



Armed Forces Retirement Home

# Communicator

VOLUME V NUMBER 12

ARMED FORCES RETIREMENT HOME

DECEMBER 31, 2008

## Residents attend J5's annual Christmas celebration



On December 17, 2008, nine residents of the AFRH were honored guests at the annual J5 Christmas party. Pictured on the front steps of the Pentagon are: front row from left - Nelson Jaminson, Paul Downs, Eva Downs and Corrine Robinson. Back row from left - Bernard Hipchen, Myron Wash, Corena Wash, Doris Jones, and Esker McConnell.

The Directorate for Strategic Plans and Policy (J-5) is the focal point for assisting the Chairman in four major areas: Current and future military strategy, planning guidance, and policy; Politico-military advice and policies; Military positions on projected and ongoing international negotiations; and Interagency coordination within these three areas. Meeting these responsibilities requires a closely-knit team of people with a broad range of expertise and talents. The J-5 organization is led by a three-star general or flag officer, with a two-star vice director. Five one-star deputy directors supervise five deputy directorates composed of 14 divisions. The Director for Strategic Plans and Policy is VADM James A. "Sandy" Winnefeld, Jr. J5 has been hosting the AFRH at their annual Christmas celebration for over 10 years.

## 2008: A year of progress in Gulfport



January 31, 2008



March 26, 2008



June 4, 2008



December 22, 2008

## Inside this Issue



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Major milestone for 'Walking Man'

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## Notes from the Resident Advisory Council



I hope that you had a very joyful holiday period and that you shared your good fortune with those less fortunate than you. That is the true meaning of this holiday period.

Well, another year is almost in the books. And what a year it has been for the members of the Council. Working on almost every facet of your life here at the home, members of the RAC have been involved on your behalf. I wish to thank those members of the RAC who have taken the time to keep me informed as to what is important to the residents of their floors and residents of the home. You are the floor, on which the Resident Advisory Council is built, without your work things would take much longer to be resolved.

As we move into the New Year there is always a need for new members for the RAC. As of now the only requirement to becoming a member of the RAC is that you be a resident of the home for at least 6 months. At the present time the RAC is looking for people to serve as Chairpersons of the following committees: Security - listening to resident concerns relative to security around the home and meeting with the Chief of Security to let him know resident concerns; Wellness Center - listening to the concerns of Residents as it relates to the medical care they receive in the Wellness Center. Here you do not get involved in personal information just matters of a general nature. Finally we are looking for a person to serve as the head of the Presentation Committee. This committee presents the certificates to the military groups who give performances to the residents during the year.

Even if you are not interested in the openings mentioned, there are places where your interests and knowledge can be used. Just stop me and ask about these and any other positions on the RAC that you might be interested in.

The Holiday Party was well attended and the band that performed, the Airmen of Note (yes, from the Air Force) was very well received. The singer who was with the group had the sweetest voice that I have heard in a long time. In addition to the Airmen of Note you may have noticed many young Navy types from the Navy ceremonial unit. Additionally I want to take this time to thank all those who had a hand in making this event go so well - the dining hall staff, the residents who had a hand in setting up the hall prior to the event, the people from all the staff sections who assisted, Keith Turner and Laura Fogarty, the Public Affairs Office was there taking photographs of the event. And finally, to you the residents, who came, brought others to the event and participated in making this Holiday and Christmas period one to remember.

Finally as a start of things to come the Soldiers Home Investment Project (SHIP) is now up and functioning on the site [www.armedforcesfoundation.org](http://www.armedforcesfoundation.org) if you go there and click on OUR PROGRAMS and then click on SOLDIERS HOME you can read about what we are doing. In addition you can contribute to the program. This is a program started by residents of the Home and will be working hard to insure that what we wish to accomplish happens. Join us in this effort. It will benefit not only those of us here in Washington but, in the future Gulfport. A secondary benefit is that donations are tax deductible (up to the limits in current tax law).

And now as a final note go out there and speak to a new resident and let them know just how GREAT this place is, then tell others who are not now here about it also.

*Esker F McConnell  
Chairman*

## AFRH COMMUNICATOR

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

### Serving Washington, D.C. and Gulfport, Mississippi



## Become a resident today!

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

### Eligibility:

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

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

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

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

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

### *Santa makes a stop at AFRH*



**Muriel Kupersmith accepts a candy cane from Santa during the annual Ladies Tea Party held at the AFRH earlier this month. The event is hosted by AFRH Agency ladies and this year, as in years' past, it was well attended.**

## Message from the Chief Operating Officer



Happy New Year! Before we take the big plunge into the new year, share with me a moment of reflection on all that has been accomplished this past year.

Without a doubt, 2008 was a year for new beginnings. In Gulfport, we broke ground for our new Home. The collaborative efforts of our DC staff members working with our contracted design/build team is paying off as you can see in the progress of the construction that has occurred. As the building evolves from a vision to reality, from sketches and drawings to concrete and mortar, we can begin to feel the anticipation and excitement of our residents who are waiting to move back home. If you will recall, a year ago the last pieces of the former building had just been removed and the property where the new Home is being constructed was scraped clean. The progress of the new facility is tracking smoothly and on time. Our new Home is being designed as a state of the art LEED (Leadership in Engineering and Excellence in Design) facility. It will no doubt be a place that our veterans will be proud to call 'Home.'

In anticipation of the move back to Gulfport and upcoming Scott project, staff are engaged on these efforts to put contracts in place and to accommodate activities related to the construction and renovations. The Scott project will update and reshape the Washington facility and encompass both renovation and new construction, which will address all levels of care and many of our resident programs found in the Scott Building and many of our older facilities. Our initial

funding for the design has been received and we are off to a good start with GSA, our Project Manager.

Last February, here on our DC campus, President Lincoln's Cottage opened to the public for the first time. The cottage, which is next to the Sherman Building, underwent a \$17 million restoration funded by the National Trust for Historic Preservation, a private, non-profit organization. The close proximity of this historic treasure gives our residents a wonderful opportunity to step back in time and see firsthand the life of our nation's President in the 1860s. It is indeed a welcome addition to our campus and in fact, enhances our vision of preserving our military heritage.

Over at the Wellness Center, a display case has been installed as another means of preserving our military heritage. Although this first display case is designated to showcase Army memorabilia, each branch of service will have its own. Residents are encouraged to add personal items of interest to display cases to share with everyone. You may also have noticed several new benches around campus. The benches were donated by various individuals to honor a military member of their choosing. Plaques are being made to attach to the benches for all to share in the memory.

During the last 12 months, we hosted 30 active duty tours and reaped the benefit of approximately 3,500 volunteer service hours. The connection we have and continue to build with our military community is invaluable in that it not only demonstrates to these young men and women how their monthly investment is being used, it also strengthens the bond that our residents have with their fellow veterans that are still serving and protecting our country. By talking with our residents, today's military members can learn life lessons that cannot be taught in school. Residents, too, seem to enjoy hearing about new technologies and the advances the military has made since they served. This year we also host-

ed the Military Coalition Group for a quarterly Red, White and Blue luncheon. The Coalition is made up of the top military enlisted members from each service.

This fall, I was very pleased to announce that we received notification of certification from the Commission on Accreditation of Rehabilitation Facilities (CARF) - Continuing Care Accreditation Commission (CCAC). This is the first time AFRH applied for and received the five-year accreditation. AFRH was recognized for exemplary performance in five areas to include the Performance and Accountability Annual Report to Congress, the minimization of long term financial threat to the agency through strategic planning, our sound financial status and wide variety of on and off campus activities offered to our residents. The CARF team collected data over a six-month period before they released their findings. I am very proud of this accomplishment as it marks for us another milestone towards achieving excellence.

These are some of the highlights of our year. We live in an ever-changing world and while sometimes it may be easier to remain in the 'status quo' it is not feasible or acceptable for us to do so. We must be vigilant in preserving the promise to those young men and women standing watch today and we must continually look for ways to improve the facilities and services we offer, it is not only our fiscal and environmental responsibility, it is the right thing to do. Last year we welcomed 157 new veterans to our Home. This year, we will begin to draw down our numbers as we right size for the Scott Project. Over the next several months, the Assisted Living residents will be moved out of the Scott building to King Health Center. The winds of positive change are in the air and we are poised on the edge of 2009, ready to take on the challenges and changes of the new year.

*Timothy Cox*

### GSA Project Manager for AFRH-G rebuild receives OSD Exceptional Service Award

On Monday, December 8, 2008, Steven Smith, General Services Administration (GSA) Project Manager for the Armed Forces Retirement Home-Gulfport (AFRH-G), received the Exceptional Public Service Award from the Office of the Secretary of Defense (OSD).

The citation reads, in part,

"Mr. Smith has been one of the driving forces behind the Gulfport facility construction project. The new state of the art retirement facility is within budget and scheduled to be completed in July 2010. Mr. Smith has taken public service to a higher level of excellence through his ability to engage local, state and federal agency as well as stakeholders immediately following his appointment as the Project Manager. Most importantly he has taken time to meet with the distinguished veterans of the AFRH to understand their needs, desires and wishes in a community they will once again call home. His tireless accomplishments represent the highest tradition of public service and reflect great credit upon himself, the General Services Administration and the Department of Defense."



Steven Smith of GSA, center with certificate, is honored in an awards ceremony held at the Pentagon on December 8, 2008. Dr. David Chu, Under Secretary of Defense for Personnel and Readiness, pictured third from right, presented the award.

*Photograph courtesy of DoD*



SHARING HIS EXPERIENCES IN IRAQ - U.S. Air Force Major Aaron Bell visited the AFRH this month and gave a presentation to the residents on his experiences in Operation Iraqi Freedom. Major Bell was in Iraq from October 2007 until April 2008. He is now stationed in the DC area.

### AFRH Demographics As of 12-24-08

#### AFRH population

Male- 955  
Female-106  
Youngest- 42  
Oldest-103

#### Last Branch of Service

US Army-438  
US Air Force-340  
US Navy-247  
US Marine Corps-32  
US Coast Guard-4

#### Eligibility category

1-Retired- 774  
2-War Theater Service- 120  
3-Service Connected- 112  
4-Females prior to 1948-55

#### Theater Era Service

Vietnam- 471  
Korea- 503  
WWII- 462  
Panama- 3  
Gulf War- 3  
Grenada- 1

\*Service from some residents is in more than one conflict

# Welcome Aboard



**Name:** James Skelton  
**Branch of Service:** USAF  
**Entry Date:** March 1949  
**Separation Date:** April 1975  
**Rank:** E8  
**War Theaters:** Korea, Vietnam



**Name:** Leslie Stevenson  
**Branch of Service:** USAF  
**Entry Date:** November 1954  
**Separation Date:** October 1977  
**Rank:** E7  
**War Theaters:** Vietnam



**Name:** Edward Booth  
**Branch of Service:** USAF  
**Entry Date:** February 1958  
**Separation Date:** March 1980  
**Rank:** E7  
**War Theaters:** Vietnam



**Name:** James Livingston  
**Branch of Service:** USAF  
**Entry Date:** October 1941  
**Separation Date:** September 1963  
**Rank:** E7  
**War Theaters:** WWII, Korea, Vietnam



**Name:** Thomas Lynch  
**Branch of Service:** USAF  
**Entry Date:** July 1948  
**Separation Date:** April 1969  
**Rank:** E7  
**War Theaters:** Vietnam

## Annual 2008 Count

### Bird life at AFRH documented, 27 species identified

*By Anne Anderson*

Four intrepid souls braved the cold and cloudy day on December 21st to conduct the Annual Audubon Christmas Bird Count on the AFRH grounds. The Bird Count is a citizen-scientist effort to document our winter resident bird life that has been going on for over 100 years. They had already surveyed Catholic University Campus and the MacMillan Reservoir that morning and were eager to add to their species count here. They were not disappointed!

Aside from the usual Canada Geese on the fields and Mallard Ducks on the pond, they saw Red-Tailed Hawks, a Red

Shouldered Hawk, Blue Jays, Red Bellied Woodpeckers, Downy Woodpeckers, and way back in the corner, a Ruby-Crowned Kinglet, popping around an evergreen tree. The crows were not happy with the Red Shouldered Hawk and came cawing up the hill to harass him. He just ducked down into the underbrush until they flew over and then surfaced again to sit very quietly and give the birders time to identify him completely. The wintery mix that was promised for the evening hours could be smelled on the wind and clearly affected the birding, but the group was pleased to come away from their Count for 2008 with a total of 27 species.

# Happy New Year

## AFRH-Gulfport Update

**Design:** 100% Complete and drawings Issued for Construction Drawings

Finishes and final color selections being reviewed

Furniture, Fixtures and Equipment procurement packages being prepared

Construction: Estimated Construction Completion - July 2010

**Structure:** 543 of 543 Pile caps installed to date

1449 of approximately 1858 of floors garage through fifth floor columns placed to date

482,057 SF of approximately 604,715 SF first floor through fifth floor placed to date

Architectural Metal Studs installed (On Going)

Exterior waterproofing (On Going)

Mechanical/Electrical/Plumbing

MEP Infrastructure (On Going)

Safety: Zero accidents and zero incidents

**Chapel:** Awarded A/E services contract to CRA Architecture of Houston,

TX for design of renovation/rehabilitation project

Estimated Construction Completion: March/April 2010

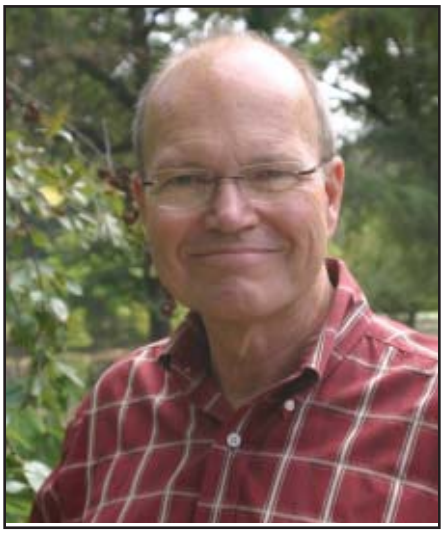
**Beach Access**

GSA preparing scope. Estimated award date for design March 2009

Estimated Construction Completion: July 2010



## From the Director



Martin Luther made famous the image of a drunken peasant who, according to Luther, "climbed up on one side of the horse only to fall off it on the other." The point the famed reformer was making is that it does us no good to move from one extreme if we are only going to land on another.

In evaluating the current financial crisis, some believe the entire mess is the fault of Washington, D.C., and some see it entirely as the fault of Wall Street. The truth is probably found right on "top of the horse," where a fair amount of blame can be applied to Wall Street because of greed and incompetence, as well as to our civic leaders, with what we know today, as poor regulation and excessive encouragement of irresponsible lending practices.

The world has been affected by this crisis, now a recession or could we even see a depression? Many are fearful. The news is bad. You can make a sweet deal on a vehicle right now as the only people at car dealerships are the salesmen. Pension plans? Many are losing their jobs and Detroit top dogs are begging for more time. State Parks are closing. Retailers and businesses of all kinds face lean times

## 1881 Governor of the Home Was Embroiled In Political Controversy

### Gen. Sturgis was one of the Last Active Duty Governor

By Ray Colvard/August 1997

Compared with the massive scandals in the War Department, Indian Bureau, and the Cabinet during the post-Civil War years, minor abuses in the administration of Soldiers' Home in 1882 were, at most, a "tempest in a teapot."

Three decades after the Home's establishment, three generals, who were members of the Board of Commissioners, considered the Home their fiefdom. Though their rule was benign, complaints were lodged by inmates who were discharged from the Home for behaving, as Gen. McFeely put it, "as if the Home belonged to them."

Col. Samuel Sturgis, 7th Cavalry, was named Governor in 1881 by President

Chester Arthur. The Board was not pleased at the President's choice. Col. Paul R. Goode wrote in the United States Soldiers' Home, "Col. Sturgis, or to give him his brevet rank, Maj.Gen. Sturgis, was a salty and forthright character. He was brevetted four times for gallantry. He now added to his combat record by engaging in battle with the Board of Commissioners."

#### Col. Sturgis' Background

Accounts of the 7th Cavalry are usually associated with the career of "General" George Armstrong Custer, with little notice to Sturgis, who actually commanded the 7th. The hatred between Sturgis and Custer was malevolent. The "stupendous frauds" in Custer's contracts with merchants were exposed by Sturgis. Custer wanted revenge. Gen. Sheridan recognized their antipathy and kept Sturgis "behind a desk and Custer in the saddle." With the approval of General of the Army W. T. Sherman, Sturgis was detailed to meaningless and humiliating assignments. Sherman and Sheridan enjoyed Custer's planned buffalo hunts with Bill Cody and European royalty, as well as the publicity provided by the entourage of newspaper men at Custer's headquarters. Sturgis was in his office in St. Louis, detailed by Sherman to the Mounted Recruiting Service, when he heard about the Battle of Little Big Horn, and with it the death of the 7th's youngest officer, a recent West Point graduate, Lt. Jack Sturgis, who had requested assignment to his father's regiment.

#### Sturgis as Governor of Soldiers' Home

and many of them will close. Restaurants will see empty tables more often; we will do okay at AFRH.

I am finishing this article two days before Christmas. I am thinking about the people in the US who will be receiving the brunt of this economic crash and they are the 15% or so at the bottom of the economic scale. I speak of those who are working part-time because they could not find full-time jobs, and now the part-time job has been cut; the ones who are among the 24% of kids who drop out of high school; the workers who live so far out that they can't commute to their low-paying jobs in the city; the families who were depending upon help from another family member who is now unable to provide it; the families who were healthy previously but could not afford health insurance and now have had a major illness or accident. These folks will be wondering how they will pay the rent and buy food, knowing that they can do one, but not

the other.

Those of us who don't have to worry about losing our home, or where our next meal is coming from or how we're going to pay the electric bill, we have many reasons to be thankful. If our basic needs are met, then all the rest is icing on the cake. I would like to encourage you to give a Christmas donation to a Food bank or a gift through a church that is helping to meet the personal needs of others. Many of these organizations are desperate because of the increasing demand.

God gave us the greatest of all gifts. This is a great time of the year for us to be grateful by sharing with others. If you give, the greatest gift comes back to you - it is the happiness you will sense because you give. Isn't that remarkable that it works that way? Merry Christmas to you.

David Watkins

### Christmas came early at the AFRH thanks to Costco

Costco has been most generous each year with providing gifts for our residents. This year Santa and his helpers came to AFRH with lots of goodies. The following is a sampling of what residents were given: sweats, fleece jackets and blankets, perfumes, magnifiers, winter hats, baseball caps, toiletries, small decorative Christmas trees, auto tool sets, jewelry, luggage sets, coffee pots, radios, cards and more.

A special thanks goes to Costco for providing holiday gifts to our residents.



Surely Sturgis considered his 1881 appointment as Governor of Soldiers' Home another meaningless assignment. He told the investigating committee, "The general happiness does not appear to have ever attracted the managing authorities. Money seems to have been dealt out with a lavish and unstinted hand in all directions except that leading to the benefit of inmates of the Home."

An inmate said, "I know Gen. Sturgis would give us every favor if he could, but he is hampered by the Board of Commissioners. He cannot lift a finger without the Board. He is here in spite of the Board. They did not want him."

Another inmate's complaint to the investigating committee has a recent ring to it. "We are deprived of rights we ought to have. When I first came here we received clothing and a dollar a month; but after the Supreme Court gave us our pensions, that money was taken away from us and, not satisfied with that, they made us pay for our own washing."

Goode wrote: "The investigation was thorough, fair and spared no one." The Board tried to have the Secretary of War replace Sturgis by a Governor of their choosing, but the colonel remained as Governor until 1885. Relations were not more amiable. The Washington Star even published an article on the subject May 26, 1883.

Sturgis became the last active duty officer named Governor of Soldiers' Home. Beryl X. Smith, the Soldiers and Airmen's Home's historian pointed out some



General Samuel Sturgis

of the "good" that came from the Sturgis tenure and the 1882 investigation. "Overall," Smith noted, "I would say that a lot of good came from the Congressional hearing. The Permanent Fund was set up. The Governor became a member of the Board of Commissioners. This meant that the Governor's position gained in prestige with the result that retired generals sought the position. It was revealed that the Home had a lot of money due from the Treasury from such things as unclaimed estates of soldiers who had died, forfeited from desertions, etc."

"The Home provided the sum of \$10,000 to employ clerks to assist the Treasury Department in dispersing funds due the Home. These considerable monies funded one of the Home's biggest construction periods lasting to 1910," Smith explained.

## Holiday reception hosted by President Lincoln's Cottage staff

### Ho-Ho-Holiday Reception

By Leslie Bouterie

On Friday, December 12, the staff at President Lincoln's Cottage, a National Trust Historic Site, hosted a holiday reception for the residents and staff of the Armed Forces Retirement Home (the campus on which the Cottage is located). The Robert H. Smith Visitor Education Center, bedecked with holiday wreaths, garlands, and bows, was the site for the festivities.

President Lincoln's Cottage staff, wearing North Pole-inspired elf hats, welcomed AFRH guests and served refreshments of coffee, apple cider, cupcakes, and cookies. While enjoying snacks and beverages and listening to the festive music of a classical guitarist, guests wandered through the exhibit galleries, chatting with staff and friends. Historical interpreters screened the tour orientation film and conducted small group tours of the Cottage.

The Museum Shop, well stocked with gifts for all ages, offered a special holiday discount to all partygoers and "elves" were on hand to assist residents and AFRH staff with their selections.

This event is one of a series offered throughout the year by President Lincoln's Cottage to thank the AFRH staff and residents for their continued support in letting the

National Trust for Historic Preservation manage the Cottage for the public.

Ms. Bouterie is a Lead Interpreter and Events Specialist for President Lincoln's Cottage.

Want to read more about President Lincoln's Cottage history and events? Visit the official blog at <http://lincolncottage.wordpress.com> and the website at <http://www.lincolncottage.org>.



From left - Jean Ringuette, Jason White and Gwen Hendley at the Lincoln Cottage holiday reception hosted for the residents of AFRH. The Lincoln Cottage, on the grounds of the AFRH-W, opened to the public for tours in February 2008.

# Resident recalls emergency surgery performed at sea during WWII

By Mary Kay Gominger

Sixty-six years ago, as AFRH resident Albert Stegall handed his shipmate a scalpel, he didn't think about everything that could go wrong. Forget the fact that he was a radioman on a submarine far out at sea and 150 feet below the surface, assisting a pharmacist's mate (that had never performed an operation before) in an emergency appendectomy on a crew member that was laid out on the dining

room table in the officer's wardroom. Forget also the fact that an enemy Japanese destroyer was hovering over them and enemy aircraft was circling above. It was Christmas Eve, 1942, and Albert only had one thing on his mind and that was to help save his shipmate's life.

"The guy on the table was a friend of mine," Albert said in an interview earlier this month.

"I was glad I was able to help," he said. "The surgery lasted four hours. It was a long time ago but that was a day I'll never forget."

The operation, onboard the USS Silversides (SS-236) turned out to be the war's most publicized surgical operation. The Pharmacist's Mate, Thomas Moore, armed with makeshift instruments and a volunteer surgical team, successfully removed a gangrenous appendix from crew member George Platter. It was later reenacted in the movie *Destination Tokyo*.

This particular operation was but one of three appendectomies performed at sea on board U.S. submarines during World War II. The one on *Silversides* was the only one to be photographed.

During his 20 years with the Navy, Albert served four years onboard the USS *Silversides* and went on 10 war patrols. He joined the Navy in 1935. His world, like many others, changed forever on December 7, 1941.

"Everything changed that day," Albert recalled. "I was in San Francisco at the time. We were on our way to Pearl Harbor in a matter of days after the bombing. Nothing was



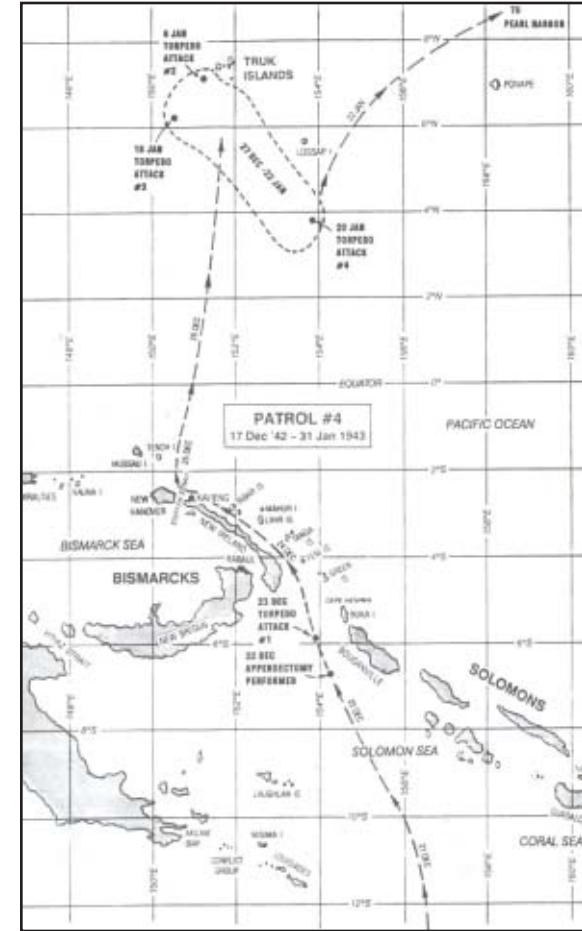
Albert Stegall holds up the photo of the historical emergency surgery that took place at sea in 1942.

the same after that."

Upon retirement, Albert returned to his home state of Tennessee and, with his electronic background, easily got a job with a company that made atomic bombs. He was a quality inspector and said the job was very interesting.

Albert joined his fellow veterans at the AFRH four years ago. The 91-year old has four daughters, a son and 20 grandchildren.

Left - the path the *Silversides* took on her 4th War Patrol.



The shirtless sailor in the background is Bob Detmers, the one on the right is Albert Stegall. The appendectomy was performed by Thomas Moore, pictured left, at a depth of 150 feet and took about four hours but was successful. George Platter, the patient, was standing watches again six days later and lived to a ripe old age.

USN photo

## AFRH Annual Christmas Party enjoyed by all



Active duty Navy volunteers spent the evening at the AFRH Dance with the residents.



Residents dance to the music while others enjoy fellowship and good food.



Ruby Bloomer enjoys a dance with a Navy member. The dance floor stayed crowded throughout the evening as residents and their guests celebrated the holiday season.

## Bowling News

By Ed Crump

For the second time in three months Gene Allison won Bowler of the Month honors. He joins Steve Kostick and John Glover to receive such honors twice this year. He finished in first place on the two different occasions during the month in which he averaged 183 for nine games which included four games of 200 or better. He has high series scratch for the month with a 593 which is the second highest for the year in the shootout. Only Ralph Wineland with a 614 has a higher series. He accumulated 15 points for the month which moved him to the top spot for Bowler of the Year honors with 55 points leading both Smokey Prussman and Buron Noel who have 53 points each with one month left. Jim Vancil with 48 points still has an outside chance to make the top spot so it should be an interesting month of December.

Gene Allison has one advantage over

his two closest competitors in his race to win Bowler of the Year. He presently stands in first place as far as finishing in the top four spots the most times during the year and if he should hang on and finish with the most top four finishes for the year that would add five more points to his Bowler of the Year point total. At the present time Smokey Prussman has 15 top four finishes which stands in third place which is worth two points. He trails Bob Schonherr by two for second place which is worth three points. Jim Vancil with 14 top four finishes presently sits in the fourth spot which is worth one point. Another key factor is going to be able to finish in the top four each week the last month which earns valuable points. First place earns five points, second place is worth three points while third place is two points and fourth place one point. So there's several different ways to earn points and it could go down to the final week before a winner is decided. The winner will be announced in my next column.

## Resident reaches 24,000 miles



Ed 'Walking Man' Crump (left) pictured with Jerry Carter with Recreation Services. Jerry Carter said, "Ed was inducted into the Around The World 24,000 Mile Club here at AFRH-W on Wednesday, December 17th. He is the first resident here to be inducted into this elite club. Ed said it took him five and half years to do this, and being consistent is the factor - walking every day. He was presented a Victory Medal 24,000 Miles & Around The World 24,000 mile - jacket. Ed is a member of our Walking Club here at AFRH-W and many residents who have joined this club have been inspired by Ed's recent accomplishment."

## Holiday season celebrated at King Health Center

Right - Carol Mitchell gets a photo with a party-goer during the AFRH Holiday dance held on December 19.

Below - A volunteer from Ft. Monroe shares holiday cheer visiting residents at King Health Center.



## Musical Performances to be held in January

- Jan. 6 Karen Ashbrook and Paul Oortis
- Jan. 9 Chattertuck, an all female Acapella Singing Group
- Jan. 13 Archie Edwards Blues Performance
- Jan. 19 West Brook High School Choir
- Jan. 30 Army School of Music

Check the monthly calendar for times and location.

## Military Order of the Cooties Twenty-five year tradition of giving to veterans continues

By Steven Briefs  
Supervisor of Recreation Therapy

The Military Order of the Cooties visited with the KHC residents on Saturday, December 20th. They served fresh coffee, tea, hot chocolate and donuts and as they do every month, sat with our residents and shared in memories of days gone by. The M.O.C group has been visiting our home for the past 25 years and in each of those years has donated a Christmas gift during this season. This year they donated a DVD/VCR player and warm socks to our residents. We appreciate their faithfulness over these many years to our home.



Members of the Military Order of the Cooties bring gifts to the residents of King Health Center.

## Holiday feast enjoyed by AFRH residents

By Wilfred "Mac" McCarty  
Sunday, December 14, 2008

For many years the Rod and Gun Club at Ft Meade, Maryland, and for a couple of years VFW Post 160, Glen Burnie, Maryland, hosted a Holiday feast for members of the Armed Forces Retirement Home (Old Soldiers Home). I, a resident, have attended quite a few and would like publicly to thank them.

This year we found some of the hosts outside in the cold barbecuing the meat (duty above and beyond). Three played holiday songs we seniors were familiar with and played them not too loud for our sensitive ears. Ha. I appreciated the pies and cakes someone made. It takes a lot of work and planning to put something like this on year after year. Each year I look to see the familiar face of one of the hosts (the one that leads in prayer) and I suspect makes the wonderful goulash soup. If I see him I know I am in the right place. It is not just the food and drink that is so great but that you remember your fellow veterans with your kindness.

Thanks a plenty.

The Public Affairs Office staff and volunteers wish you a  
**Happy New Year!**

## *A Photo Recap of the events that shaped our year*

As we begin making preparations to ring in the new year, it's a fitting time to reflect on the events of 2008 as they are now a page of our history. These are but few of the highlights.



**VOLUNTEERING** - AFRH hosted many active duty volunteer groups and visitors during the year 2008. This photo, taken on September 8, shows Navy volunteers from the Pentagon and MDW. The group assisted with the Fun Fest and Flea Market and worked on several projects such as cleaning Stanley Chapel and the theater and painting.



**AFRH-G CONSTRUCTION GETS UNDERWAY** - A groundbreaking ceremony for the AFRH-G was held on March 2, 2008.



**TRIPS** - During one of the many day trips sponsored by Recreation Services, a resident gets a great photo at the Baltimore harbor. Recreational Services sponsored 244 recreational trips this year.



**RECOGNITION** - Ladies of the AFRH were honored at a ceremony sponsored by the Defense Threat Reduction Agency on March 5, 2008, for their service to the country and their courage to serve despite the discrimination they faced as women in the military.



**MILITARY HERITAGE** - Residents of the AFRH share photos and other historic military memorabilia with today's active duty force at an annual Women in Defense reception. Through these gatherings, military heritage is passed from generation to generation.



**VITALITY** - Many residents of AFRH took their physical fitness to a new level during the year by participating in friendly bowling competitions, as pictured here, exercise classes, walking, golfing, swimming and much more. Active lifestyles are healthy for the mind and body.