Honor Guard Tomb of the Unknown Soldier (www.tombguard.org).

1. How many steps does the guard take during his walk across the tomb of the Unknowns and why?

21 steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary.

2. How long does he hesitate after his about face to begin his return walk and why?



21 seconds for the same reason as answer number 1.

3. Why are his gloves wet?

His gloves are moistened to prevent his losing his grip on the rifle.

4. Does he carry his rifle on the same shoulder all the time and if not, why not?



He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

5. How often are the guards



changed?

Guards are changed every thirty minutes, twenty-four hours a day, and 365 days a year.

6. What are the physical traits of the guards limited to?

For a person to apply for guard duty at the tomb he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30." Other requirements of the Guard: They must commit two years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform {fighting} or the tomb in any way. After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt there are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first six months of duty a guard

cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe E. Lewis {the boxer} and Medal of Honor winner Audie Murphy, {the most decorated soldier of WWII} of Hollywood fame.

Every guard spends five hours a day getting his uniforms ready for guard duty.



The Pack Out continues at AFRH-G as memorabilia is carefully removed, stored

Story and photos by Mary Kay Gominger

The Atlas trucks were just getting out of town when the staff began to regroup and focus on getting the memorabilia off the walls and into a safe storage site. The small contingency of AFRH-G staff members, with the assistance of the AFRH Security staff, began on Monday, June 19, the tedious process of removing each piece of memorabilia, cleaning it, packing it, crating it and ultimately it will go to the Navy Seabee Center for storage in a humidity-controlled warehouse.

On Wednesday morning, two days into the project, a group of 15 students from the Naval Construction Training Center were bused in and they quickly jumped in and helped move boxes and crate the memorabilia.

“This is a good project for our students,” said CMDCM Joe Perrone, the Naval Construction Training Center’s Command Master Chief (formerly AFRH). He continued, “The photographs and documents found along the hallways of this Home are historic. I know the residents will be relieved to know that the memorabilia did not get damaged during the storm and that it will be safely stored at the Seabee Center. We

always look forward to helping out here whenever we can and this project was even more meaningful to us because of the significance of this memorabilia to the residents.”

Right - Mark Coggan, Leigh Brown and Jasper Rhodes build boxes for pictures to be stored.



Right - a Navy student carefully places a picture in a crate.



Three Navy students take a break from packing and look over some of the photographs on display.



Leigh Brown, Chris Eaves and Jasper Rhodes work on the 10th floor.



Staff member Mary Doris cuts pieces of foam used to protect pictures as they were boxed.