



Armed Forces Retirement Home

Communicator

VOLUME IV NUMBER 11

ARMED FORCES RETIREMENT HOME

NOVEMBER 30, 2007

First Lady Bush at AFRH to visit President Lincoln's Cottage

"...it's about helping people see beyond the pages of a history book..."

First Lady Laura Bush

Story by Erin Carlson Mast, Curator, National Trust for Historic Preservation, Lincoln Cottage
Photo courtesy of NTHP

Armed Forces Retirement Home, Washington, D.C. -- First Lady Laura Bush toured President Lincoln's Cottage on Tuesday, November 6 as part of a special event honoring donors to the restoration project. Following the tour, Mrs. Bush spoke to the guests. She related the challenges that Presidents and their families have faced throughout history, and in particular the difficult decisions that faced the Lincoln's in the name of preserving the union.

The First Lady thanked those who have supported the project and worked toward completing the preservation and interpretation of the Cottage, commenting, "The result is a

First Lady Laura Bush stands on the porch of the Lincoln Cottage with (left) Richard Moe, President, NTHP, and Frank Milligan, Director, President Lincoln's' Cottage at the Soldiers' Home.



living landmark that proves that historic preservation isn't all about old museums that store dust-covered artifacts, but instead it's about helping people see beyond the pages of a history book, about taking young explorers on an educational odyssey so they can travel back in time and really feel like they've participated in history themselves."

Mrs. Bush is honorary chair of Preserve America and the Save America's Treasures, which offers grants for historic preservation. President Lincoln's Cottage is designated a Save America's Treasures project.

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Remember Pearl Harbor

On Saturday, December 1 at 10 a.m. in Scott Theater, come and witness a live performance of a Tribute to Honor those brave veterans who sacrificed so much to preserve our Nation's Heritage and Freedoms.

Remember Pearl Harbor is a ceremony that commemorates a time in American history that should never be forgotten. It was created to honor the survivors of Pearl Harbor, their families and friends, and to those who died during the attack on that Sunday morning in December 1941.

"A Day that will live in infamy."

Sunday, December 7th, 1941

Cherie McClung, a Public Affairs Officer with the U.S. Government, offers a unique insight into the contributions of the 59,000 women who served in the Army Nurse Corps during WWII. Cherie was a model for the National WWII Memorial where her image was used to create the sculptor's vision of women in the U.S. Armed Forces and of women factory workers in various relief scenes located on the east and west ceremonial walls of the memorial.



Delmas Wood, Owner/Director of the FDR Living Museum, located in Olney, Maryland, will appear in his highly acclaimed portrayal of Franklin Delano Roosevelt. Mr. Wood will deliver the December 8, 1941, "Declaration of War" speech as FDR. This speech was heard by the largest listing audience in radio history, when 60 million people were "glued" to their radios.



AFRH Resident Advisory
Council Column



To develop additional revenue sources, AFRH is in the process of completing a lease agreement with a private developer for 76 acres of AFRH property. The revenues from this development will be contingent upon local market conditions so any financial planning model should assign an appropriate risk factor to anticipated revenue from this source. An additional revenue source was authorized by Congress within the NDAA of 1995 Public Law 103-337 which authorized an increase in the payroll deduction of designated active duty military personnel to an amount not to exceed \$1.00. The legislation assigns the decision to initiate the collection of the additional \$.50 to the Secretary of Defense. This revenue source has not been implemented. Note: DOD Financial Management Regulation, Vol. 7A, Chapter 46, February 1999 states: "Monthly deductions, up to maximum of \$1.00 are set by the Secretary of Defense after consulting with the Armed Forces Retirement Board."

As the Gulfport facility comes on line, additional operating expenditures will be required which are not currently obligated. Critical capital improvement requirements at AFRH-W require approximately \$360 million in the near future. The revenue not realized from NDAA '95 to '07 would have produced a net increase in the AFRH trust fund of approximately 25% of the capital improvement expenditure requirement. If this assumption is discounted it can be argued that the dollar value lost, if received, could have been used to improve the financial posture of the trust fund and/or make continuing improvements to the quality of life and the quality of care for the distinguished residents of the home. This increase of \$.50 would realize an additional \$7 million dollars per year, and for the past 12 years, it would have realized \$84 million dollars plus interest for the AFRH trust fund.

As an appointed member of the AFRH Local Advisory Board which met this past September, I was quoted in the Board Minutes "...the AFRH Resident Advisory Council Chair went on record stating that Congress passed the law which authorizes the payroll deduction up to \$1.00 and thought it should be implemented."

During the September AFRH Local Advisory Board meeting the COO established a committee to make recommendations relating to improving the marketing of the AFRH to the potential client population. The COO also established a committee to make recommendations relating to establishing AFRH as a "brand name" within the active and retired military community. With the continuing inability of AFRH to increase the resident population these initiatives are a sound management decision. If aggressively pursued, both of these initiatives will require a substantial investment.

A policy decision to implement the portion of the NDAA of 1995 which authorized the increased amount contributed by designated military personnel would: (1) increase the AFRH trust fund; (2) provide revenue to offset capital improvement expenditures; (3) potentially increase the brand name recognition of AFRH; (4) provide a pool of funds that could be designated for marketing and branding efforts.

Anecdotal evidence indicates that the enlisted active military ranks are not opposed to an increase of \$1.00 deduction to support the AFRH facilities at Washington and Gulfport.

W.R. (Kit) Kitson, Chairman, RAC

AFRH COMMUNICATOR

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

Become a resident today! Washington, DC & Gulfport, MS



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

Eligibility:

Military veterans from each service branch can live at AFRH.

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

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

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

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

AFRH sponsors luncheon with the Military Coalition, more to follow

This month AFRH kicked off a new quarterly luncheon program with the Military Coalition (TMC). TMC is comprised of 35 military organizations located all over the country but headquartered here in DC. Members of TMC share our commitment to provide high quality care for our veterans. The luncheons are designed for TMC members to meet and socialize with our residents and strengthen the bond between AFRH and TMC for the next generation of veterans.



Robert Price, (left) Deputy Director of Military and Government Relations for the Air Force Sergeants Association, which is part of the Military Coalition, meets with RAC Chairman Kit Kitson during the luncheon held here on Nov. 14.

Photo by Sheila Abarr



**Please note:
The photo taken on page 4 of last month's issue of the wreath laying at the Tomb of the Unknown Soldier was taken by Otis Motley, IFPO Photographer.**

Message from the Chief Operating Officer



The month of November has come and gone, seems all too quickly, but progress on projects we have underway at both campus locations continue to move forward smoothly.

You can keep up with the progress of the Gulfport demo/rebuild by going to our website. Photos of the site are updated weekly so

that you can monitor the removal of the remains of the building and see first hand the new construction from the ground level up. Last month we published the design concept of the new Gulfport facility and as the general contractor (Yates Construction), working with GSA finalizes those plans, we will provide that information to you.

The AFRH Final Master Plan for the re-development of the Washington campus continues to move forward as well. If you will recall, AFRH originally presented a draft Master Plan to the National Capital Planning Commission (NCPC) in February 2006, and received feed-

back on the plan from NCPC at that time. Since then, AFRH has conducted Request for Qualification (RFQ) and Request for Proposals (RFP) processes that have resulted in the selection of Crescent Resources, LLC, as the preferred developer for Zone A, the 77 acre tract at the southeast corner of the campus. Crescent's proposal is for approximately 4.3 million square feet of mixed use development that will include a hotel, conference center, residential, medical, and public open space.

Since the selection of Crescent, we have been working to update the Environmental Impact Statement (EIS) for the project, and to develop a Programmatic Agreement for the project related to its responsibilities under Section 106 of the National Historic Preservation Act. A revised Final EIS was posted for public review on November 9, and AFRH is in the final stages of negotiating the Programmatic Agreement.

We are currently in the process of updating the AFRH Final Master Plan to reflect input from the EIS process, Crescent's development proposal, and the Section 106 process. Numerous suggestions have been incorporated into the plan, and it reflects a strong compromise of many interested parties and stakeholders. We have been very active in meeting with a wide variety of stakeholders;

we have met with local ANC's and local community groups, and the resident Master Plan Committee. We have briefed Ward 5 and Ward 1 Council members Harry Thomas and Jim Graham, and received enthusiastic support. We will be meeting with Ward 4 Councilwoman Muriel Bowser early next month. For those interested, the draft Final Master Plan can be viewed by going to www.afrh.gov and clicking on the connecting link. It is anticipated that the Final Master Plan will be formally submitted to NCPC in December and be acted on at the February 2008 meeting.

A large majority of the renovations in the Scott Building lobby and canteen area are now complete. The last few months have been an inconvenience to many but your patience is appreciated. There is still more finish work to be done as we incorporate more military heritage (photos and memorabilia) into those areas.

As we move into the holiday season, I look forward to participating in the activities that are planned for your enjoyment. There's no better way to get into the holiday spirit than to spend time volunteering and helping others. Your smile, your kind word, your hand reaching to help another may be all someone else needs to boost their holiday spirit. Your tradition of giving to your country continues as we support and help each other every day. Have a wonderful holiday season.

Tim Cox

Conversation with the Chief Financial Officer



Time is flying and the holidays are here. As many of you probably know, on November 15 of every year agencies of the Federal Government are required to

submit their Performance and Accountability Report (PAR) to the Congress. A key component of this document is an annual requirement for an audit of our Financial Statement. I am proud to report for Fiscal Year 2007 the Armed Forces Retirement Home received its third consecutive "Unqualified Opinion." This year's PAR features many of our residents inside as well as on the cover. You can find our PAR at the following:

www.afrh.gov/afrh/about/par/afrhentirepar07.pdf. The website can be accessed on our library computers or a hardcopy of the document can be found in the Ombudsman's Office.

In my last article I highlighted our

Fiscal Year 2009 Budget Request which we have briefed to the Department of Defense and sent to the Office of Management and Budget (OMB). I had hoped we would know the status of our Budget Request by now, but unfortunately still no official word. We are still working with DoD and OMB hoping our request will be approved and submitted with the President's Budget for Fiscal Year 2009. Again, hopefully in next month's article I will be able to discuss the results of our efforts with OMB and the best use of the Scott Building when it is renovated. As I noted in last month's article, I will be working with the Campus and RAC to develop a communication plan and having focus group meetings to address resident concerns and questions once we have confirmed our Budget Request with OMB. Watch the Weekly Bulletin and C99/100 for the announcement of Focus Group meetings.

November is our last push for 2008 resident fee information. As previously highlighted, we have notified specific residents who have not provided the necessary information to the Business Center to compute their fees. We have also posted a list of names in Resident Services of those who

have not provided the necessary information. For those residents who do not provide the necessary information by our billing at the beginning of January, a letter will be placed in your file and you will be assessed the maximum fee beginning January 1, 2008.

Independent Living – \$1,170
Assisted Living – \$1,754
Long-term care – \$2,924

As we look forward to the Scott Building renovation, here is a little trivia:

The Scott was built in 1954; no major renovation of the entire building has been completed. The Scott Building was partially renovated in 1986 and 1987 when bathrooms were installed in each room and the building was outfitted with central air conditioning.

In 2007 the Home completed a 10-year capital plan that identified over \$81 million in repair work for the Scott Building. In comparison to maintaining the building, renovating the building is estimated at approximately \$80 million.

In 2006, 54 percent of all the work orders on the Campus were associated with the Scott Building. Work order data for 2007 is incomplete, but through July, 51

percent of all work orders on the Campus were associated with the Scott Building.

The Home is currently studying dormitory requirements for all levels of care. The Home presently has/occupies three dormitory buildings (Sheridan, Scott, and LaGarde) totaling over 867,590 square feet. After renovation of the Scott Building the Home would potentially occupy only two dormitory buildings (Sheridan and Scott) totaling approximately 653,590 square feet.

Over the past 10 years the Washington Home has maintained a resident population of approximately 1000 in the Scott, Sheridan, Pipes, and LaGarde residences. The exception was in 2005 when many of the residents from Gulfport were evacuated to Washington as a result of Hurricane Katrina and the population surged to over 1,300. Today the Washington's occupancy is 1,125 as the numbers slowly return to the norm from the highs in 2005. After the renovation of the Scott Building, resident capacity will be 828 as compared to Gulfport's 582. With both homes operational we will have a total capacity of 1,412.

Thank you all for your open discussions when you see me on the campus and your positive comments or raising your concerns. Have a wonderful holiday.

Steve McManus

Here's where your money goes...

Group of active duty military check out the AFRH

Fifteen members of the Joint Task Force -Global Network Operations, located in the DC area, toured the AFRH on Oct. 31. The group toured many of the common use areas in the Scott and Sheridan buildings such as the craft shop, the wood hobby shop, and the dining hall, meeting residents and observing their art work. Tours such as these,



Sheila Abarr (left), AFRH Public Affairs Officer, takes members of the tour group through the Wood Hobby Shop.

with active duty military, is a way to show the military how their investment (.50 per month) is being used.

JTF-GNO leads and directs continuous Enterprise Services Management/Network Management (ESM/NM), Information Assurance/Computer Network Defense (IA/CND), and Content Staging/Information Dissemination Management (CS/IDM) throughout the GIG. JTF-GNO provides Situational Awareness (SA) of the GIG through the Network Common Operational Picture (NETCOP) and provides customer support to the Chairman, Joint Chiefs of Staff; the National Military Command Center; Commander, USSTRATCOM; and other Combatant commanders (CCs).

The JTF-GNO provides command and control of the GIG under the authority of the Commander, USSTRATCOM, through a tiered hierarchy of NetOps



Resident James Webster talks with members of the JTF-GNO.

Centers working together towards a common goal of assuring Global Decision Superiority by maintaining near real-time situational awareness, end-to-end management and dynamic DoD network defense.



From the Interim Director

The holiday stretch is upon us. We hope you enjoyed your Thanksgiving holiday and that you feasted well. This holiday season, it is a good time to start new traditions or recall the ones that made you happy; this is true whether you celebrate Christmas, Hanukkah, or Kwanza or just the change in season. As a nation, we also want to remember our men and women serving in the Armed Forces. Many are away from their families this year helping to preserve the freedoms that this country holds dear.

As the seasons change it is also a time to take in the visual wonderment of the outdoors; we see how beautiful the change in scenery, the leaves have fallen and there is an array of colors and soon we will usher in the snow. The temperature has dropped, the daylight is shorter, and we are reintroduced to our warmer clothes. Keep this in mind if you are venturing outside or traveling and be careful on the roads as this is the busiest travel time of the year. If you decide to stay home with your AFRH family, you'll have a heap of tidings to share, smiles and lots of fun. I have listed some of the special activities we have planned for you during this season.

In Independent Living: December 1st- the Army/Navy Football game in the Scott Theater at noon; December 2nd and 30th - Bunco in the Dining Hall at 1 p.m.; December 4th- Our Birthday dinner and then the Holiday Tree lighting program in the Theater at 6 p.m.;

December 7th the Annual Arts & Crafts fair in the Dining hall/Theater Lobby beginning at 9 a.m.; December 8- The Country Steppers Dance Team Performance in the Theater at 1:30 p.m.; December 10th- "A Christmas Carol" Script Reading program in the Library at 1:30 p.m.; December 11th- The Archie Blues Band performance in the Theater at 6:30 p.m.; December 14th - The holiday dance in the Dining Hall at 7:30 p.m. and December 24th - Egg Nog Social in the Dining Hall at 6:30 p.m. In addition there are on going activities such as bingo, card games, pool tournament and much more. Check on the December calendar for

specific details.

In KHC: December 4th- Holiday Tree Lighting in Main Street at 10 a.m.; December 6th- A Taste and story of Chanukah in the Recreation Therapy Room at 1:30 p.m.; December 17th- Bowling with the Norwood Middle School in the Sheridan Bowling Center at 10 a.m. and December 21st- the Holiday party in the Recreation Therapy Room at 9:30 a.m.

Whatever you decide to do, on behalf of myself and the AFRH employees; we wish you a Happy Holidays and Seasons Greetings.
Charles Dickerson



Volunteers and team leaders gather for a group photo in the dining hall.

Volunteers help make a thankful holiday

By Melodie Menke

With 29 community volunteers and five AFRH resident team leaders, great things can happen on Thanksgiving Day. With the speed and efficiency of people who have worked together for years, these volunteers that just met 30 minutes prior did an outstanding job of decorating the two main dining rooms in Scott and LaGarde Buildings. Over 500 tables were set with tablecloths, placemats and napkins. In LaGarde Dining Room, the volunteers also decorated tables with centerpieces and decorated windows with festive fall scenery. Volunteers also gave out free ballcaps and t-shirts. Thank you for making this an especially 'thankful' holiday!

Catch me at my best....

Recreational Services was caught at their best when answering the call for help! One month ago, a call came in from Walter Reed Army Medical Center. The female voice on the other end of the line asked for the department and the gentleman who designed and hosted the Family Feud Game show a few weeks earlier. When she had reached the Recreation Department and got Keith Turner on the phone, she talked about how "awesome" the game that she had witnessed was. She then went on to say that the morale at WRAMC was real bad and asked if he would mind coming over with one of his game shows and some retired veterans to help try and rebuild everyone's spirits. In a heartbeat, the answer was absolutely yes. It was nothing short of 'touching' to see **Keith Turner, Lorenzo Tribbett, and Mr. Stone and the "Rolling Stones"** gather together to help another agency in their time of need. The game show was an overwhelming hit and it was nothing but laughter in the conference room that was filled with supervisors, employees and "big time" officials. The residents added a lot of fun to the atmosphere. Lorenzo did an outstanding job with the answers, adding his own humor to the game. Lorenzo is a natural, and Keith, well, what can we say. If you've seen him at the things that he does, you ask yourself, "Why isn't this man on TV for real?" It's a great feeling to be around so many war heroes but it's even better when you see our heroes still giving back to our country. Recreation Department - "You do an awesome job. Great team work!!"

Some One Special

I caught **Robert C. Bryd** at his best. He is always working hard doing the work of two people while helping us move.

Louis Damiani

For the past few weeks I have made notes so that I might nominate someone for the "Catch me at my best" contest. Unfortunately, I came off with a list so large, I could not make a choice. The Departments I visited all had friendly helpful employees. So, I wish too nominate all AFRH-W employees for consideration for the award. How fortunate for us residents!

Irene Smith



News for veterans

This year on November 10th the city of Washington D.C. held a Veterans Day parade to honor all veterans

past and present. This is the first parade that I can remember being held for veterans in Washington D.C., so maybe the plight of our veterans will continue to be kept in the forefront. As we all know, today more than ever, we need to support and honor our brave veterans who are going through some very tough times.

As you know, the Vietnam Memorial celebrated its 25th anniversary this past Veterans Day weekend. Beginning on Wednesday, the 7th of November at noon, family members and volunteers began reading all 58,256 names inscribed on the Wall. With this being a special weekend for Vietnam veterans and their families, there will be a large number of artifacts left at the wall.

Did you ever wonder what happens with these artifacts? This happens twice a year, on Memorial Day weekend and Veterans Day weekend. The large number of artifacts are picked up and carefully marked with the panel number they were removed from and placed in plastic bags, then into a large plastic storage container. Perishable items, such as flowers, are not kept. The items that are too large for the container are carefully marked and placed behind the chain beside the sidewalk. Once all of the items are marked and moved behind the chain, the Park Service personnel come through and pick them up. They are then transported to Landover, Maryland, where there is a large climatized storage facility.

Al Mori, Ombudsman

How others see us

Veterans Day celebrated in Branson

By Mary Kay Gominger

Veterans from all areas gathered in Branson, Missouri, the week of Nov. 5-11 to participate in the city's Veterans Homecoming Week. It was a week full of patriotic songs, free meals, discount tickets to shows and spending time with fellow veterans.

It's always interesting to me to participate in these type of veterans' activities and talk to people from all over about the AFRH. Some are vaguely familiar with who we are and some assume we are part of the VA system or one of their state veterans homes. This week I was particularly amused at some of the comments I got about the AFRH.

One gentleman scrunched up his forehead, turned his head sideways and thought long and hard about where he had heard about the AFRH. Then, with a sudden burst of excitement for remembering, he said (and I quote), "Oh yeah, I know that place. Isn't that where they have to go out and work for their food?"

Looking a little confused, I asked, "like what do you mean 'work' for their food?"

He said, "Oh, I know all about that place. The men have to get out and grow all the vegetables and tend to the herd while the women clean and cook the food. They keep the grounds up and everything too. It's quite a place I heard."

By now I am really trying not to laugh and I assure him that the residents of AFRH didn't work for their food but that many, many...many years ago, I thought I remembered reading that they did but nowadays they have a dining hall where food is served to them and the grounds are maintained by contractors. I did tell him that a lot of the residents did volunteer in different areas all around the AFRH and some even out in the community but I was fairly certain we didn't maintain a 'herd' of anything (except maybe squirrels). That answer seemed to be ok with him and he took a few brochures and wandered to the next table.

An hour or so later, another man stopped by and asked me the status of the Home in Gulfport. So after I gave him the rundown of the implosion and plans for the rebuild and he said he bet I didn't know that before the Navy Home opened there in Gulfport, the veterans lived down the road at Jefferson Davis' former home, Beauvoir (just east of the campus). Again, not wanting to just laugh out loud, I said that actually the Navy Home was located in Philadelphia prior to moving to Gulfport in 1976. I never could convince him that none of our residents used to live at Beauvoir, and who knows, maybe some of them did.

Most people that stopped by to chat were very pleased we had such a place for our veterans and vaguely remembered contributing a small amount during their time on active duty. Everyone was excited about the plans for our new facility in Gulfport and the Communicators I had taken with the photo of the implosion on the cover disappeared as fast as I could put them down.

It was refreshing for me to get away to another part of the country and see how one community celebrates our country's veterans with a week full of activities honoring the men and women that have served and are serving our country.

Welcome Aboard



Name: Joseph Hannah, Jr.
Branch of Service: USN
Entry Date: May 1952
Separation Date: July 1971
Rank: E-7
War Theaters: Vietnam & Korea



Name: Thomas Buonfigli
Branch of Service: USN
Entry Date: September 1940
Separation Date: September 1959
Rank: E-6
War Theaters: WWII & Korea

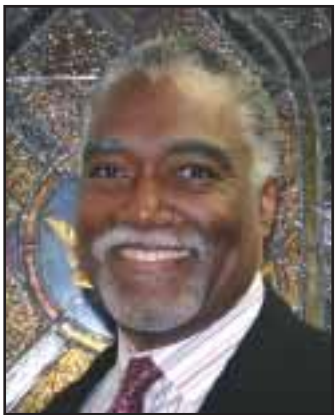


Name: Clarence Rugger
Branch of Service: USN
Entry Date: January 1938
Separation Date: July 1957
Rank: E-7
War Theaters: WWII & Korea



Name: Kenneth J. Obermeyer
Branch of Service: USN
Entry Date: July 1948
Separation Date: February 1968
Rank: E-7
War Theaters: Korea & Vietnam

Chaplains' Corner



"Now What Do You Say?"

Remember when growing up, we received many lessons from our parents or caregivers on foundational matters involving getting

along with others - interpersonal relationships. Such lessons remain with us throughout our lives. Recall these: the importance of saying "Please"; the necessity of "asking" rather than "demanding" - "May I have. . ." versus "Give me . . ."; always speaking first, if appropriate, when you enter a room with other people

already present; standing when possible when greeting someone or being introduced to a person; and perhaps one of the most important lessons, not forgetting to say, "Thank you!" We remember, don't we, hearing as a child when given something, "Now what do you say?" Or even having that thing taken

away from us because we didn't say, "Thank you!"

As we come through this beautiful season in

which we as a nation celebrated our resources and benefits in general, we paused to give thanks. I call this season "beautiful" simply because of the strong, emotional sense of pleasure felt by all those who are a part of the gratitude experience. As adults we know how it makes us feel

when either our children or anyone else expresses appreciation to us or for us. Sincere sentiments of gratitude engender desires to continue to give. I believe the same to be true in the spiritual realm. For, when God sees that His people are grateful for His blessings, He gives to them again and again.

'...This column instead is a call for each of us to be thankful every day for what we have or for what someone has done for us...'

What we waste at one meal time could feed many. By no means am I writing to stir-up guilt or shame. This column instead is a call for each of us to be thankful every day for what we have or for what someone has done for us.

I recently heard a pastor say to a congregation that they would experience great personal benefits, not necessarily tangible, if they consciously said, "Thank you" to God at least once every sixty seconds. WOW! What a challenge! Allow me to modify that clergyman's plea to his congregants and invite each of us at AFRH-W to express consciously our gratitude to someone here every day of our lives. We then would be fulfilling one of those foundational principles taught by our "first teachers." Imagine then the "beautiful season" in which we would regularly find ourselves!

Chaplain John Goodloe

Thanksgiving, therefore, need not be relegated to one autumn day, especially in our country where we are the recipients of so much. We've seen pictures of staring eyes and frail bodies in regions of our country and throughout the world - pictures depicting extreme poverty and hungry.

'Be a Star'

Contribute to your CFC favorite charity

Story by Billy Striegel, Healthcare Services

Photographs by Sheila Motley

What is it? The Combined Federal Campaign is the only federally authorized solicitation of federal employees in their workplace on behalf of approved charitable organizations. Those that help promote the CFC are all volunteers and do this because they care or because some of them have loved ones that benefited in one way or another from donations to organizations that received funds from CFC.

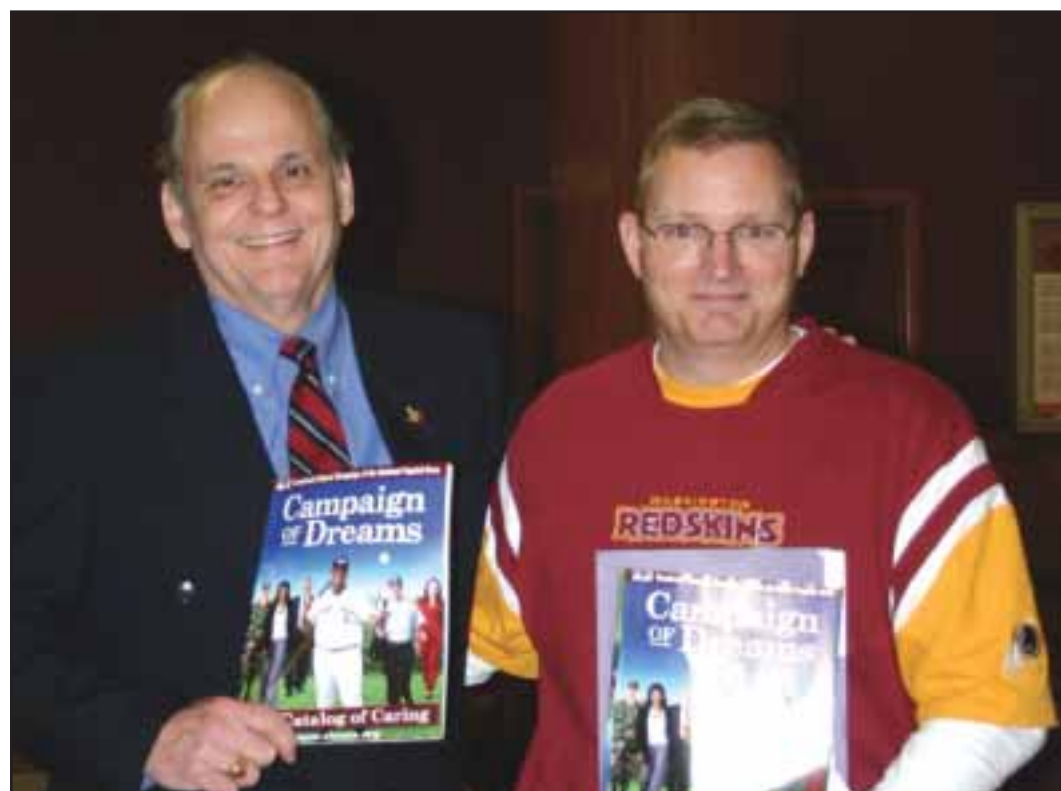
Who can participate? Anyone can participate. Federal employees can contribute to the CFC through payroll deduction, cash or check. Residents of the Armed Forces Retirement Home can contribute via cash or check. Through the CFC, you can designate the charity that will receive your donations. You can donate anonymously or be recognized by your charitable gift. It is your choice.

On November 2, 2007, the Armed Forces Retirement Home kicked off our 2007 Combined Federal Campaign in the Lobby of the Scott Auditorium. After opening remarks, Steve McManus, AFRH Chief Financial Officer, spoke as did Mr. Tom Flavin from the Combined

Federal Campaign National Capitol Area. They both stressed the importance of giving and making a difference in someone's life. Refreshments were provided by Resident Services. Four charities came and helped get us started: The Institute for Black Charities, Pets are Loved, Paralyzed Veterans of America, and Peaceoholics. Each one set up tables explaining the charities they represent.

The goal for the Armed Forces Retirement Home is \$9,350 for the 2007 Combined Federal Campaign. The campaign runs through the end of December 2007. You can contact any of the campaign key workers listed below to make a contribution to your favorite charity.

- Ms. Dorothea Armstrong - 3432**
- Ms. Rena Barbour - 3544**
- Mr. Donald Dailey - 3765**
- Ms. Kiran Greenidge - 3313**
- Mr. Ted Gregory - 3403**
- Ms. Angela Karabatsos - 3223**
- Ms. Alberta Pinkney - 3285**
- Ms. Carla Roberts - 3504**
- Ms. Latasha Smith - 3542**
- Ms. Harolyn Stokes - 3537**
- Mr. Bill Striegel - 3614**



Tom Flavin (left) from the Combined Federal Campaign National Capitol Area and Bill Striegel, AFRH Campaign Manager, after the CFC Kick off.



From left - Daniel Bradley and Michael Brown, representatives of the Peaceoholics, explain to Steve McManus, AFRH Chief Financial Officer, how beneficial CFC is to their federation.

In Gulfport

The clean up continues

Story and photos by Mary Kay Gominger

Since the detonation of our Gulfport facility on Oct. 25, the campus has turned into a full fledged construction zone. Heavy equipment, dump trucks and contractors in brightly colored vests and hardhats can be seen 10 or 12 hours a day, seven days a week as the remains of the building are separated then hauled away. It's hard to imagine the heap of rubble that remains is what is left of the home that housed hundreds of veterans over the last 30 years. It's mostly demolition business with an occasional former resident or staff member stopping by to inquire about the reopening or neighbors wanting to see the progress. Building 5 is now completely gone, with only a partial slab remaining as proof of a building ever even being there, as it is with the five houses located in the southwest corner of the property and the wood hobby shop.

The trucks continue to roll out the main gate, finishing the business the Hurricane Katrina started in 2005. Every day the campus takes on a new look as the huge mountain of debris gets smaller and smaller. You can check out the progress of the demolition by going to our website and clicking on AFRH-G. Photos are updated weekly. Go to www.afrh.gov.



Volunteers spark interest with historical presidential discussions and information

By Steven Briefs, Recreation Therapist

Volunteers from the National Dames Society of Washington and the Smithsonian Institute visited our residents in the KHC on Thursday, Nov. 8th. During their visit, they gave a lecture and showed pictures of all our presidents from the first president, George Washington, to our current president, George W. Bush. During their lecture they gave interesting tid-bits of information on the presidents including the types of clothing they wore, who they married, what the times were like during their administration and how they responded to them for good or bad. Even the troubles they got themselves into.

They asked our residents if they remembered meeting or seeing any presidents, who they voted for and if anyone could sing the "Hail to the Chief" song. Billy Dalzell hummed the song but couldn't say the actual words. There was great discussion and our residents gave the ladies a long applause at the end of the program.



Catherine Bowie shows Donald Smith (right) and Herbert Mapp photos of past presidents as part of their presentation.

Lincoln's Cottage set for February 18 opening

By Powell Tate

WASHINGTON, Nov. 6 /PRNewswire-USNewswire/ — On February 18, 2008, President Lincoln's Cottage at the Soldiers' Home opens to the public for the first time, giving Americans an intimate, never-before-seen view of Abraham Lincoln's presidency and family life. Designated a National Monument by President Clinton in 2000, President Lincoln's Cottage served as Lincoln's family residence for a quarter of his presidency and is the most significant historic site directly associated with Lincoln's presidency aside from the White House. President Lincoln's Cottage is located on the grounds of the Armed Forces Retirement Home in northwest Washington, D.C. and has been restored by the National Trust for Historic Preservation.

"Moving President Lincoln's Cottage out of the shadows and into the spotlight it deserves is one of the most exciting and rewarding things we have ever done," said Richard Moe, president of the National Trust for Historic Preservation. "Lincoln used the cottage as a welcome retreat from the pressures of wartime Washington, a quiet spot where he could relax with his family. But it was also a place where he conducted important business, met with his generals and members of his Cabinet, and did much of the thinking that shaped the Emancipation Proclamation. No other place offers more insight into the Lincoln presidency — and the character of Lincoln the man."

Until now, President Lincoln's Cottage had been virtually unknown outside of academic and historic circles. This quiet retreat, just over three miles from downtown Washington, was the Camp David of its day, serving as an escape for Presidents Buchanan, Lincoln, Hayes and Arthur. But it was the time that Lincoln spent here that gives the site its vital place in American history. In addition to developing his policy of emancipation here, Lincoln plotted Union wartime strategies. He also decided to include the 13th Amendment abolishing slavery in the Republican platform of 1864 while staying at the Cottage. Life at the Soldiers' Home offered Lincoln both a respite from some of the pressures of war, and direct contact with the soldiers he met on his daily commute between the White House and the Cottage.

"At the Cottage, President Lincoln reviewed strategies and crafted the speeches, letters and policies that inspired a war-weary north to fight on for a republic that would redefine the rights of liberty and the pursuit of happiness to include both races," said Frank Milligan, Director of President Lincoln's Cottage. "Lincoln's ideas on liberty and equality are complex and nationally significant stories that need to be conveyed with impact."

To explain the complexity of Lincoln's policies and presidency, visitors will find a carefully balanced tour experience that respects the architecture, maximizes the historical ambiance of the President's beloved Cottage, and incorporates techniques that enhance the learning

experience while clarifying the Lincoln legacy. Visitors will tour the Cottage in small groups with tour guides expertly trained to explain the nuances of Lincoln's presidential ideas. These guides bring to life stories that actual visitors recorded after their encounters with the President at the Cottage. Drawing on letters and photographs and using audio and visual enhancements, guides will invite visitors to feel at home and "hear" the voices of the President, Mrs. Lincoln and their guests.

The Robert H. Smith Visitor Education Center at President Lincoln's Cottage, located in a restored 1905 building adjacent to the Cottage, presents exhibitions telling the story of wartime Washington, the Lincoln family's discovery of their country retreat at the Soldiers' Home, and Lincoln's role as Commander-in-Chief. A special exhibitions gallery features rotating displays of Lincoln-related artifacts. In Pursuit of Emancipation, opening February 18, 2008, includes a signed copy of the Emancipation Proclamation, the pen Lincoln used to sign it, the inkwell he used to draft it, and a signed copy of the 13th Amendment. The Visitor Education Center is the first building at a National Trust for Historic Preservation site to receive Leadership in Energy and Environmental Design (LEED) Certification from the U.S. Green Building Council.

The restoration of President Lincoln's Cottage and the establishment of the Robert H. Smith Visitor Education Center took seven years and cost over \$15 million. Major donors to the project include Robert H. Smith, the U.S. Congress, United Technologies Corp., Save America's Treasures, Matthew and Ellen Simmons, the National Endowment for the Humanities, AT&T Foundation, 1772 Foundation, Gilder Lehrman Institute of American History, D.C. Commission on the Arts and Humanities, Goldman Sachs, John F.W. Rogers, Mark Taper Foundation, Textron Inc., Winnick Family Foundation, Civil War Preservation Trust, Linda B. Bruckheimer, HGTV, Kiplinger Foundation, National Park Service, PEPCO and Tourism Cares/Trip Mate Insurance.

For more information on President Lincoln's Cottage, please visit: <http://www.lincolncottage.org/>. About the National Trust for Historic Preservation

The National Trust for Historic Preservation is a non-profit membership organization bringing people together to protect, enhance and enjoy the places that matter to them. The National Trust for Historic Preservation helps revitalize communities, spark economic development and promote environmental sustainability. With headquarters in Washington, DC, six regional offices, 29 historic sites and partner organizations in all 50 states, the National Trust for Historic Preservation provides leadership, education, advocacy and resources to a national network of peo-



Work continues on President Lincoln's Cottage which is located on the AFRH campus. Managed by the National Trust for Historic Preservation, the Lincoln Cottage will be open to the public for tour on Feb. 8, 2008.

ple, organizations and local communities committed to saving places, connecting us to our history, and collectively shaping the future of America's stories. For more information, visit <http://www.nationaltrust.org/>.



A worker shovels dirt in the area around the Lincoln Cottage. Landscaping of the area is underway.

Open House for residents set for Dec. 6

Restoring the historic landscape around President Lincoln's Cottage

Story by George Rogers, NTHP

The restoration of President Lincoln's Cottage by the National Trust for Historic Preservation will soon be finished. As part of the last phase of the work, in early October work began on the landscaping around the Cottage and the Visitor Education Center (the former Administration Building).

Using historic documents, photographs and archaeological evidence, the National Trust will be restoring elements of the historic landscape from Lincoln's time. The oval drive on the north side of the Cottage will be returned to its 1862 appearance. Asphalt and concrete have been removed and will be replaced with a packed gravel drive edged by a cobblestone gutter.

New trees will be planted around the oval and around the cottage grounds.

At the Visitor Center the landscape plan includes new walkways, a small outdoor amphitheater, and the planting of trees and flowering shrubs.

All the work on the buildings and landscape will be completed by the end of December. An open house is planned for all AFRH residents on Dec. 6 at 1 p.m. All residents are invited and encouraged to attend.



A worker directs placement of the trailer for offloading equipment. The renovation of the Lincoln Cottage is nearly complete. All residents are invited to an open house on Thursday, Dec. 6 at 1 p.m.

Marines Corps holds 232nd birthday celebration

Story and photographs by Sheila Motley

During the month of November AFRH residents participated in the celebration of the U.S. Marine Corps 232nd birthday at AFRH and the Defense Threat Reduction Agency at Ft. Belvoir, VA.

The 232nd Marine Corps birthday was held November 9, 2007 in the Scott auditorium with refreshments served in the dining hall immediately after the ceremony. The highlight of the ceremony was the speech given by Major Darin Clarke, Deputy Military Assistant, Office of the Assistant Commandant of the Marine Corps. Major Clarke read the Commandant's birthday message and General LeJeune's message to the Corps. He also gave his own personal remarks of the status of the Marine Corps today as well as wishing all Marine's a happy birthday. In conclusion, he thanked all the residents for their service and dedication to our nation.

Afterwards, both residents and guests commenced with the cutting of the birthday cake with the eldest residents being Virginia R. Sicotte, Charles Recla and Mary Tickner, and the youngest, PFC Robert Clough of the U.S. Marine Barracks Washington and Major Darin Clarke.

On November 8, 2007, AFRH residents attended the U.S. Marine Corps birthday ceremony at the Defense Threat Reduction Agency at Ft. Belvoir, VA. BG Michael M. Brogan, Commander, Marine Corps System Command was the guest of honor at the

McNamara Headquarters Complex's celebration of the U.S. Marine Corps' 232nd birthday. He reminded those present that the Marines celebrate their birthday each year as a reminder of who they are, what they do, and why they do it.

The USMC birthday cake was cut and the first three pieces presented according to tradition. The first piece was given to BG Michael M. Brogan as the guest of honor. The second was given to the oldest Marine present, Armed



From left - Major Darin Clarke, Charles Recla and Stephen Neal. Three generations of dedication.

Forces Retirement Home resident, Phyllis Bradford, and the final piece was given to the youngest Marine present, LCpl Austin Cartwright.



Major Phillip Clarke and Albert Meringold exchange military stories.



From left - Virginia Sicotte, Maj Darin Clarke, Charles Recla, PFC Robert Clough and Mary Tickner participate in the ceremonial cake cutting.



Colonel Cravens (left) and youngest Marine LCpl Austin Cartwright escort Phyllis Bradford to the reception area.

Residents travel to Fort Belvoir to attend Marine Corps birthday celebrations.



Fellow Marines - resident John Smith (left) and LTC Phillip Reiman talk prior to the birthday celebration.



Photo to left - From left - LCpl Austin Cartwright (youngest Marine), John Smith, Phyllis Bradford (oldest Marine), MG Arthur Morrill, Vice Director, Defense Logistics Agency, Willia Farrell, BG Michael M. Brogan, Commander, Marine Corps System Command, and Joseph Montgomery pose for a group photograph after the cake cutting ceremony at Ft. Belvoir, VA.

Various government agencies honor all who served

Residents attend a Veterans' Day ceremony at Ft. Belvoir

Story and photographs by Sheila Motley

Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. On November 8, 2007, AFRH residents were invited to attend the Veterans Day ceremony at Ft. Belvoir, Va., with the Defense Threat Reduction Agency, to thank them for their dedication and loyalty of service to their country. November 11th is the date set aside to allow all veterans the opportunity to be shown the respect they have courageously earned by their dedicated service in keeping our great nation free.

Many Americans mistakenly believe that Veterans Day is the day America sets aside to honor American military personnel who died in battle or as a result of wounds sustained from combat. People regularly get the meaning of Memorial Day and Veterans' Day confused. Veterans Day honors all American veterans, both living and dead.

General Ralph E. Eberhart, USAF (Ret.), guest speaker at this event, could not have put it better when he stated, "On Veterans Day we all should find a veteran and thank him or her."



Richard Robinson, Catherine Montie, Associate Director, Combating Weapons of Mass Destruction Interprise, Hugh Wingo, General Ralph Eberhart, USAF (Ret.), Don Egolf, Warren Helm, Daniel Funk, Corrine Robinson, MG Arthur Morrill, Vice Director, Defense Logistics Agency and Wilfred McCarty pose for a photograph immediately after the ceremony.



Catherine Montie, Associate Director, Combating Weapons of Mass Destruction Interprise, AFRH resident Hugh Wingo, General Ralph Eberhart, USAF (Ret.), Warren Helm and MG Arthur Morrill, Vice Director, Defense Logistics Agency, participate in the cake cutting during the ceremony.



General Ralph Eberhart, USAF(R), (left) thanks Wilfred McCarty for his service to our nation while placing a challenge coin in his hand.



CTi2 Ramirez, Hugh Wingo and TSgt Angie Maldonado have lunch. This was a good opportunity for our residents to share their military experiences to the younger generation of soldiers.



From left - SSgt Joshua Bauer, Warren Helm and Captain Matthew Moakler have lunch prior to the official ceremony.

Military Family Volunteer Day draws large group

*Melodie Menke
Volunteer Services*

Volunteer Services, in partnership with Naval District Washington and Fort Myer, hosted the Third Annual Military Family Volunteer Day at AFRH on Saturday, November 17, with 65 volunteers participating. Active duty military, retirees and family members joined together to get the Home ready for the winter months. Groups worked hard polishing pews and woodwork in both chapels, disinfecting theater seats and dusting bookshelves in our library. There was a kid's crafts table set up and the children made beautiful door ornaments and holiday cards for the residents to be given out in December. There was even time for groups to visit our resident's Artist Studio.



Special thanks go to AFRH Resident Team Leaders at Rose Chapel - Victor Sutter, George Lang, and George Orawsky. In Stanley Chapel - Bob Carson, David Anderberg

and staff member Chaplain John Goodloe. In the Library - Dave Davison and Charlie Bronson. In the Theater - Chuck Felder and Billy Ray White for the music. The Art Studio - Mike Martinez, Warren Helm and Jim Boone.

The professionalism displayed by Security and Food Services made everyone feel safe and welcome. A huge thank you to the military families for taking time out their busy schedules and volunteering at AFRH, it is truly the history of the military taking care of its own.



Above - Outside a group of volunteers pose in front of the Chapel. Sixty five volunteers worked in areas all over the campus to include the Theater, Library and both Chapels.



Far left - A volunteer polishes the woodwork in the Chapel.

Left - A group of volunteers stop briefly for a photo while working in the Chapel.

Our veterans' history - preserving the past, teaching the future

Residents' Air Force career had him on cutting edge of space travel

Story by Mary Kay Gominger
Photos by Sheila Abarr

One summer evening, 50 years ago, resident Leonard French was stretched out in the grass in his backyard with his three year old son watching the stars. At the time, Leonard was a flight mechanic in the Air Force, stationed at Wright AFB in Ohio. It was a beautiful night out, Leonard recalls, a perfect night to star gaze.

"I told my son to watch the skies closely because tonight might be the night we see a falling star," Leonard said. "Little did I know that I was about to see something that would have a lasting impact on my career in the Air Force and well beyond.

"So here we are...quietly watching the sky and suddenly I do see something, but it's not a shooting star.

It looked like a star but it had blinking lights and was moving slowly across the skies," Leonard said. "I showed my son and he asked me what it was. I wasn't sure at first, then I realized we were watching the Russian satellite Sputnik. I knew in that instant, watching this satellite cruise the skies, this is what I want to do... I wanted to be part of the U.S. space program."

When Leonard went to work the next day he starting asking questions about schools that were available for rocket mechanics. Realize that at this time, NASA had not been formed yet and all space exploration fell under the Air Force umbrella. And as fate would have it, Leonard was selected to attend an intense rocket mechanic school in Wyoming. The school was primarily made up of flight mechanics and in the months to follow they built complete rocket engines, fired them, tore them down and then rebuilt them.

Leonard was assigned to Patrick AFB. He and the team of rocket mechanics were bused over every morning to work at Cape Canaveral, which eventually became home for NASA's Kennedy Space Center.

During the next five years, Leonard's job was monitoring and testing the rocket systems that were being prepared for launching.

"I've seen a lot of shuttle launchings," Leonard said. "I was usually positioned within a mile of the launch so that if anything went wrong, I was close enough to get in, make the correction, and get out of there. It was dangerous work but it was what I did." Eventually, NASA was formed and when Leonard retired from the Air Force, he was hired by McDonald Douglas to continue work-



Leonard French talks about his career in the Air Force and his involvement with the U.S. space program.

ing with the space program.

"I was very fortunate to be on the cutting edge of the U.S. space program," Leonard said. "I have a hard hat full of astronaut's signatures. I even have John Glenn's signature on it. It was an exciting time in my life."

Leonard has lived at the AFRH for five years.

"I remember paying my 25 cents into the Old Soldiers' Home back when I was active duty," Leonard recalled. "They used to pay us in cash back then. They took the 25 cents right there. We didn't have a choice. Now, I'm glad I paid it and can live here. It was a good investment."



Leonard French and his fellow crew members that worked with the rocket systems when the space program was just beginning in late 1950s.

Sea duty he won't forget

Resident recalls his time in Navy during World War II

Story by John Bowery

Departing from my usual format, I am picking up this story in 1939, some two years before the most horrible times in our memory (those of us that are 70 years and up).

This was also the most fearful, exciting and mind blowing thing any of us had ever experienced, and in our wildest dreams or imagination, not one of us could have conjured up what was going to happen or would happen to us in the next five years.

This is only one of those stories and will feature Chief Gunners Mate Hugh Albert Wingo. Here's his story:

On December 7th, 1941, the Japanese attacked Pearl Harbor and by that dastardly act (not my words, but our President, Franklin D. Roosevelt) started the journey that would involve nearly every one on this planet. Gunner's Mate 2nd class Hugh Wingo was a member of the crew of the *USS Benham*. The *Benham* received sealed orders just four months after Pearl Harbor was attacked. They and the small Task Force that

accompanied them joined up with a larger Task Force that included the carrier, the *USS Hornet*.

On board the *Hornet* was Colonel Doolittle and 16 B-25 bombers. This task force steamed under full power towards Japan. They arrived somewhere around 600 miles off the coast of Japan. It was early morning on April 18, 1942. Colonel Doolittle's B-25's were already lined up with engines revved and fine tuned waiting for the signal to launch them on the raid to attack Tokyo. They launched and from that moment on, everyone on the *Hornet*, the *Benham*, and all members of the flight crews knew that this was the beginning of the end for the Empire of Japan.

On April 18 at 2:45 p.m., radio broadcasts from Japan confirmed the raids had been successful and it was a tremendous boost in morale for every American wherever in the world they were at the moment they received this information.

The *Benham* and the rest of the ships that were involved headed home at full speed. The seas were rough and the *Benham* took a huge wave over the bow

that went over the bridge and down the stacks. This put out the fires in the boilers and they were, in fact, dead in the water. The rest of the Task Force left them with a terse message, "catch up when you can." This was scary and had all of the crew watching out for ships, subs and aircraft. After all we were only 600 miles off the coast of Japan. The fires were restarted in about two or three hours and they re-joined the Task Force.

The *Benham* continued from there to many more skirmishes, battles and engagements against the Japanese until the night of November 14th, 1942. They, along with two battleships and four destroyers, were steaming toward Guadalcanal, hoping to surprise Japanese forces that were looking for them. They found each other near Savo Island. When the smoke cleared, the Japanese had lost one battleship and a destroyer. Another battleship, a cruiser and a destroyer were heavily damaged. The Japanese sank three American destroyers, including the *Benham*. It was a great surface battle win for the USA.

The *Benham* did not go down easily. A Japanese torpedo hit the forward starboard side and blew off 40 feet of hull and broke her keel about mid-ship. By some miracle, they did not lose a single man, but one man was blown overboard. He was picked up the next day by Marines from Guadalcanal Canal. It was impossible to save the *Benham*. At 0406 on November 15, 1942, they were ordered to abandon ship and after three hours, they were picked up by the *USS Gwyn DD433*. They were ordered to finish the job and sink the

Photo on left - Hugh Wingo's first ship and naval home from January 1940 until the *USS Benham* sank in November 1942.



Hugh Wingo

Benham. The *Gwyn* fired one torpedo which went under the *Benham*, the next torpedo missed, the third one did not explode (if it hit it), and the fourth torpedo did what is known as an erratic run due to gyro failure (called doing a porpoise). It started toward the *Benham* leaping from the water, diving and leaping, then all of a sudden it made a 180 degree turn and headed toward the *Gwyn* and if the *Gwyn* had not backed down on speed it may have hit her, but instead it made another turn and was last seen leaping like a porpoise and heading out to sea.

CGM Wingo served his country for 20 years and retired in 1959. He served aboard five ships, two of which were carriers. He was awarded a Presidential Citation, American Defense Service Medal with star, Asiatic Pacific Campaign Medal with 14 stars, Philippine Liberation Ribbon, and the Navy Good Conduct Medal with 4 stars.



New game show a big hit

How well do you know your best friend?

Story Keith Turner, Recreation Services

Photographs by Sheila Motley

There's nothing better in life than having a best friend; be it from childhood, your high school years, or as an adult. Just having someone to laugh with, to cry with, to confide in, adds that special something to your life. For three years now the Armed Forces Retirement Home has designed entertainment that stimulates the mind, exercises the body, builds confidence, brings laughter, and encourages togetherness thanks to our game shows.

A new game show was introduced and the effect of the concept brought greater results than expected. How well do you know your friend? We had best friends come to the game show together. We had lunch-time partners show up at the game show together. We even had people who wanted to play but didn't have a best friend at the home, so they had to introduce themselves to someone in the audience and use their 30 minutes time before the show to get to learn as much about one another as possible.

The game was a reminder of the old "Newly Wed" game show and everyone who participated really enjoyed themselves. Through all of the fun and

laughter, the most surprising thing was the new friendships that were made from a simple game show.

The heavily favored best friends - Alice Garrymore and Bernice "Goldie" Goldstein - played an outstanding game and showed how much fun it can be when you have a true friend.

The biggest surprise of the day was the fact that Frances Scott and Dolly Smith built a bond a day before the game by exchanging information about one another and came back in the final round to win first place of what was an exciting contest. It's always a great feeling to see that your presence and what you do can greatly contribute to making someone happy. It could be anything from a verbal compliment to a simple email to a fellow employee just saying "hello" and "Have a good day today."

The one thing that truly made me feel good as I watched the game end was the togetherness of these people. Especially Helen Abercrombie and Marian Ritchie and the beautiful friendship they share. What really touched my heart was to hear Marian Ritchie tell Helen, "That's alright, you will always be my best friend," and then embrace one another with a heart-felt smile. Results like these make everything worthwhile. True friends to the end.



Helen Abercrombie (left) looks at her best friend Marian Ritchie's answer to a question during the new game show - How well do you know your best friend?



Alice Barrymore (left) shows that she knows everything about Bernice Goldstein. That's true friendship.



Clarence Stone (right) proves that he knows intimate details about his best friend, Robert Cavanaugh.

Halloween party enjoyed by all

Story by Keith Turner, Recreational Services

Photograph by Sheila Motley

October 31st, better known by many as Halloween, brings out the kid in many of the adults and makes the kids feel like they're in a fantasy world dressed as doctors, lawyers, football players and even super heroes.

AFRH put on an awesome Halloween parade and costume contest topped off with gruesome haunted themes in the exit doors of the Scott Theater. Many people came out to visit the event with nothing but good comments about what they saw such as Dracula and his Bride, the Spider's Trap and the Riser from the Grave. David Rouse (one of the judges) added a lot of laughter to the evening with his sense of humor, along with Kit Kitson and Reggie Johnson. After the kids from Tri Community Elementary School marched through the Scott lobby and showed off their beautiful costumes, they also made great speeches and read poems to our veterans which were greatly appreciated by all. The costume contest was also an added touch with Jacqueline Bell winning 1st place, Michele Bailey winning 2nd place, and Harold Schultz winning 3rd place. If this was the start of what's to come in the future for AFRH, next year's

Halloween event will surely be considered one of our best. A special thanks goes to Melodie Menke who is always good at her assignments, and Lorenzo Tribbett, who is always willing to do whatever he has to do to make our events totally successful. I love working with you all, great team work.



Matthew Kayson, dressed as Bart Simpson, enters the room on a skateboard.

Stop by and give a warm welcome to our new Recreation Therapist

My name is Amanda Jensema. I was born Amanda Louise Rosen in November of 1981 in a Northern Virginia town called Woodbridge. I have an older brother and a twin brother. Growing up my favorite activities were gymnastics, swimming and singing. Every summer my family went to the beach and I would spend the whole time in the ocean. I have always enjoyed singing. Throughout my school years I was in choir and made the elite choir my senior year of high school.

I graduated from Woodbridge Senior High School in June of 2000. My Freshman year of college I attended Northern Virginia Community College and then transferred to Virginia Commonwealth University in Richmond, VA. There I received my Bachelors of Science in Therapeutic Recreation.

I returned to Northern Virginia and began working in Alexandria as a Recreational Therapist. I worked there for two years before leaving and coming to work at the AFRH. I received my CTRS (Certified Therapeutic Recreation Specialist) in October 2005.

I met my husband in July 2004 and married on March 10 of this year. I couldn't be happier. I have so much more to do and see and I hope to do it all!



Amanda Jensema with Bennie Howard. Amanda is the new Recreation Therapist at the AFRH. She looks forward to meeting our residents.

Spirit of America

Residents treated to a memorable cruise

Story by Mary Kay Gominger

Photos by Sherry Artis

On Nov. 20, a group of 47 from the Armed Forces Retirement Home enjoyed an afternoon aboard the Spirit of Washington, a trip coordinated by the Odyssey Cruises and the Spirit of Washington. The event was offered to all active duty and military retirees, courtesy of the Washington Yacht Club and Andrews Federal Credit Union, as a way of showing appreciation and an early Thanksgiving treat for the military in the DC area. Walter Reed Hospital and Bethesda Hospital as well as residents of the AFRH were special invited guests.

A special thank you goes to Rosalind Bishop and Carla Young of Andrew Federal Credit Union. They provided gifts for the guests. Nancy Lain and Nancy Newlin of the Washington Yacht Club also had gifts of mugs and t-shirts for the guests.



In addition to the live entertainment onboard all three levels of the Spirit of America, good food and gifts, participants also got a spectacular view of DC from the water and a close look at the Fire Patrol boat the John H. Glenn Jr.



Richard Powers takes to the dance floor when the band cranked up the music.



Bernice Goldstein is escorted to the Spirit of Washington by Marine Corps Corporal Hudson.



Air Force SSgt Seiberg Wilson has a photograph taken with resident Curtis Young.



Wilfred McCarty enjoys talking with LCDR Ford the Spirit of Washington cruise.



A Navy band entertains the group of active duty and military retirees from the DC area onboard the Spirit of Washington.