

## Our own 'man of Steele' runs in Army Ten Miler

*"Why stop now?" said 90 year old Fay Steele, a resident that has been running his whole life*

By Mary Kay Gominger

When eight-year-old Fay Steele won second place in the potato race at grade school in Sommerville, Tenn., in 1924, little did he know that 82 years later he would still be running and competing in races. On Oct. 8, 2006, Fay competed in the Army Ten Miler, America's largest 10-mile race, an event that this year drew 24,000 runners from all over the world. Fay finished the 10-mile race in 2:34.

"My time would have been better than that but during the last two miles I had people stopping me wanting to take a picture with me," Fay said with a laugh. "How could I pass that up?"

Fay has been running literally all of his life. Now, 90 years old, Fay still runs everyday.

"It's just part of my routine," Fay said. "I go to the gym every morning about 6:30 and do a 30 minute warm up then I head out and run two to three miles every morning. I don't think about it, I just do it," he said.

Aches and pains? "Of course I have aches and pains," Fay said. "Been having them for the last 50 years. But that doesn't stop me from running every day. I just put one foot in front of the other and press on."

Fay joined the Army Air Corps in 1937 and served 10 years then moved over to the Air Force when they split and served 10 more. He was a combat photographer.

"I shot still and motion pictures for the Army," Fay said. "During World War II I flew in 78 combat missions, most in B26s, but I also did some Airborne and did two glider landings. In the 65 B26 missions, our plane was hit by enemy fire 30 times. Only one time did anyone get injured."

Fay retired from the Air Force in 1957. He has lived at the AFRH for the past 10 years.

"I'm now running about 25 to 30 miles a week," Fay said. "I remember back in 1986, while I was training for a 50 mile run across Panama, I ran 3,400 miles in 10 months. I set a world record for that run, in my age division."

But as Fay recognized, all records are set to be broken, but in all, he has set 19 world records. He now still holds the Tennessee state record for marathons he ran at age 72, 73 and 77.

With the rains and chills of winter right around the corner, Fay said he's never let inclement weather stop him from getting in his daily



Photo by Jet Sevilla

Fay Steele, a retired Air Force combat photographer, crosses the finish line after completing the Army Ten Miler competition held in Washington, D.C., on October 8. Steele finished in 2 hours and 34 minutes.

run.

"If it's snowing, I just run through it," Fay said. "I don't use treadmills, ever. I do all my running outdoors."

Fay looks forward to running in more races and plans on being in next year's Army Ten Miler. "If I find a race between now and then that I want to enter, I will," he said.

See related story about Fay Steele on page 11.



**Antique Car Show**  
Page 7



**DC Mounted Patrol Unit visits AFRH**  
Page 6

## The end of an era

# CLOSED



This Friday, November 3, the gates to the AFRH-G will officially close and for the few remaining employees, this will be their last day of work. The General Services Administration (GSA) has been appointed by Congress to oversee the construction. Building design, plans and timetables will be provided as the information becomes available. Information can be obtained by visiting our website ([www.afrh.gov](http://www.afrh.gov)) and future issues of the *Communicator*. (Note the yellow ribbon 'round the Graduation Oak.)

Photos by Mary Kay Gominger



**Rockettes welcomed to AFRH**  
Page 7

Editors Column



On several occasions over the years I have mentioned that I didn't think use of rank was appropriate here at the

home. We are all proud of our service to our country, and we should be. However, it is unhealthy to live in the past, and - perhaps - we would be better off if we thought about who we are now rather than who we were.

Let's talk about "VOLUNTEER SERVICE" I would recommend you take a look at what our Director has to say about it on page 4. I believe the key statement the Director has used is: "At our Home, volunteering is a different kind. Here we can see the results of our volunteering, i.e.: The smile on a residents face when you assist with their walker; assemble a table or stool that makes their room a more comfortable place to live; help them negotiate a bus on a trip to a Post Exchange; plan and execute social, Bingo, Bunco, Fun Fests, Car Shows, etc. One could go on and on about all the volunteers do here at the Home."

Again over the years many have asked me why I serve as the Volunteer Editor of the "AFRH Communicator" and served in the same capacity for the former "Bugler." While I've never asked for or received a cent for these services I consider myself more than adequately paid by my comrades who stop me and tell me they enjoy the paper. This volunteer service gives me a chance return a little bit of much that I was given by all my comrades who supported me when I was on active duty.

Indeed Comrades - Here at the Home, volunteering is not just something to do - It is a way of life and totally in tune with the feelings of most residents at AFRH.

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and length.

How to become a resident today



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

82nd Airborne visit

On Oct. 9th, 150 members of the 82nd Airborne made their annual stop at the AFRH to visit with the residents. The next day, the 82nd Airborne Choir returned to perform for the residents in the theater.



Photo by Howard Sweet



Photo by Sheila Motley



Photo by Howard Sweet

# Message from the Chief Operating Officer



We've all heard the phrase 'time flies' – we especially heard it from our parents, teachers, or grandparents when we were kids or young adults. It wasn't until we made the transition

from growing up to grown up that we find ourselves saying that very same thing. Whoever coined the phrase 'time flies' really hit the nail on the head but who better knows this to be a fact than you, the residents at the AFRH. Talking with you through the years, I can't tell you the number of times residents have related to me that 'in a blink of the eye' they went from being in the service, raising a family, a second career, then retirement. Where does the time go?

It's always interesting to me to talk to residents and find out how they heard about the Armed Forces Retirement Home and how they came to live here. Some remember hearing about an 'Old Soldiers Home'

or the Naval Home from their recruiter at enlistment. They remember paying a dime, maybe .50, that went to a veterans' home but to a 17 or 18 year old or even 30 or 40 year old, that was the last thing on their mind. Retirement was for 'old' people. Some residents read about the AFRH in veterans magazines or have a friend, relative, or shipmate that lived or lives in one of our Homes. Occasionally, a veteran will attend a veterans' service organization national conference, such as the Veterans of Foreign Wars or the American Legion, and our marketing staff will be on hand with brochures and information about entry in the Home. The marketing staff, headed up by Sheila Abarr, along with Greg Moore and Sherry Artis, also contacts veteran reunion groups, and retired activities offices on military bases all around the country, providing them with brochures and pamphlets about the AFRH, eligibility requirements and admissions forms. Several of the staff members travel to various retiree days at military bases to speak about the Home, its history and future. The 1-800 number we have available for inquires fields well over 500 calls a month.

The mission of our marketing team is not just to maintain maximum occupancy. Having the option of entry into the AFRH is a benefit of a veterans' service. The marketing team's focus is not only informing veterans eligible now for entry, but to educate and inform future prospective residents, the active duty or recently retired veterans, of the availability of our Home and to promote the AFRH as a vibrant, active retirement community that embraces independent living and challenges residents to get involved in activities of the Home and the community. That is why it is important that in updating our facilities and evaluating the services we provide to our residents now, we do so with forward thinking – that is, with the thought of not only



Prospective resident Gunter Haimann meets with Sherry Artis of the Marketing Department to go over admissions paperwork.

meeting the needs of today's veteran but of meeting the needs of our future veterans – the 18 year old enlisting or the 16-year active duty member reenlisting for four more years. They aren't thinking about retirement now, but we very well know, how time flies,

Tim Cox

# Conversation with the Chief Financial Officer



I would like to start my article this month thanking the Gulfport residents that were generous enough to donate the remaining items in their rooms to those in need on the

Mississippi Gulf Coast and surrounding areas. It's hard for us to imagine that families down in that area are still, 15 months later, struggling to rebuild their homes and lives that Hurricane Katrina so effortlessly destroyed. You will be happy to know the majority of the main building was cleared out with donations going to the Seabees, Catholic Charities and the City of Waveland, to name a few. Some of the AFRH property that could be utilized here in DC was shipped but the remainder of the furniture, though dated, was still in good use and will help recovering communities such as Waveland that was literally decimated by the storm.

In financial business, I am pleased to inform you that for the second year in a row, we received a positive report ('unqual-

ified opinion' is the correct term) from the Bureau of Public Debt on our annual audit that has been in progress since July. For anyone interested, our audited financial statement will be included in this year's Performance and Accountability Report which is submitted to Congress next month. You can also view it by visiting our website after Nov. 15 and clicking on the 2006 PAR link.

On another financial note, if you have not turned in your paperwork to the Business Center for calculation of your 2007 fees, please do so as soon as possible. Lela Hartley and Terre Lee, who worked in the Business Center in Gulfport, will be here the first two weeks of November to finalize the 2007 resident fees.

In calculating resident fees for next year, please note that we have received legal guidance concerning resident fee waivers. We have been told by legal that resident fee legislation does not address use of a waiver; and as such, we will no longer use the waiver form. If you have used a waiver form in the past and have questions about this new policy, contact the Business Center.

The AFRH and GSA are getting close

to finalizing the turnover of the Gulfport site for reconstruction. Be assured that as things begin to happen, we will keep you informed of the progress of the project – through articles and photos in the Communicator, on the AFRH website and through townhall meetings. If you have

questions about the Gulfport project, feel free to contact Sheila Abarr, the AFRH Public Affairs Officer at ext. 3043.

That's all the news for now. Your questions and comments are always welcome.

Steve McManus



Students from the Naval Construction Training Center and AFRH staff members take a break from loading furniture for members of Catholic Charities. Furniture left in the AFRH-G was donated to various charitable organizations.

Photo by Mary Kay Gominger

# Residents' woodworking skills draws attention



Command Master Sergeant Jeff Greer, from JFHQ-NCR, U.S. Army Military District of Washington, Fort McNair, makes a stop at the wood hobby shop during a recent visit to the AFRH to see some of the projects they residents are working on. CSM Greer visits AFRH regularly and enjoys workworking.



Left - This plaque, a group effort by residents, in the shape of the U.S., is made from holly wood.

Below - Homer Rutherford explains to CSM Greer the details of the wood work.



Photos by Sheila Abarr

# Office of the Director



I recently was the recipient of a piece of correspondence from an AFRH resident that I wanted to pass along to you. I believe that it is both genuine and persuasive.

Those of you that do volunteer find it rewarding.

"When I first joined the Army Air Corps back in January 1946, I was told to never volunteer. If you raise your hand it should be for permission to go to the bathroom – not volunteer for KP, latrine detail, barracks guard, or anything that ended in detail.

"That was 60 years ago and when I entered the 'Old Soldiers Home' in 2002, I was told '...here volunteering is a way of life.' In earlier days I learned that to volunteer meant that I would do a job that no one else wanted to do, because it was work and not rewarding. How rewarding is working 'pots and pans' on KP or cleaning commodes on latrine duty?"

At our Home, volunteering is a different kind. Here we can see the results of our volunteering, like the smile on a residents' face when you assist with their walker; assemble a table or stool that makes their room a more comfortable place to live; help them negotiate a bus on a trip to a Post Exchange; plan and execute socials, bingo, bunco, fun fests, or car shows. One could go on and on about all the volunteers do here at the Home.

Before coming to the Home I had a wife – we lived by helping each other. Now that I am at the Home I thank God each day that I can volunteer to share my life with my fellow residents.

Volunteering makes you feel good.

As the Director of AFRH-Washington, I would like to commend the residents who are presently volunteering their services at the Home and encourage others to join in to support our fellow residents and AFRH. Your services are greatly appreciated.

*Ben Laub*

## Welcome Aboard



### Awards presentation takes employee by surprise

Rosemary Brown works the front desk at the Health Care Center and was unable to attend the awards breakfast and receive her award so AFRH Director Ben Laub brought the award to her.

Left - Ben Laub calls Rosemary and tells her he is on his way over.

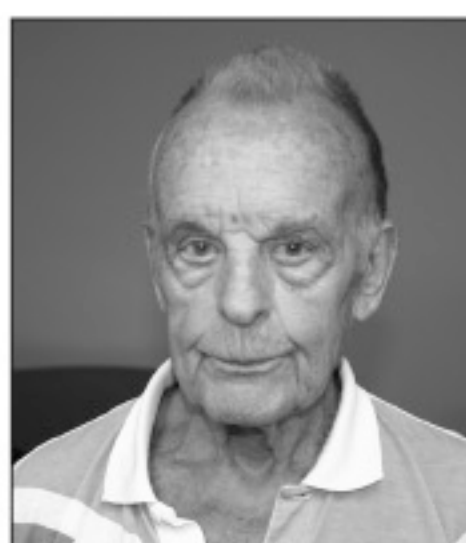
Below - Rosemary shows off her certificate.



*Photos by Sheila Motley*



Resident: Charles R. Ridens  
Branch of Service: USN  
War theater: Vietnam  
Entry Date: June 1960  
Separation Date: April 1981  
Rank: E6



Resident: Auburn Miller  
Branch of Service: USN  
War theaters: WWII, Korea & Vietnam  
Entry Date: April 1940  
Separation Date: March 1962  
Rank: E7



Name: Bruce M. Ennis  
Branch of Service: USAF  
War theater: Vietnam  
Entry Date: November 1952  
Separation Date: November 1972  
Rank: E6



Name: Donald E. Johnston  
Branch of Service: USAF  
War theater: Vietnam  
Entry Date: January 1947  
Separation Date: July 1967  
Rank: E6



Name: Joseph D. Frogge  
Branch of Service: USAF  
War Theaters: None  
Entry Date: January 1960  
Separation Date: April 1981  
Rank: TSGT



Resident: Ellis F. Smith  
Branch of Service: USMC  
War theaters: WWII, Korea & Vietnam  
Entry Date: March 1943  
Separation Date: August 1975  
Rank: LTC



Resident: Jason S. White  
Branch of Service: USA  
War theaters: None  
Entry Date: September 1966  
Separation Date: January 1987  
Rank: E7



Resident: John E. McLellan  
Branch of Service: USN  
War theaters: WWII, Laos & Korea  
Entry Date: March 1943  
Separation Date: July 1963  
Rank: E6



Resident: Edward G. Gannon  
Branch of Service: USN  
War theater: Asiatic Pacific  
Entry Date: July 1943  
Separation Date: January 1969  
Rank: E9



Resident: John V. Nagle  
Branch of Service: USN  
War theater: WWII  
Entry Date: August 1942  
Separation Date: August 1944  
Rank: E



Resident: Luis Rivera  
Branch of Service: USA  
War theater:  
Entry Date: 1946  
Separation Date: 1956  
Rank: E5



Resident: Roy A. Wheeler  
Branch of Service: USMC  
War theater: Korea  
Entry Date: February 1954  
Separation Date: October 1959  
Rank: Sgt

# The Navy: How it all began

On Friday, October 13, 1775, meeting in Philadelphia, the Continental Congress voted to fit out two sailing vessels, armed with 10 carriage guns, as well as swivel guns, and manned by crews of 80, and to send them out on a cruise of three months to intercept transports carrying munitions and stores to the British army in America. This was the original legislation out of which the Continental Navy grew and as such constitutes the birth certificate of the Navy.

To understand the momentous significance of the decision to send two armed vessels to sea under the authority of the Continental Congress, we need to review the strategic situation in which it was made and to consider the political struggle that lay behind it. Americans first took up arms in the spring of 1775 not to sever their relationship with the king, but to defend their rights within the British Empire. By the autumn of 1775, the British North American colonies from Maine to Georgia were in open rebellion. Royal governments had been thrust out of many colonial capitals and revolutionary governments put in their places. The Continental Congress had assumed some of the responsibilities of a central government for the colonies, created a Continental Army, issued paper money for the support of the troops, and formed a committee to negotiate with foreign countries. Continental forces captured Fort Ticonderoga on Lake Champlain and launched an invasion of Canada.

In October 1775 the British held superiority at sea, from which they threatened to stop up the colonies' trade and to wreak destruction on seaside settlements. In response a few of the states had commissioned small fleets of their own for defense of local waters. Congress had not yet authorized privateering. Some in Congress worried about pushing the armed struggle too far, hoping that reconciliation with the mother country was still possible.

Yet, a small coterie of men in Congress had been advocating a Continental Navy from the outset of armed hostilities. Foremost among these men was John Adams, of Massachusetts.

For months, he and a few others had been agitating in Congress for the establishment of an American fleet. They argued that a fleet would defend the seacoast towns, protect vital trade, retaliate against British raiders, and make it possible to seek out among neutral nations of the world the arms and stores that would make resistance possible.

Still, the establishment of a navy seemed too bold a move for some of the timid men in Congress. Some southerners agreed that a fleet would protect and secure the trade of New England but denied that it would that of the southern colonies. Most of the delegates did not consider the break with England as final and feared that a navy implied sovereignty and independence. Others thought a navy a hasty and foolish challenge to the mightiest fleet the world had seen. The most the pro-navy men could do was to get Congress to urge each colony to fit out armed vessels for the protection of their coasts and harbors.

Then, on 3 October, Rhode Island's delegates laid before Congress a bold resolution for the building and equipping of an American fleet, as soon as possible. When the

motion came to the floor for debate, Samuel Chase, of Maryland, attacked it, saying it was "the maddest idea in the world to think of building an American Fleet." Even pro-navy members found the proposal too vague. It lacked specifics and no one could tell how much it would cost.

If Congress was yet unwilling to embrace the idea of establishing a navy as a permanent measure, it could be tempted by short-term opportunities. Fortunately, on 5 October, Congress received intelligence of two English brigs, unarmed and without convoy, laden with munitions, leaving England bound for Quebec. Congress immediately appointed a committee to consider how to take advantage of this opportunity. Its members were all New Englanders and all ardent supporters of a navy. They recommended first that the governments of Massachusetts, Rhode Island, and Connecticut be asked to dispatch armed vessels to lay in wait to intercept the munitions ships; next they outlined a plan for the equipping by Congress of two armed vessels to cruise to the eastward to intercept any ships bearing supplies to the British army. Congress let this plan lie on the table until 13 October, when another fortuitous event occurred in favor of the naval movement. A letter from General Washington was read in Congress in which he reported that he had taken under his command, at Continental expense, three schooners to cruise off Massachusetts to intercept enemy supply ships. The commander in chief had preempted members of Congress reluctant to take the first step of fitting out warships under Continental authority. Since they already had armed vessels cruising in their name, it was not such a big step to approve two more. The committee's proposal, now appearing eminently reasonable to the reluctant members, was adopted.

The Continental Navy grew into an important force. Within a few days, Congress established a Naval Committee charged with equipping a fleet. This committee directed the purchasing, outfitting, manning, and operations of the first ships of the new navy, drafted subsequent naval legislation, and prepared rules and regulations to govern the Continental Navy's conduct and internal administration.

Over the course of the War of Independence, the Continental Navy sent to sea more than 50 armed vessels of various types. The navy's squadrons and cruisers seized enemy supplies and carried correspondence and diplomats to Europe, returning with needed munitions. They took nearly 200 British vessels as prizes, some off the British Isles themselves, contributing to the demoralization of the enemy and forcing the British to divert warships to protect convoys and trade routes. In addition, the navy provoked diplomatic crises that helped bring France into the war against Great Britain. The Continental Navy began the proud tradition carried on today by our United States Navy, and whose birthday we celebrate each year in October.

*Excerpted from the official U.S. Navy website.*



Photo # NH 2889 "Old Salts of the Square-Rigger Navy", on board USS Mohican, 1888

## AFRH residents celebrate Navy's 231st birthday with ceremony

Story and photos by Sheila Motley

The 231st Navy's birthday celebration was held 13 October 2006 in the Scott auditorium with follow-on refreshments in the corridor dining hall. The highlight of the ceremony was Master Chief Sharon Cane of the National Naval Medical Center. Master Chief Cane stated to our residents, "my gratitude for each of you runs deep in my heart. I could not have accomplished what I have in this short 24 year career, nor would I be standing here in this uniform today, if it had not been for you." Additionally she stated, "Each of you was responsible for building many of the fundamental principles we still use in today's military: covenant leadership, pride and professionalism, service with honor and our customs and traditions."

After the ceremony residents and guests commenced with the cutting of the birthday cake with the eldest being resident Pasquale Guidice and the youngest, Seaman Dargan, who is presently assigned to the U.S. Navy Ceremonial Guards. He stated, "it is interesting being here and seeing the residents and learning the difference of yesterdays' military compared to today's armed forces."

The event was superbly hosted by Chief, Volunteer Services, Melodie Menke. Refreshments and music followed in the corridor dining room.

The oldest Navy member, Pasquale Guidice, and the youngest, Seaman Dargan, cut the cake.



*"Each of you was responsible for building many of the fundamental principles we still use in today's military: covenant leadership, pride and professionalism, service with honor and our customs and traditions."*

*Master Chief Sharon Cane  
National Naval Medical Center*



From left - Margaret Jirak, Pasquale Guidice, Jewel Poteet, Seaman Dargan, Frank Nelson, and Walt Hutchins along with other resident & sailors join together for the cutting of the cake.

# October filled with activities for our residents

## Autumn Festival draws large crowd with arts, crafts for all ages

By Mary Kay Gouinger

The cooler weather that blew through DC earlier this month combined with a sunny chilly Saturday, October 21, made for a perfect Autumn Festival. The event was hosted by Recreation Services and was an opportunity for our resident artists to display their artwork to the local community as well as to their fellow residents.

Jackie Bell, Rec Services Art Specialist, said, "We had well over 200 people here for the Festival. Our resident artists each brought five or six of their paintings over to display. Some sold some of their art and we had other residents setting up tables selling ceramics and other items they had made throughout the year."

Art students from local colleges in the area attended the event as well as local vendors selling arts and crafts and local residents.

"We had all types of arts and crafts on display and for sale all day," said Jackie. "Besides the art, we had residents and vendors selling wood working, ceramics, floral arrangements and just a wide variety of things. One resident brought down some chimes he had made and they sold out very fast. I'm an art lover so I naturally enjoy



seeing all the wonderful things the residents had on display."

Jackie has worked at the AFRH for 11 years. She works with residents in the woodshop, the ceramic shop, the puzzle room and even works with a chorus

group that performs every year during the holiday season.

"We are working now on putting together another arts and crafts show in December and our chorus group will perform then," Jackie said. "About her job, she said, 'I just love it. I couldn't have a better job because I love working with people and I love the arts. My job is the perfect combination.'"

If you are interested in starting a new hobby with arts and crafts or maybe picking up and re-starting a long-lost hobby, see Jackie and she'll get you on your way. She always welcomes newcomers and if you like to sing, you are invited to join the chorus group as well. Jackie can be reached at ext. 3585.



## DC Mounted Patrol gives performance

Story by Jerry Carter

Photos by Don Fishback

On Wednesday, October 4, the U.S. Park Police Mounted Horse Unit visited the AFRH. Officer Brian Huss, along with his 14 year old horse Carrots, demonstrated some of the essential duties performed by their unit. Officer Huss answered questions from residents and provided information on the patrol responsibilities and history of the U.S. Park Police Horse Unit. Thanks to Officer Brian Huss and his companion Carrots for the mounted horse demonstration.



Officer Brian Huss trots Carrots in the grassy area in front of Scott building as part of the demonstration.



Officer Brian Huss, of the Police Mounted Horse unit, answers questions the residents have about the mounted patrol and how the horses are trained to be in the unit.



Marie Townsend gives Carrots a rub on the nose and tells him what a good job he is doing.



Marion Marques gives Carrots a treat after her performance for the residents. Carrots has been with the Mounted Patrol for five years.

## Antique Car Show - a step back in time



A resident stands there thinking, "she still turns me on."



Warren Helm checks for the original parts. Yep, they're here.



A race against the clock to rebuild the Model T.



Residents gather around to discuss the good ole days.

Photos by Sheila Motley

## Radio City Rockettes visit

The AFRH residents welcomed the Radio City Rockettes to their Home on Oct. 18. For more than three quarters of a century, the world famous Rockettes have been a legendary force in entertainment. Their annual starring role in The Radio City Christmas Spectacular at Radio City Music Hall, and in numerous other cities across the U.S., is enjoyed by more people in one year than any other live show in America - more than 2.1 million people annually.



Top left photo - Pete Carter graciously welcomes a member of the Rockettes.

Left - Perry Vick greets a Rockette and welcomes her to the AFRH.

Above - Evelyn Whitaker poses for a photograph with two members of the world famous Rockettes.

Photos by Sheila Abarr



## Residents attend National Book Festival

By Wilfred "Mac" McCarty

Our wonderful new librarian, Mary Darden, arranged for some of the AFRH residents to visit First Lady Laura Bush's National Book Festival on the Mall on 30 September 2006. The first speaker at the Biography - History tent was Doris Kearns Goodwin. She said she was glad to be with us after living with Abraham Lincoln, the sixteenth president of the United States, for ten years, the time it took her to finish her latest book, *Team of Rivals, The Political Genius of Abraham Lincoln*.

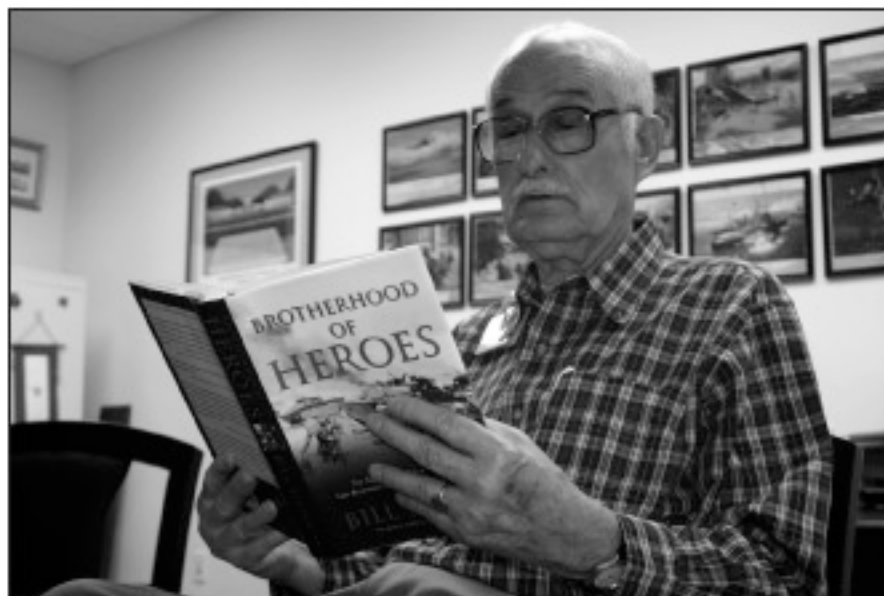
At the young age of nine Abraham Lincoln lost his mother, Nancy Hanks Lincoln. In 1818 an attack of milk sickness struck the Little Pigeon Creek community where the Lincolns resided. The disease was contracted by drinking milk from cows which had grazed on poisonous white snakeroot. Nancy took ill and for a week she struggled, but she knew she was failing. On October 5, 1818, Nancy Hanks Lincoln passed away at the age of 34. At an early age he reasoned that if he did something good in life they would meet again. I have not read the book yet, but did find a photo of the Old Soldiers Home.

Edward M. Stanton treated Lincoln with utter contempt at their initial acquaintance when the two men were involved in a celebrated law case in the summer of

1855. Unimaginable as it might seem after Stanton's demeaning behavior, Lincoln offered him "the most powerful civilian post within his gift"—the post of secretary of war—at their next encounter six years later. The Stanton and Lincoln families spent many summers at the Old Soldiers Home presently known as the Armed Forces Retirement Home.

When Ms. Goodwin was asked how she happened to become a writer she said when she was about six she would listen to the ball games and when her father came home she would tell him what happened. At first she would say *The Dodgers on!* Then she found it was more effective to tell him what happened inning to inning and tell who won at the end. She later became interested in history.

Someone asked Ms. Goodwin if she thought Lincoln could be elected in this day and age, with candidates saying bad things about one another? Her reply was, "they did then too." Lincoln was a good politician so it is possible that he would be elected today. Goodwin now lives in



Norman Godfrey spends time in the AFRH library. If you haven't visited the library in awhile, now is the time to check it out and meet our new librarian, Mary Darden.

Massachusetts. I hope that some day she will come visit the Lincoln Cottage and us when she is in Washington. Her talk was so well organized and interesting. It was an interesting outing. Goodwin is a former Harvard Professor. She received the 1955 Pulitzer Prize in History for her novel, "No Ordinary Time Franklin and Eleanor Roosevelt."

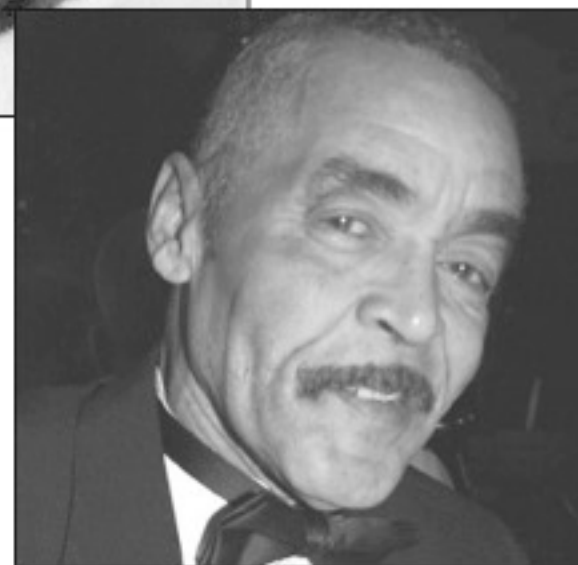
Mary, we would like to thank you for the unique opportunity to become more familiar with the life and times of Abraham Lincoln.

## Then and Now...

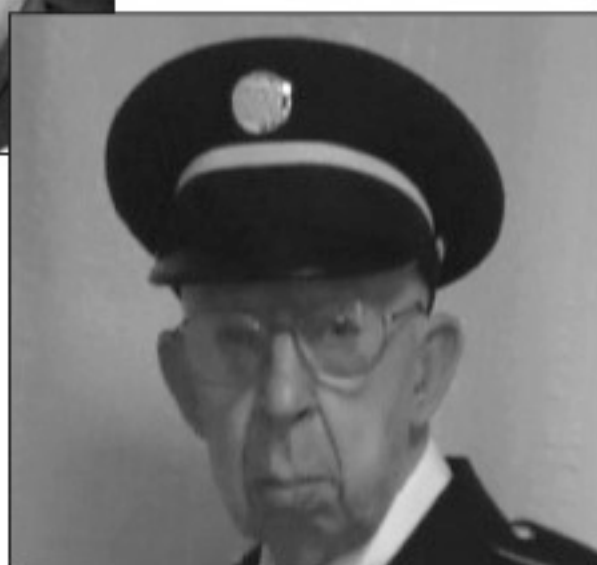
Roy Pickel



Vincent R. Van Allen



Carrol Collins



Ernest Eldridge



## Military Historical Milestones

### U.S. Air Force

**7 October 1966** – The U.S. Air Force selects the University of Colorado to conduct independent investigations into unidentified flying objects reports.

### U.S. Army

**65 Years Ago** – 26 July 1941 – Douglas MacArthur is recalled to active duty with the rank of major general and given command U.S. Army Forces in the Far East.

### U.S. Marines

**1775** – Our beginning; Continental Congress authorizes two battalions of American Marines.

### U.S. Navy

**1966 to 1976** – Introduction to the Japanese Marine Self-Defense Force (JMSDF) of the QH-50C/D. The U.S. Navy supplied the JMSDF four QH-50C/D aircraft. The Nissho-Iwai Trading Company procured an additional fourteen QH-50D drones for the JMSDF DASH program. Deliveries commenced in early 1967. While flying over 2000 flight hours during this period, they achieved the lowest operational losses of any deployed system; their mean time before losses (MTBL) was 500 hours.

## Invitation to all AFRH residents



**CMDM Danny Duval**, the Command Master Chief of the Naval Construction Battalion Center, Gulfport, Miss., will be retiring from the U.S. Navy on Dec. 8 at 10 a.m. at the CBC Chapel.

Any resident in the Gulfport area is invited to attend the ceremony and reception following. Good luck to Master Chief Duval and many thanks for his support to the veterans of the Armed Forces Retirement Home throughout the years.

## Looking for mail?

Attention all former Gulfport residents. If you have not done a permanent change of address with the U.S. Postal Service, you need to do so now. The temporary change of address that was used after Hurricane Katrina is no longer in effect and all mail addressed to 1800 Beach Dr. is being returned to sender.

## A special wedding anniversary

# Residents celebrate 60 years that started while they served

Story by Mary Kay Gominger  
Photo by Sheila Abarr

Residents Billy and Sally Blythe were married 60 years ago in Chapel #3 at Kelly Field in San Antonio, Texas. The wedding date was October 26, 1946. Billy was a ground to air radio operator in the Army Air Corps and Sally was a control tower operator with the Women's Air Corps. As it happened, they both got off work each night at midnight and one fateful night, Billy asked Sally if she would like a ride back to the barracks. It was about a mile walk so Sally readily agreed.

"Billy was the only single man around with a car," Sally said. "So he was always very popular." Sally remembers the car well, it was a 1940 Ford.

"When we first started dating we went to the NCO Club for dances, or to the movies. Sometimes we just rode around with a group of our friends," she said.

The two married and when Sally became pregnant with their first child, she left the service. She and her husband, and now growing family, spent the remainder of Billy's military career traveling around the world to duty stations such as Japan,

Alaska, Oklahoma to name a few but it was the tour in Biloxi they enjoyed and upon retirement, they bought a house on the Mississippi Gulf Coast and settled down.

Years later, Sally remembers reading about the Armed Forces Retirement Home in the local newspaper. She and Billy checked it out and decided it would be just the place for them. They still enjoyed traveling and visiting their four children and being free of their home would give them more time to do that.

"We loved our room on the 2nd floor in Gulfport. It was very spacious and was just perfect," Sally said. The couple has made the AFRH Washington their home until the home in Gulfport is rebuilt.

When asked what has kept the marriage together for 60 years, Sally said, "love, consideration and being as polite to your spouse as you are to strangers." Billy commented, "It was easy with Sally."

The biggest challenge the couple endured was all the moving with the Air Force.

"We had two sons and two daughters," Sally said. "Every two or three years, I had to convince them the next place we would go would be better than this. As they



## What's the secret to their happy marriage?

*"...love, consideration and being as polite to your spouse as you are to strangers..."*

Sally Blythe

got older, it got harder for them to move and leave their friends.

"We tried to look at moving as an adventure and made it fun. I told them, anyplace you go, it's what you make of it," Sally said.

Now, she and her husband of 60 years are following their own words of wisdom as they settle in and make the DC campus their now home.

*"...it was easy with Sally..."*

Billy Blythe

"It's all in your attitude," Sally said. "You can be as happy or as miserable as you want to be wherever you are."

Sally and Billy enjoy walks around the grounds and they go on some of the trips offered by Recreation Services. Sally also volunteers in the Volunteer Coordinator's office.

# AFRH hosts the 2006 U.S. Armed Forces Open Chess Championship

*A pawn, then another, a knight, then another... checkmate....*

Story and photos by Sheila Motley

The 47th Annual US Armed Forces Open Chess Championship (USAFOCC) hosted by the AFRH on October 7-9, 2006, is now in the, proverbial, history books. If you missed this event you missed an absolutely superb American Chess Tournament.

The participants totaled 59 from all of the five service branches, old and young, reserve, guard, active duty and retired alike were in attendance. After receiving training sessions from local military chess players Maj. Charles Musselman and SSgt John Farrell our AFRH residents participated in the event. Gerald Hutchins placed 53rd and

Glynn L. Davis placed 54th the tournament.

West Point Cadet David Jacobs outpaced the competition for the third straight year in a row. Jacobs utilized a field artillery battery to successfully shell enemy positions in rounds 1-5 and in game 6 he coasted to a draw with LtCol Dough Taffinder, 4.5 points and 3rd place champion, to clinch the Championship honors. In game four Cadet Jacobs demonstrated his military understanding of the counter attack and the counter punch. In game 4, Cadet Jacobs played Air Force Sergeant Robert Keough. Keough handled the white forces while Jacobs commanded the black forces. Keough jumped out snatching space and he unleashed a dangerous attack against Jacob's Kingside castled monarch in the Shevenigen System of the Sicilian Defense. Keough pressed the attack and came within one move of mating the reigning USAFOCC Champion. Then,

out of no where, Jacobs found a counter attack against Keough's Queenside castled King. The counter attack forced Keough to make a strategic retreat to repel Jacob's forces. Keough could not execute the retreat fast enough so Jacob's forces broke through enemy lines and captured the white King. The game was absolutely exciting and worth watching again.

Cadets from West Point, The US Naval Academy and from the US Air Force Academy participated in the memorable event. The West Point Cadets took first place team honors among the academy chess teams while the Air Force Academy took second place honors. The Army Chess Team took first place overall by one point over the Air Force Chess team which

scored second place.

Seventy-nine year old Retired Air Force Lieutenant General Earl Brown Jr., honored the event with his presence. General Brown did not play but inspired all of the participants with his love for the game and absolutely engaging stories about his time on active duty. General Brown encouraged the participants to "...use chess to become better soldiers, sailors, airman and marines, and to become better persons." He challenged the participants to "...see the world through the prism of chess."

The Booze Allen Company donated a sizeable amount of money to finance this event. Mr. Zachary Kinney, USA (Ret) stated "the 2006 USAFOCC will go down in history as one of the most successful military chess events ever."



Resident Bill Adams (right) presents MGySGT James Adkins with the book 'Pennsylvania Amazon Princess Railroad.'



A chess opponent waits for Glynn L. Davis to complete his move.



Gerald Hutchins (left) completes a strategic move while his opponent thinks "when you don't know what to do anymore, it's time to panic."



Left to right - Glynn Davis and Gerald Hutchins receive awards for their participation in the chess tournament from LTC Charles Taffinder.



## Active lifestyle keeps resident on the road visiting, helping others

By Mary Kay Gominger

We all face adversity in our lives; there are high points, low points, and at the end of the day, what it really comes down to is - your life story is not told by the events that happen in your life but your reaction to those events. And there is no one better to attest to this fact than our own resident James (Jim) Odell Hart.

Jim is 78 years old and has been a resident at AFRH for five-and-a-half years. He has been diagnosed with multiple sclerosis, and is a diabetic. He's now confined to a wheelchair and has been for several years. Confined though, is not a word that in any way describes the lifestyle of Jim Hart.

Last month, Jim attended his 61st high school reunion in Uniontown, Penn. Jim rented a handicapped accessible van, picked up a friend, and drove to his hometown to attend the event.

"I graduated in 1945 from Georges Township High School. There were 98 in our graduating class. Today, 32 are living and we had about half of those at the reunion," Jim said.

"I've only been able to attend three or four of these reunions over the years because I was out of the country so much with the Air Force," Jim said. Jim joined the Air Force in 1952 and retired in 1972. At the time of his retirement, he was the Pacific Fleet Publication Distribution

## Resident Profile

Manager and was stationed in Hawaii. He retired as a Tech Sgt, E-6.

"You have to understand what it was like to be a black man in the service when I enlisted," Jim said. "My history, starting from childhood and going to elementary school as the only black child and then being one of a handful of blacks in the military - these things influenced my life and influenced how I look at things now and the whole experience strengthened my faith in God and that's why I have such a positive attitude now.

"There were white men doing the exact same things I was doing and they become E8s and E9s. I trained many guys and they went on and got promoted and I didn't. I saw black men that served 25, 27 years and retired with three stripes. But

those were the times. You couldn't dwell on it. I was grateful to be in the Air Force and to be able to receive the benefits associated with retirement," Jim said.

Jim has had a wide assortment of jobs since his retirement in 1972. He worked with the state welfare department, in a maximum security penitentiary, he was a barber, bartender, cab driver - he even worked at the AFRH for a time and he worked at the Smithsonian for 10 years.

"There's not much I didn't or can't do," Jim said. He is also a licensed minister.

Joining the AFRH didn't change his lifestyle - earlier this year Jim was awarded the Presidential Volunteer Gold Medal for over 2,000 hours of volunteer services, with a certificate signed by President Bush.

### This volunteer does make a difference



**A Gold Medal Volunteer**

**Jim Hart (left) greets visitors and makes them feel welcome in the Volunteer room. Jim has been volunteering at the AFRH for many years.**

"In the volunteer program, we are only required to work 12 hours a month. I sometimes work six hours in two days," Jim said. "I assist in the volunteer team room now - keeping coffee and snacks available for our volunteers. I also play the piano for chapel services when needed."

Melodie Menke, Director Volunteer Services, said, "Jim is wonderful to work with and has great ideas and is always charming to our volunteer visitors. He is always on hand to help out on our busy Saturdays too," she said.

Jim's philosophy in life is this - and it has gotten him through many a trial and tribulation over the years:

*"If someone loves you, love them back unconditionally, not only because they love you but because they are teaching you to love and to open your eyes to things. Make every day count, appreciate every moment and take from those moments everything you possibly can for you may never be able to experience it again. Talk to people you have never talked to before and actually listen. Let yourself fall in love, break free and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself for if you don't believe in yourself, it will be hard for others to believe in you. You can make your life anything you wish. Create your own life and then go out and live it with absolutely no regrets."*

Jim also encourages his fellow residents to socialize and enjoy the fellowship at AFRH. "It's hard to be a part of a community if you separate yourself," Jim said

## Chaplain's Corner

### A message of "respect" from the Chaplain...



"Just imagine what this home would be like if everyone here showed that we had a clear grasp of this concept by the way we interact with one another. Isn't this idea really what

RESPECT is all about, how we treat and interact with one another?"

Remember these words? They were the concluding thoughts involved in the series that I shared with you about a new way of looking at and defining, through our actions, the word RESPECT. How have you done with that self-examination and then with the change of behavior? I must admit, I have been thrilled at the fact that others have made efforts to hold me accountable for what I confessed would be my starting place in this process of looking in the mirror. A hearty "Thank you!" to these persons.

Without saying the words, I gave them permission to encourage me in my walk of RESPECT. Doesn't this scenario sound something like "being my brother's keeper"? Such a behavioral attitude of taking care of one another occurs many times at AFRH, especially, as I have observed, at Tables #28 & 29. May I challenge you, please, to be in this same place (no not at these tables, but in this place of accountability and caring) with someone else in our Home? And, "Yes, it is our business!!"

What a lengthy but perhaps appropriate introduction to our topic of discussion for this issue - "It's a Matter of Choice"! Last week, a member of the congregation wanted to share with me an article from a magazine that he was about to dispose of. He was thoughtful in under-

standing that many things cross my desk and perhaps too much comes in that I don't have time to read. I accepted the magazine and was almost immediately taken by the title of the article, "Carpe Diem - Seize the Day", and began reading as soon as possible.

Vincent M. Newfield, the writer of the section in the magazine called Real Life Perspectives, begins his article with a short introduction that I feel is meaty enough for me to quote here. "Time seems to fly by so quickly. Days turn into weeks, and weeks turn into months, and months turn into years. It's true that time waits for no one,

***"...it really is a matter of how we think about a situation, and whether or not the outcomes of that situation control us or are controlled by us."***

and we cannot turn back the clock or relive any part of our past. But we can learn to value the time we have and savor each season of our lives." He divides this topic into three areas: "Value where you are"; "Don't be afraid to take risks"; and "Savor the flavor of the season you're in". Newfield admonishes his readers to make sure we are "seizing each day" of our lives by experiencing to the fullest the good that it brings; and to gain some lesson that comes with those things that are not so good. Much if not all of what he says is indeed a matter of our choice.

It is comforting for us to remember that, "[God] has made everything beautiful in its time." (Ecclesiastes 3:11) And if this is what we know to be the case, then we are able to proclaim with the writer in Romans,

"... And we know that all things work together for good to those who love God; to those who are the called according to His purpose."

In order to have such an attitude, I believe, as the writer of this article contends, we need to recognize that our lives are full of purpose and intent. Each moment has its influence on our lives, and the activities of those moments are filled with reason. How we choose to respond (not "react") depends on our focus and our desire to see the good. We are called upon in another passage to think on things that are "... true ... noble ... right ... pure ... lovely ... admirable ... excellent ... [and] praiseworthy. . ." (Philippians 4:8 NIV) It really is a matter of how we think about a situation, and whether or not the outcomes of that situation control us or are controlled by us.

Therefore, because tomorrow is not promised to us, nor is the next minute, we are charged to take advantage of what we have right now and gain as much as we can from the present. But all of this behavior is a matter of choice. I know someone might say, "Well, it's easy for you to say this to us when your life is without difficulty or free of hurtful circumstances." Yet, I must remember that the writer of the above passage in Philippians was in prison and knew that he would die soon when he wrote this letter of great joy and hope. He even says later on in the same chapter, "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him Who gives me strength." (Phil.4:12, 13 NIV) As Paul had to learn this behavior, then so must we, in order to make the right choices.

It became necessary for me to share the "Carpe Diem" article with the members of the Bible Study that very night - as if I had to seize the moment to make sure others

read about "seizing the day." I believe more needs to be said about this topic of "Choice" at a later date. Thanks for your time.

Chaplain John Goodloe

## A special poem by a special resident

In my teens, I wrote this poem to express my feelings, without having anyone in particular in mind. Many years later, near Christmas, my mother died; and the very next day, her very best and last friend died. The poem came back to me because I knew that these dear friends had a place in their hearts for each other; and I dedicated the poem to them. Now I'd like to share these feelings with you.

### A Special Place

By Kathryn (Katie) Browning

*I have a little place in my heart marked "special," for special friends like you; And in this little place in my heart marked "special" Are very, very few.*

*I hope in your heart is a place marked "special" For a friend I'd like to be; And I hope in this place in your heart marked "special" Is a special place for me.*

## 'Hats off' to our resident runner

### Running not the only interesting thing this residents gets into

By Wilfred McCarty

My 90 year old friend Fay Steele is running in the Army Ten Miler race today (Oct. 8, 2006). He is the oldest one registered to participate, the next oldest is nine years younger. The average age is 37 this year. He has been running marathons all his life.

One time he told me that at the Marine marathon they had a tent where you could leave your billfold and clothes. When he returned, the tent was gone and so was all his stuff. (The Marines had taken the stuff not claimed back to Quantico and Sheila Abarr's husband retrieved his things.) But in the meantime, he had to get back to the Home in just his shorts and no money or identification. He talked a nice taxi cab driver into bringing him back to the Home with the promise he would get money there.

Another time, with the first name Fay, the authorities in a mix-up, gave him an award for both the women's and men's category.

After he got out of the service, he one time researched birds on the island of Mauritius off Africa for the Smithsonian Institute. With the first name Fay, I believe it was the British that nominated him as Outstanding Scientist and he was nominated for Who's Who Women of the World. He laughs that he did not make it because he could not pass the physical.

One time in the service he worked at the American Embassy in Moscow. After a May Day parade he and a buddy were riding in a car driven by their Russian driver that claimed he could not speak English. They were discussing how many horses were in

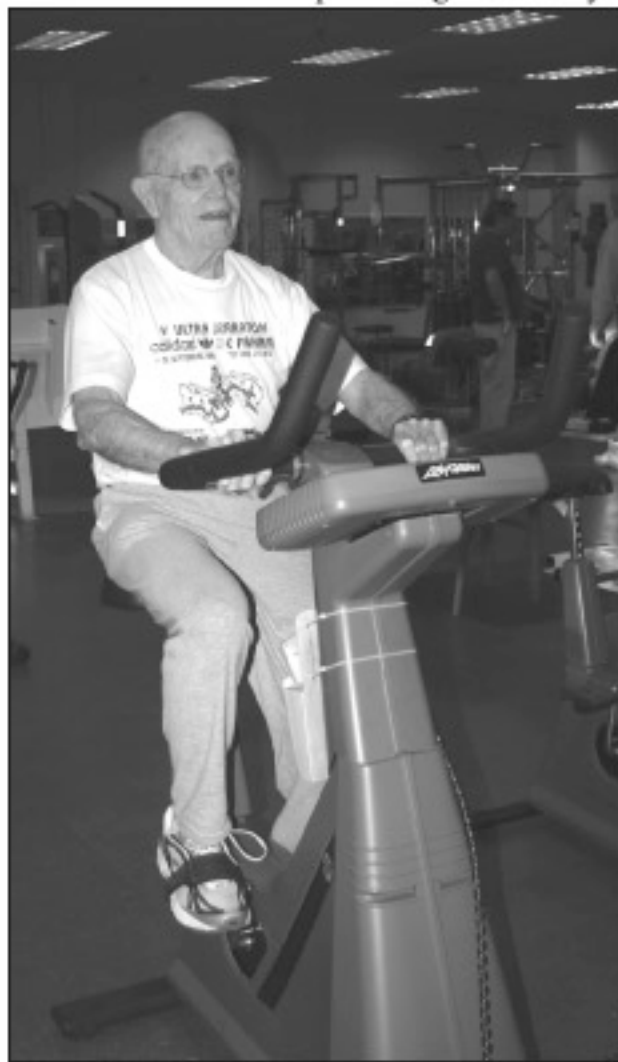
the parade and Fay said something like 539. His buddy asked how he knew and he said he counted their legs and divided by four. The Russian driver laughed and gave away the fact that he did not understand English.

One time in Panama in 1940 he beat the record for crossing the isthmus 52 miles finishing in 12 hours. He did this five more times, his second time occurring 41 years after the first. At 70, he ran it in 8:47. You often see him early in the morning running on the grounds while I am still trying to get my eyes open.

I call Fay Steele our man of steel and take my hat off to him.

Fay Steele rides the exercise bike in the fitness center to warm up for his daily morning run.

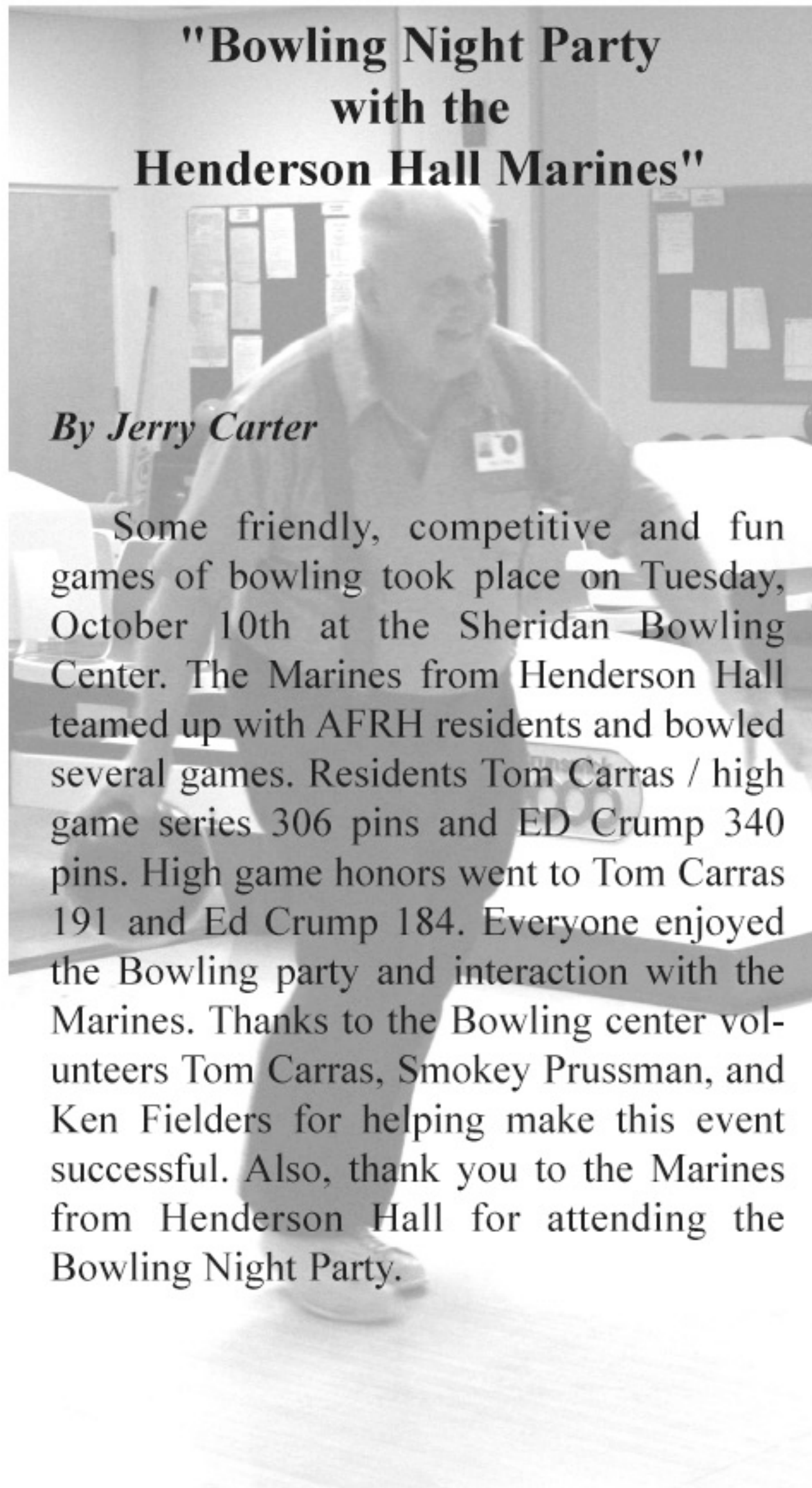
Photo by Sheila Abarr



## "Bowling Night Party with the Henderson Hall Marines"

By Jerry Carter

Some friendly, competitive and fun games of bowling took place on Tuesday, October 10th at the Sheridan Bowling Center. The Marines from Henderson Hall teamed up with AFRH residents and bowled several games. Residents Tom Carras / high game series 306 pins and ED Crump 340 pins. High game honors went to Tom Carras 191 and Ed Crump 184. Everyone enjoyed the Bowling party and interaction with the Marines. Thanks to the Bowling center volunteers Tom Carras, Smokey Prussman, and Ken Fielders for helping make this event successful. Also, thank you to the Marines from Henderson Hall for attending the Bowling Night Party.



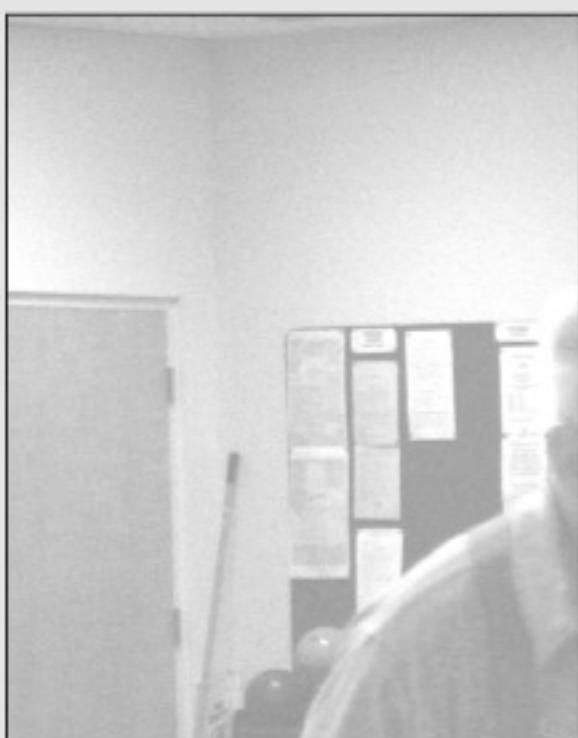
## Golf Course News

### Active Aging Week Putt-Putt

By Matt Kayson

On Tuesday, September 26, fourteen residents made their way to the golf course putting green to test their skills with the putter. They navigated their way through brush, rock, wood, and brick obstacles on the four-hole course to determine who would be the best putter.

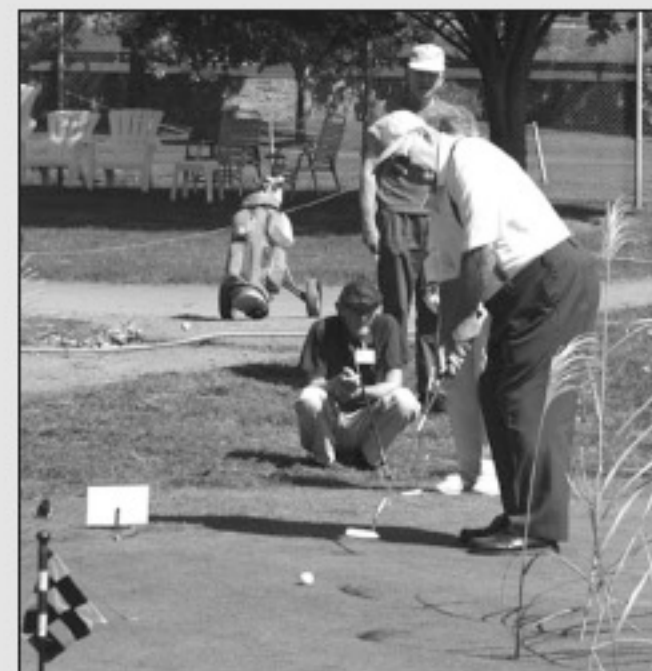
In the end it was Emil Byke whose one over par 17 won the day. One stroke behind were Mimi Rivkin and Frank McCabe. Thanks to Jerry Carter from the Wellness Center and golf pro Matt Kayson for organizing and setting up the event.



Matt Kayson, AFRH golf pro, gives resident Pete Gardner putting tips.



Emil Byke navigates through the brush but for a skilled golfer like Emil, it's a breeze.



Mimi Rivkin shoots for a hole in one during the putting competition.



A Navy petty officer shows her shipmates the uniforms the Navy women wore back in the 40s. Several of the lady residents brought memorabilia from their days in the military down to display to the active duty women during the Let the Generations Meet event held last month.

# Let the generations meet

## *The gap closes as AFRH lady veterans meet with today's active duty work force*

Story and photos by Mary Kay Gominger

Someone famous once said, "you can't fully appreciate where you are until you know where you came from." The meaning of that quote became crystal clear to those in the dining room on Sept. 28, 2006, when a group of active duty military women, from all branches of service and various commands around the DC area, met with many of the women veterans of the Armed Forces Retirement Home.

It was the fourth such get together, officially called 'Let the Generations Meet.' Melodie Menke, AFRH Volunteer Coordinator, came up with the idea and since then, the event has become more and more popular and now has started to take on a life of its own.

"This was the most interactive group of active duty we have had out," Melodie said. "We had 60 active duty females and 20 lady veterans. Eight of our ladies had display tables with their memorabilia; which went over very well.

"The ladies are very excited about planning the next one, which will probably be in January," Melodie continued. "It's their event now and I think that is exciting, that they have so much enthusiasm towards meeting our active duty women and exchanging information and comparisons about the military then and now."

Laughter and utterances of amazement could be heard around the tables as the younger active duty women saw the uniforms the lady veterans were required to wear and eagerly listened as the veterans told of

the rules and regulations they operated under and how they have changed through the years.

HM2 Rachelle Arriola, from the National Naval Medical Center, said, "This is very interesting. When I heard about the trip over here, I knew I wanted to come and see what this was about. These ladies have some amazing stories and I've enjoyed talking to them."

Several of the active duty females said they had never heard of the Armed Forces Retirement Home and saw the AFRH on their pay stub but never knew where the .50 was going.

"I'm glad to see where my money is going," said one enlisted Navy member. "Now that I see where my money is going, I don't think what we active duty give is nearly enough. This is a good thing, to have this home for our veterans."

The event captured the attention of the media and the Pentagon Channel as well as Navy News were on site to cover the event.

The team leaders for the Let the Generations Meet were Marion Marques and Frances Scott. Other team key players were Jeanne Beasley, Willa Cooper, Sally Blythe and Mimi Rivkin.

"What was nice about the event this time was that we had senior enlisted and officers accompany the younger troops," Melodie said.



An AFRH lady veteran explains what it was like when she served on active duty. Both the active duty and veterans enjoyed meeting and visiting with each other.



A resident shows two active duty members photographs from her days in the military. The ladies mingled, looking at memorabilia from days gone by and then went on a tour of the AFRH. The event was sponsored by Volunteer Services.



Resident Doris Jones, right, shows the active duty members some of the items she has kept from her days in the service.