



AFRH-GULFPORT

Gulfport welcomes “Vettes for Vets”

By Sean Campbell | Lead Recreational Specialist
 Photos by Ray Ross, Tony Langdon & Dan Ellis | AFRH-G Residents

Residents at AFRH-G were once again treated to an up-close view of over 30 fabulous Corvettes on July 4 as part of the annual “Vettes for Vets” events co-sponsored by the Gulf Coast Corvette Club. Cars and drivers from all over the southeast region gather annually to showcase their vehicles to our residents, and to meet and enjoy lunch with them as their way of saying “thank you” for their service. After the cars paraded around the traffic circle, drivers parked and spent time with AFRH-G residents. They even took some for rides after lunch concluded. What better way to celebrate independence than cruising down the beach in an American muscle car! Special thanks to the Gulf Coast Corvette Club for promoting this event to its members.



AFRH-WASHINGTON

Independence Day festivities

By Amanda Jensema, CTRS | Recreation Therapist
 Photos by Jack Beck | Resident & Chris Kelly | Public Affairs Officer

It has become a recreation therapy tradition over the past five years to celebrate our country’s Independence Day with our healthcare residents. Events included a perfect view from the Scott 3 Terrace, serving hot dogs, watermelon, cake, and a variety of beverage choices. This year was a little different, though. The weather did not cooperate, so instead we set up in the Hall of Honors. Residents enjoyed mixing and mingling with one another, and some enjoyed looking around at the artifacts on display. The rain had drifted away but the humidity was still going strong. Many residents still chose to sit outside under the overhang outside the library windows so they could reserve their perfect seat for the fireworks. Neighbors around the Home, and towards downtown started setting off fireworks early so those sitting outside got a preview of what was to come from our Independence Day fireworks show. At 8:30 p.m. everyone began making their way outside to get their seat to watch the fireworks which were scheduled to begin around 9:07 p.m., which they did. Our view was not as perfect as in years past, but we were able to see the beautiful fireworks as they were shot into the night sky. After about 10 minutes, the wind was not in our favor and the smoke from the fireworks blocked our view. As the night came to an end there were some residents and staff who watched the fireworks from the Scott 3 Terrace. All in all it was a great Fourth of July. Happy Independence Day everyone!



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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 America's Veterans

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:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to have a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be suffering from injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

****To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to: AFRH, PAO/Marketing, #584 3700 N. Capitol St. NW, Washington, DC 20011-8400**

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AFRH-G Resident Highlight – Harry L. Gordon

By Lori Kerns | Librarian



Harry L. Gordon was born in Pensacola, Florida. During the Great Depression, he decided he wanted to join the military. He made several visits to the navy recruiter office where he would meet the same chief who kept giving him different reasons that he was not fit to serve. On one of his visits, the chief told him that he had too many cavities. Harry's father took him to the dentist and had all his cavities filled. After his dental work was complete, he decided to hitchhike to Macon, Georgia. He remembers arriving on a Saturday and being thankful that the driver who brought him gave him \$2.00. On Monday morning, he walked to Macon's Navy Recruiter Office where they checked him out thoroughly and deemed him fit for duty. He was instructed to head back home to await further instructions. A few days later, he was taken to a train station by his mother and aunt to head out for boot camp.

As a new sailor, Harry remembers how cold the barracks were and how his bed was a hammock. After a few months, a first class petty officer came looking for him. He

had to pack his bag to begin his first mission at sea aboard a destroyer. His deployment began in San Diego where he recalls having a great time. The destroyer then set out to Honolulu, Hawaii. On the way, the ship got caught in a terrible storm. During the storm, the seas got so rough that Harry, a deck hand at the time, was washed all the way to the stern of

the ship. Luckily, they made it to their destination at Pearl Harbor.

When Harry's four years were up, his captain told him that if he stayed he could become a third class petty officer. He declined because he was ready to get back home to his wife, Juanita. When he got back to Florida, he discovered that there was a training station that was opening in Opa-locka, Florida. He rejoined the Navy as a first class petty officer and began training cadets.

Harry dedicated 31 years to the Navy. He began as a deck hand but retired as a chaplain in 1958. Upon his military retirement, he began a civilian career when he started a business of selling and fixing appliances. He and Juanita raised their two sons, Harry and Danny, who also went on to serve their country. When Harry lost his beloved wife in 2000, he decided to move to the Naval Home in Gulfport, Miss. He has enjoyed his retirement at what is now AFRH-G ever since. Nowadays, he spends his mornings cruising the halls and visiting with friends in his iconic cowboy hat. He also takes delight in the many recreational activities like bingo and the monthly birthday dinners. In September, Harry will be celebrated at the monthly birthday dinner when he turns 100 years young!



AFRH-W Resident Highlight - Melvin Becraft

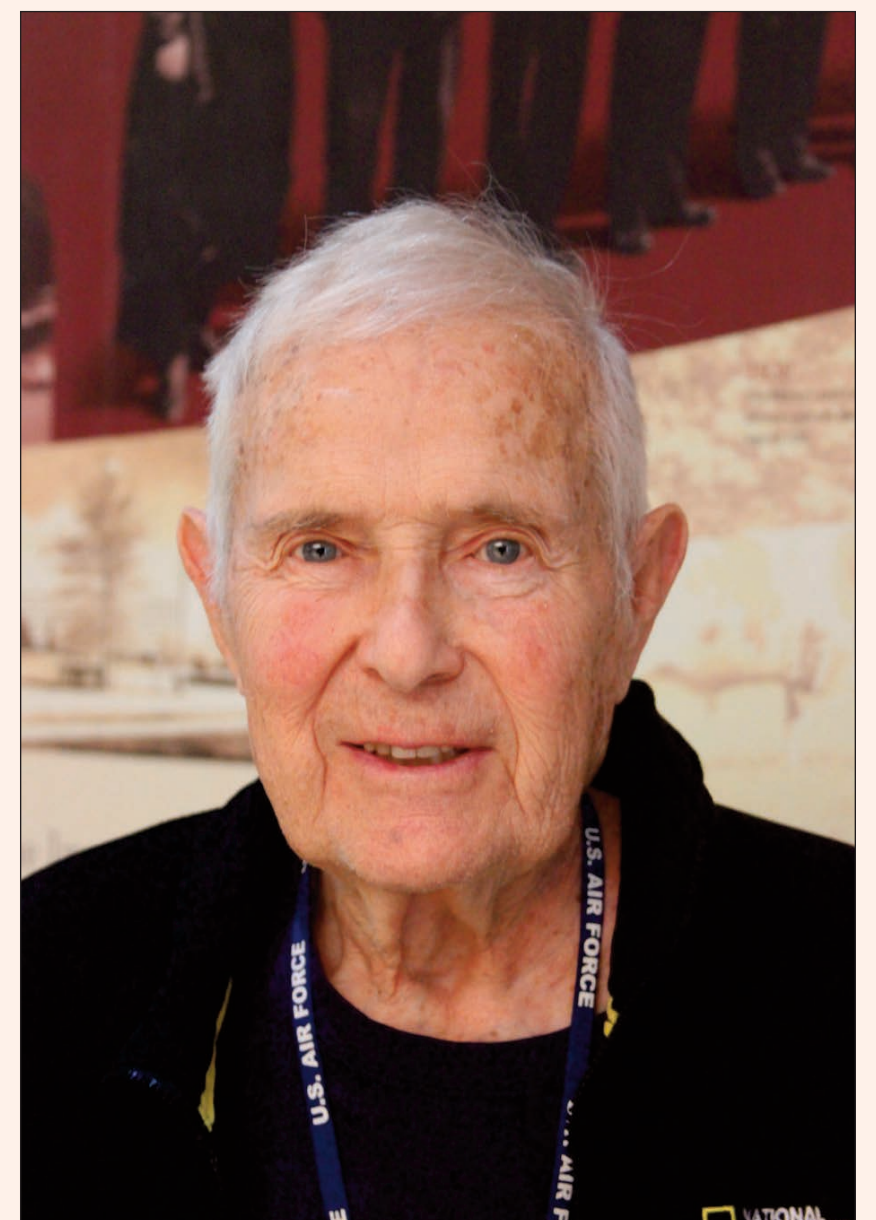
By Christine Baldwin | Librarian

Melvin Becraft was born in Missouri. Both of his grandfathers and his father were railroad men, but Melvin didn't want to follow in their footsteps. He enjoyed living in Missouri, which he considered the middle of the United States. In fact it wasn't until Melvin was 18 that he saw the ocean. When he was a senior in high school, his onetime girlfriend asked him what he wanted to do in life. Melvin told her, "I want to write one book." He went to the University of Missouri for three years, but still didn't know what he wanted to major in. For two of the three years, he was in the naval reserves as a midshipman. During his second year on a six-week training excursion to Hawaii, the Korean War broke out. Overnight, all of the depth charges were armed. After the three years, Melvin still couldn't decide what he wanted to do. He left school and the NROTC.

Knowing that he would be drafted, Melvin looked at the services and thought that the U.S. Air Force would be good. He went to basic training at Wichita Falls, Texas and then went to personnel school in Illinois. He was sent to Whiteman Air Base in Missouri. While there, Melvin applied for the Air Force Bootstrap Program and spent six months at Omaha, Nebraska obtaining a bachelor's degree in general education. Later, he was sent to Ben Guerir Air Base, North of Marrakesh, where he met his future wife (together they had three sons). Melvin had his best assignment near Paris, France at AIRCENT Headquarters, which was part of NATO. He also got to work in Berlin, Germany during the Cold War where he made his E-8. His final assignment was at Hamilton Air Force Base, California manning reserve units in the western United States. Melvin retired in 1972 after twenty years of service.

After retirement, Melvin worked in four government jobs, all office work. Still not knowing what he wanted to do, Melvin decided to take an art class at Sonoma State University in California. He liked it so much he ended up getting a bachelor degree in studio art and got another bachelor degree in art history. In one of his classes, the professor talked about Pablo Picasso and his painting titled 'Guernica'. He stated that no one fully understood the painting. This, then became a challenge to Melvin and he spent the next ten years finding hidden images in the work, which led to the first edition of his book published in 1983 titled *Picasso's Guernica: Images within Images*. In fact, the famous author Tom Wolfe sent him a letter saying the book was "wholly original and ingenious and that all Guernica lovers should read it." On another note, a professor from Stanford University's Art Program said "your general writing shows tremendous energy, but it should be directed elsewhere." Not satisfied, Melvin worked more on the book and in 1986, a second edition was put out. In 1991, Melvin got a letter from an Englishman named Mark Harris, who also had discovered hidden images in an ink drawing he had and thought it was by Picasso. This has led to a true friendship and they talk on the phone regularly. Melvin's final edition of his book (the library at AFRH-W has a copy of it) was published this year.

Not wanting to tie down any of his sons, Melvin decided to come to AFRH-W in November of 2017.



AFRH-G resident receives Gold Star family recognition

By Master Chief John Cunningham | Ombudsman
 Photos by Becki L. Zschiedrich | Public Affairs



On July 9, 2019, a small personal ceremony took place to recognize one of our AFRH-G residents that is a surviving sibling and a Gold Star family member. During this ceremony in the Hall of Honors, Gulfport resident Mr. Dale Butler was presented the "Gold Star Lapel Button" by Command Sergeant Major Greg Money and Mr. James Robinson from the Mississippi Survivor Outreach Services, Jackson, Miss.

The term Gold Star family is a modern reference that comes from the Service Flag. These flags/banners were first flown by families during World War I. The flag included a blue star for every immediate family member serving in the armed forces of the United States, during any period of war or hostilities in which the armed forces of the United States were engaged. If that loved one died, the blue star was replaced by a gold star. This allowed members of the community to know the price that the family had paid in the cause of freedom.

In 1947, an Act of Congress standardized the service banners and established the Gold Star lapel pins to issue to immediate family members of service members killed in combat, including those who have committed suicide in theater. The next of kin pin signifies a service-related death or suicide during active duty other than combat. These pins or buttons clearly display the ultimate sacrifice that loved ones of families have paid while serving our country and defending the American way of life. There are typically two lapel buttons that are presented:

- Gold Star Lapel Button (signifies died in a combat theater) features a gold star, one-quarter inch in diameter, on a purple circular background (signifies the families' grief or mourning) that is three-quarters inch in diameter within a wreath of gold laurel leaves (signifies valor). The Gold Star Lapel Button is furnished to eligible family members of a soldier who was killed serving in combat, during an international terrorist attack, or as part of a peacekeeping force.
- Lapel Button for next-of-kin of deceased personnel consists of a gold star within a circle surrounded by sprigs of oak. The next-of-kin lapel button is issued to family members of a soldier who died while on active duty or while assigned to an Army Reserve or Army National Guard unit in a drill status.

Eligibility for the Gold Star Program and recognition are surviving family members service member's widow or widower, parents (including mother, father, step-parents, foster parents and those who stood in loco parentis of the service member), and next-of-kin (defined as children, including stepchildren, brothers, sisters, half-brothers and half-sisters.) The Gold Star Program does not provide or grant authorization to survivors for additional benefits/privileges beyond what the survivor was entitled to prior to the death of the service member.

This event is typically where a military senior officer or senior enlisted present the button or pins to the family member in recognition for the sacrifice to our grateful nation.



Celebrating man's first walk on the moon, 50 years later

By Linda Bailey, CTRS | Recreation Specialist
 Photos by PK Knor | Resident

On July 20, 1969, Neil Armstrong took one small step that changed history. The 50th anniversary of that event has been celebrated across America this year. Here in our nation's capital, we were privileged to join in the celebration with an amazing display on the National Mall. A group of residents braved the heat, which still hung on somewhat after the sun went down, and the crowds, to view "Go for the Moon," a multimedia presentation projected on two 40-foot screens and on the Washington Monument itself. Starting 30 minutes before the presentation, the countdown clock began, showing T-30.

The Saturn rocket was projected on the Washington Monument, and changed as the clock counted down. The multimedia presentation featured a speech given by President Kennedy in 1962, where he made the case to go to the moon. Projected onto the Washington Monument the speech illustrated not only by video of the President, but by art that represented what he was speaking about. This was followed by footage taken on the voyage into space itself. The visuals, along with the fact that it was being presented on the National Mall, and including the Washington Monument as part of the show, made for an extraordinary experience. If you get the opportunity to view the presentation online, you will see what we saw, but won't be able to replicate the excitement of seeing it on the National Mall in the crowd.



Fishing on a summer day

Story & Photos by Steven Briefs, CTRS | Supervisory Recreation Specialist

On the first day of summer our AFRH-W veterans were invited to the Ashburn Village Fishing Classic for a great day of fishing. The Wounded Heroes Fishing Project sponsored this program and Terry Tackett, Lee Smith, William Morgan, Larry Cleaver and Ken Wright all took advantage of a sunny, warm day to enjoy their favorite pastime: fishing. Ernie Rojas was the leader of the project and his group provides all the fishing poles and tackle, bait, lunch and prizes. Their volunteers not only help with putting worms on the hooks but also taking the fish off those hooks once they are caught. Our guys were joined by other veterans and their families on this day and the kids that came had as much fun catching fish and even a red-eared slider turtle as our guys. There was much sharing of memories of days gone-by when everyone was younger and of the big fish that got away. In September, the Wounded Heroes Fishing Project is coming to our Home pond so more of our veterans will be able to participate in the great American pastime.



From the AFRH-W Administrator



While I am writing this, it feels like I am in Gulfport rather than DC...we've had very high heat and humidity the past week. We had our usual wonderful celebration of the birth of our nation on July 4. The display of military might flying over the Washington Monument and Lincoln Memorial was spectacular. The fireworks were a bit hidden by the smoke covering due to the heavy air, but what we could see was beautiful. We also had our campus open to the public with the Friends of the Soldier's Home activities on the lower part of the campus.

We've had some very high-level visitors this month beginning with Dr. Richard Stone, the VA's top health official who came to explore ways the VA could better support our residents and Home. Also visiting with the same intent was Commissioner John Newby from the Virginia Department of Veteran Services.

Later in the month, Mr. Charles Summers came for a tour and lunch with residents. He serves as the Principal Deputy Assistant to the Secretary of Defense for Public Affairs. Our final American VIP visitor was Major General Sherrie McCandless, Director of the National Guard Bureau Legislative Liaison. She will assist us with needed legislation.

Our biggest group of visitors was the Senior Enlisted (SEA) Conference led by Command Sergeant Major Troxell. This group of all of the service SEAs and combatant commander SEAs came to spend time out of their busy agenda for a CEO brief, tours and lunch with residents. They are important partners in our quest to increase the active duty withhold and it was an honor to host them.

Finally, we had a return visit by the Chairman of the Korean Veterans Association, General (ret) Kim Jin-Ho, who was the former Republic of Korea Chair of the Joint Chiefs of Staff. He met with Major General Rippe and addressed a group of Korean War veteran residents. It is always a pleasure to host our Korean friends.

Our staff has been busy this month hosting events for our residents, including preparing and eating vegetables that they grew in the garden. I would like to congratulate our Employee of the Quarter, Marine Robbins, who is a part of the recreation therapy team. We've also been working hard on the close out of 2019 fiscal year and looking toward 2020. Ron Kartz spent time with the Navy Mutual Aid annual meeting and also attended the National VFW convention in hopes of spreading the word of AFRH.

As always, I am honored to be a part of the AFRH Washington team!

Susan Bryhan



Congratulations to the AFRH-W Employee of the Quarter Marine Robbins.

Documentary crew from Republic of Korea visits AFRH-W

By Linda Bailey, CTRS | Recreation Specialist

AFRH recently hosted a crew of documentary film makers from the Republic of Korea. They were here to speak to our residents who had fought in the Korean War, and to record their personal stories of that time. They also wanted to know about our residents' lives prior to going to war, what their expectations of life were before they went to Korea, and if their expectations changed due to the experiences they had in Korea. The group is working on a TV series and documentary film entitled "The Last Wish." The crew was able to speak with eleven of our residents that day, and hear their stories.

Stories continue to be collected for their project. If you would like to share your story to possibly be included in this film, you can contact the documentary crew via email at Koreanwar70th@gmail.com or on Facebook at <http://www.facebook.com/thelastwish.project>.



Submarine races

By Paul Armbruster | Resident and RAC Participant

Every two years, submarine designers from all over the world gather to race their prototypes. This six-day high-stakes competition is a spectacle of innovation, determination, teamwork, commitment and problem solving. The race venue is the David Taylor Model Basin (DTMB), in Bethesda MD. The race host is The Foundation for Underwater Research and Education (FURE). U.S. Navy (USN) divers provide support services.

The race contestants are all students, from diverse affiliations (like major universities, an inner-city high school, and a home-school community). These engineers-to-be design, build, maintain and pilot unbelievably sophisticated underwater vehicles. Each student pilot doubles as the vehicle's power plant (like riding a bicycle, head-first, in a prone position), driving an innovative propulsion system (usually propellers or flaps), to reach speeds in excess of seven knots. The grand prize is bragging rights! Other takeaways are scholarships, internships, pride and life-long friendships.

The race spectators are all VIPs including politicians, flag officers and AFRH-W residents! They go on personalized guided tours of the event which resembles the Defense Advanced Research Projects Agency (DARPA) Grand Challenge Robot Competition and the venue, which is one of the world's largest test basins for development of ship design. For lunch, they eat (... wait for it ...) submarine sandwiches! They mingle with the race contestants, who are eager to explain their creations and to relate their experiences. Everybody wins! Thank you DTMB, FURE, USN, and AFRH-W.



Notes from the AFRH-W Resident Advisory Committee Chairman



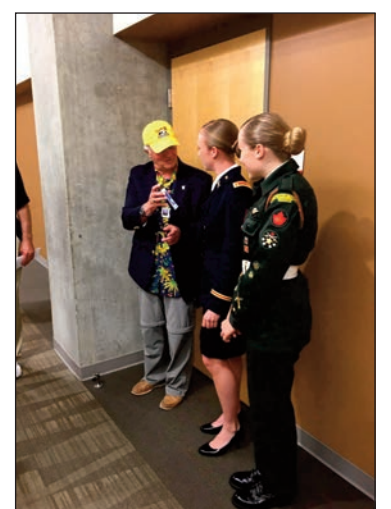
On June 21 a few of the residents attended the JROTC Leadership and Academic Bowl Championship. Guests included James A. Diamond, Lewis Haight and Billy R. White. What a night to remember, flash back into the past when we were young and had bright eyes...just joining the military. Special acknowledgement to Mr. James A. Diamond who was an Army JROTC instructor for 17 years at William Rainey Harper High School in Chicago. This event took place at the Catholic University of America, Washington DC.

The June 29 Veterans' Workshop that took place at Fort Foote Baptist Church in Fort Washington, MD was a big success. By July 8, AFRH-W had four possible new residents visit the Home and take applications with them. In following-up with these four prospects, I learned that they intend on making the transition into AFRH.

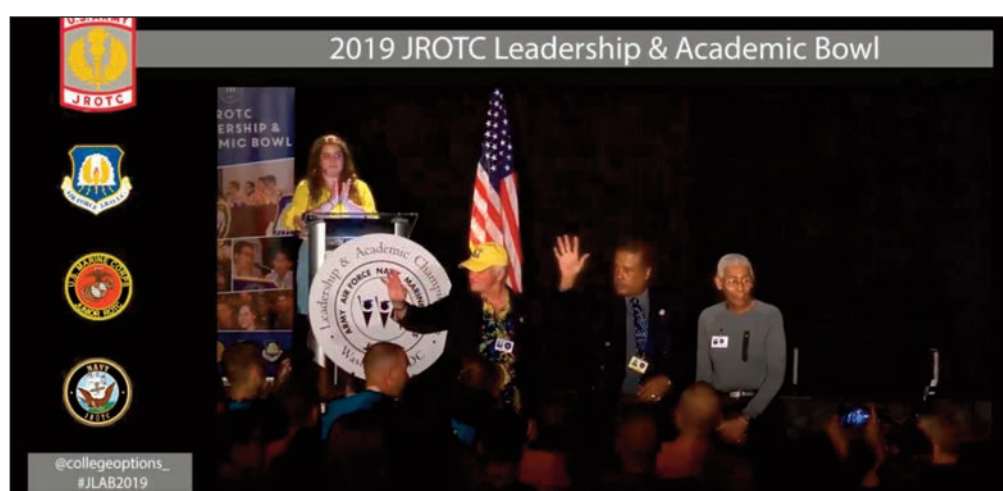
The Fourth of July celebration at AFRH went on without delay, although the first half of the day it rained. The high school band that joined us from North Carolina put on a fabulous show. They were really good. At AFRH-W, we had between two and three thousand people on campus for a great 2019 Fourth of July celebration.

Thanks to Mimi Rivkin for a great job with the RAC Committee; a service of excellence.

The RAC Committee would like to welcome Robert Pullen, our new ombudsman to the AFRH family.



Billy Ray White



From the AFRH-G Administrator



Greetings and welcome to the traditional heat wave known as summer on the beautiful Mississippi Gulf Coast. It's been a hot one, except when it was cloudy and rainy for a couple of days due to Hurricane Barry. We are very thankful that the hurricane didn't come our direction, although we are prepared to shelter-in-place in the event of a storm.

We started off this month celebrating Independence Day with a cook-in. The Vettes for Vets stopped by AFRH-G on the Fourth of July and took residents for rides in their gorgeous Corvettes and stayed for lunch.

I would like to thank June Weddle, who is the supervisor of the NEX, at the AFRH-G. Because of June, the NEX has made a profit. She has been working incredibly hard for the past year to make sure she has items that residents need or want. For example, she started carrying recliners, small refrigerators, microwaves, fans, electronic gizmos and gadgets. Thank you June for all you do for our residents and for focusing on Person Centered Care (PCC). You have made a difference in our resident's lives. I urge all residents and employees to continue to patronize our NEX.

Chris Alexander, our chief of resident services, was in Spokane, Washington the week of July 15 attending the Vietnam Veterans of America National Convention. Since the last town hall, we've had 24 tours and I want to thank Ray Ross, Jerry Burghout, Dan Ellis, Charles Gress, Larry McAnally, and John Witt for touring the potential residents and for sharing the good news about the Home with them. For those of you who love living here and you see Ray, Jerry, Larry, Dan, Charles, and John with a potential resident, please stop and introduce yourself.

I would like to congratulate Roy Deemes for being selected as the Employee of the Quarter. Roy always helps residents and staff quietly and consistently in numerous and kind ways. During this quarter, and many times

previously, he arrived early to the monthly cook-ins to visit with the residents on Loyalty Hall and serve them lunch. He knows the residents well and routinely visits those who are not well, and this means the world to the residents. Roy has voluntarily tilled the garden plots and assisted resident gardeners when they are not physically able to accomplish their gardening tasks. Roy volunteered to order the material needed and repaired the pool lounge chairs. Mr. Deemes' dedication is commendable and reflects great credit upon himself and the Armed Forces Retirement Home.

Congratulations also to Jeanne Liple for receiving honorable mention. Jeanne lives the AFRH mission. She is a dedicated nurse committed to delivering excellent care. Jeanne not only cares for her patients' medical conditions but provides emotional support and encouragement. This quarter, she conducted 179 home care visits and made approximately 186 case management calls. She participated in 29 interdisciplinary care team meetings. Jeanne is a certified wound care nurse and is sought out by provider and nursing staff to consult on products and treatments enabling successful healing outcomes via cost-efficient products. She prepared a booth at the nursing skills fair with educational materials regarding various aspects of wound care. When needed, she worked on other units ensuring no interruption to our healthcare mission.

Next month I encourage all residents to participate in the Annual Resident Satisfaction Survey on August 12-15. Resident Services will also be passing out the updated resident guides at the exit of the dining hall on these dates and residents can pick up the information to fill out the survey online. There will also be volunteers in the computer lab to help residents who do not have a computer. Please take the time to fill out this survey because your input means a lot to us. Whether you are totally satisfied, not satisfied or have suggestions, we want your input. We would like to get a panoramic view of how residents feel, not a snapshot of one day.

As always I am so blessed and thankful to be the administrator of this beautiful community.

Jeff Eads



Congratulations to the AFRH-G Employee of the Quarter Roy Deemes.

AFRH-G residents attend Freedom Ball 2019

By Becki L. Zschiedrich | Public Affairs
Photos courtesy of Tony Langdon | Resident



Even though Hurricane Barry was brewing out in the Gulf of Mexico, Gulfport residents still attended the Fourth Annual Freedom Ball at Oak Crest Mansion in Pass Christian on Saturday, July 13.

The Freedom Ball recognizes current and fallen members of every branch of the Armed Forces and is put on each year by the Crusaders for Veterans, a South Mississippi group of volunteers

who dedicate their lives, time and resources to help our local veterans who live right here in South Mississippi.

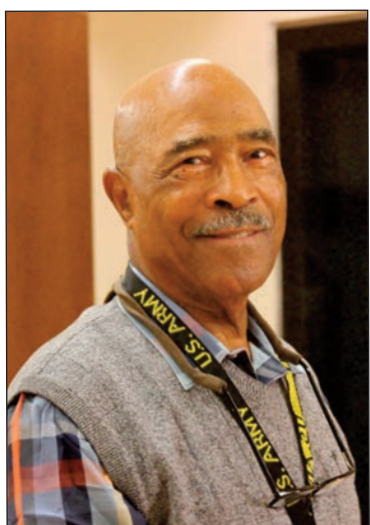
Thank you to Kevin Cuttill, founder of the Crusaders for Veterans, who donated eight tickets to AFRH-G.

To find out more about the Crusaders for Veterans mission visit their website at:

www.crusadersforveterans.com



Notes from the AFRH-G Resident Advisory Committee Chairman



Our nation was born on the Fourth of July 1776. This July is a time to pause, to reflect on the many people and circumstances that occurred to make this country into the great nation it has become. The people that are citizens come from every other nation on the earth. They come seeking freedom and safety. The poem at the base of the Statue of Liberty, "Give me your tired, your poor, your huddled masses yearning to breathe free. The wretched refuse of your teeming shores. Send these, the homeless, tempest-tossed to me. I lift my lamp beside the golden door" has been a beacon to millions throughout our existence, today more than ever.

The path to citizenship is varied. Some through accident of birth, others along many dangerous paths, yet all melting together to form this more perfect union. Greater than all who came before it and to this day stronger than any other. We are a proud people.

"HAPPY BIRTHDAY UNITED STATES OF AMERICA!"

Sacrifice is the word often used when discussing protection of the liberty and freedoms enjoyed by the citizens of this great country. Over the years the call to rise up in defense of all we hold dear has been answered time and time again. The residents of the Armed Forces Retirement Homes can be counted among many who have answered the call. Thank You.

Arthur "Art" W. Jones



AFRH-Washington

You don't know about freedom? Hawkward!

By Marine Robbins | Recreation Therapy Assistant
Photos by Recreation Therapy Staff

In case the bird pun flew over your head.... recently, the U.S Forest Service (USFS) International Program brought Freedom to the Washington campus. Literally! Coordinating with program specialists Karin Theophile, Aysha Ghadiali, and Yolanda Richardson, Jo Santiago was able to bring her raptor friends to share with our residents. With special interest in migratory raptors, Jo told the stories of the group of remarkable raptors under her care: Tychicus (Ty) the red tailed hawk, Isaiah the screech owl, Zacchaeus the merlin falcon, Doc the broad-winged hawk, Micah the American Kestrel, and last, but never least, Freedom the bald eagle. Giving a presentation on how each individual raptor came into her care, how she cares for them, and their purpose in the Forest Service educational outreach programs, Jo weaved love and laughter into glimpses of her everyday life as a guardian for these birds. Posing for photos with Freedom and holding Isaiah, we came up close and personal with wild wonders that face added dangers in our current world. We also learned that many of these species currently live and nest on the grounds! Thanks to Jo and the rest of the USFS team for their service to protecting wildlife in the United States and abroad, as well as their dedication to educating us on the importance and majesty of these birds!



AFRH-W resident makes Senior Olympics

Story and Photo by Christine Baldwin | Librarian

After winning medals in the Maryland games, AFRH-W resident, David Kaetzel answered the invitation in June to the National Championship Senior Games in Albuquerque, New Mexico. The 14,000 athletes were the largest number to join in the biannual events thus far. Although he didn't medal this time, David did very well against exceptionally good swimmers. He swam to a 5th and 6th place finish in the 50-yard and 100-yard freestyle races, respectively receiving ribbons for his efforts, which were awarded to the first eight finishers. David said, with a smile, "I probably would have done better if the altitude wasn't 5,300 feet above sea level, but then again, it may have been too much vacationing that kept me out of the medals!" MCPO Kaetzel and his wife, Aura, stayed at Kirkland AFB enjoying their excellent facilities.

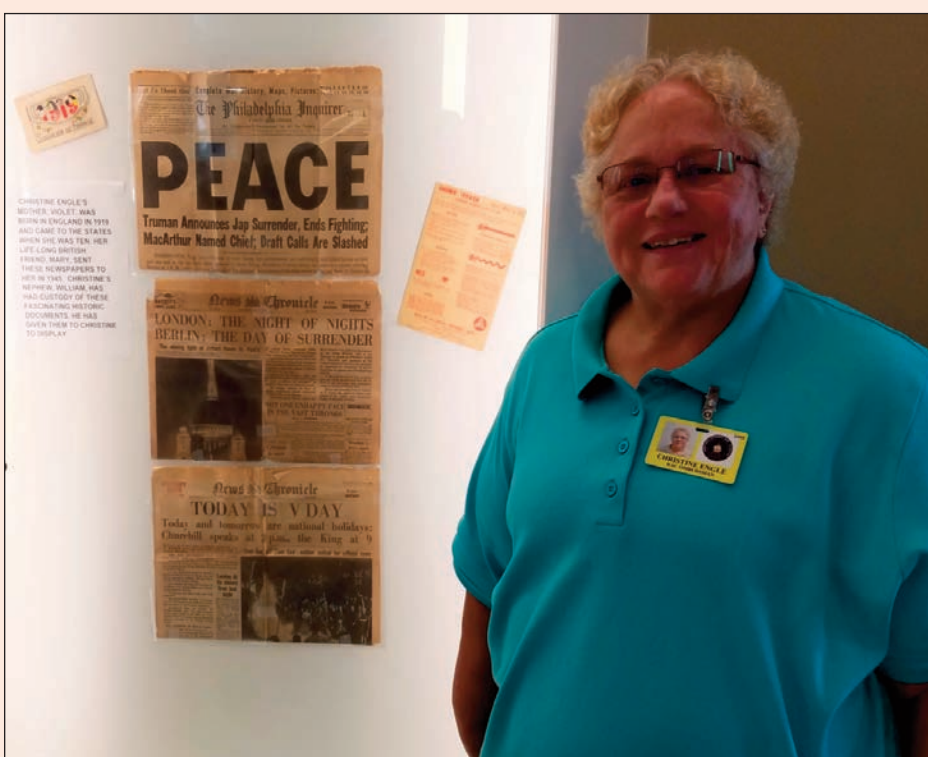
The next championship games will be in 2021 at Ft. Lauderdale, Florida, and David thinks that there are residents who should enter one or more of the sporting events offered. He encourages both Homes to check out the website, www.NSGA.com for more information. Then, get ready to participate in your local games to qualify for the national games. David would be glad to help you get involved.



Resident showcase

Story & Photo by Christine Baldwin | Librarian

This month's showcase is from Christine Engle. It is three original 1945 newspapers from England for V-E Day and V-J Day. Her mother, Violet, was born in England in 1919 and came to the United States when she was ten. Her lifelong British friend, Mary, sent the newspapers to her after the war. Christine's nephew, William, has had custody of these fascinating historic documents and gave them to Christine to display.



Scott Terrace gardening

Story & Photos by Carol Mitchell | Recreation

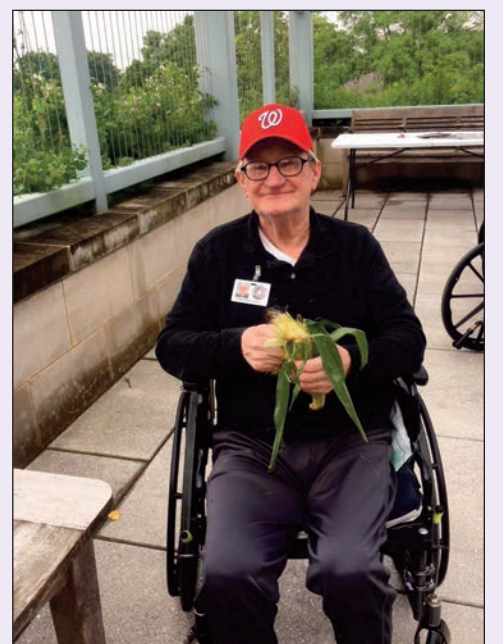
Residents enjoyed giving a helping hand watering the terrace vegetable gardens on Scott 2 & 3. Can't wait to start cooking groups with fresh veggies!



Corn shucking

Story & Photos by Carol Mitchell | Recreation Therapist

Ten cents an ear...corn that is! While waiting for the terrace gardens' corn to come in, the residents enjoyed shucking and grilling corn on the cob slathered with butter, pepper, and a dash of salt! Our local grocery store had a bargain on corn!



AFRH-Gulfport

Singing so beautiful....it brought tears to your eyes

By Jennifer Biernacki | Recreation Therapy Assistant

The East Duluth High School Choir recently shared their talents with the residents at AFRH-G. The choir traveled down from Duluth, "Minisooooda" with many talented eleventh and twelfth grade students. They were absolutely amazing! Tears filled my eyes as well as others around the room as the choir sang songs such as "Somewhere over the Rainbow" and another that touched home to the students on teen suicide. The song was about the importance of being here and everyone is important... such powerful words we all need to hear....brought to life through their emotions in the song. After their incredible performance, the students mingled, introduced themselves and asked questions to learn more about our residents' history, their experiences and lives. Thank you East Duluth, for sharing your talents with us.



Community; Dedication; Volunteering

By Taylor Chamberlain | Volunteer Coordinator

Photos by Becki L. Zschiedrich | Public Affairs

Since I began working at AFRH-G in May, I've been amazed at the selfless dedication of the volunteers throughout the Home. So many areas and aspects of the Home depend greatly on volunteers. What really impressed me were the volunteer statistics: In May and June combined, AFRH residents volunteered over 2,710 hours!

In addition, community volunteers contributed more than 430 hours and active duty servicemembers gifted 114 hours. That totals a staggering 3,254 hours devoted throughout two months! WOW!

AFRH-G is lucky to have such a dedicated, gracious, helpful and committed group of volunteers.



Mr. Sivits' "Charlieville"

Story & Photo by Milton Williams | Art Specialist

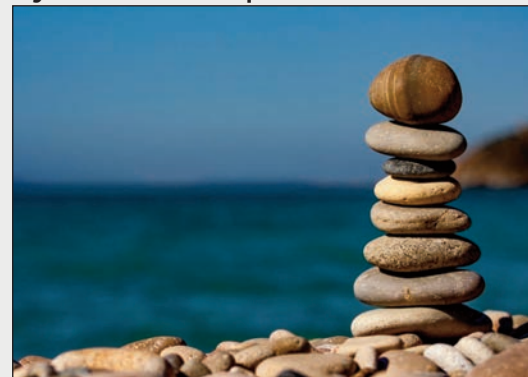
Well folks, Charles Sivits has almost completed his next "engineering" sculptured work since the "Golden Gate Bridge." This new project has been a year and a half in the making and it is somewhere in the heart of our dear country. It is a little town named "Charlieville" with a population that keeps growing and is very enterprising. Here is a sneak preview for now. Mr. Charles said it is almost ready for the grand festival.



Looking forward to meeting the mayor.
Hmmm! Wonder who that might be. Thanks Mayor Sivits! Next issue we will take y'all on a tour.

A matter of balance

By Carol Davis | Recreation Assistant



The Mississippi State Department of Health will be offering A Matter of Balance, an evidence-based falls management program, to participants at AFRH-G. A Matter of Balance is an eight-week group training that teaches ways to help reduce fear of falling and increase activity levels.

The class will be taught at AFRH-G beginning Tuesday, August 6 from 0900-1100 and will meet at the same time every week for eight weeks. Be on the lookout for a sign-up sheet!

A flight of daiquiris

Story & Photos by Jen Biernacki | Recreation Therapy Assistant

On Friday July 19, 2019, the healthcare residents at AFRH-G enjoyed a flight of daiquiris to celebrate National Daiquiri Day. The flavors tasted were watermelon, passion fruit, mango and strawberry.

Watermelon turned out to be the favorite amongst those that participated. With south Mississippi's temperatures being in the 90's... and feeling like 210..... it was a nice to drink something cool and refreshing.



Summer choir tour delights AFRH-G residents

By Sean Campbell | Lead Recreational Specialist

Photos by Becki L. Zschiedrich | Public Affairs

Each summer the AFRH-G is fortunate to be able to host various youth tours from all over the country. Some groups sing, others perform music, but the Frazer UMC group from Montgomery, Alabama did it all! AFRH-G residents and staff were left speechless and so appreciative of the talent displayed by this young group. The Frazer Youth Choir was enjoying a ten-day summer tour along the Gulf Coast that included a performance at AFRH-G, the National WWII Museum in New Orleans, as well as Jackson Square in the French Quarter. The group posted photos and videos of their tour adventures on their Facebook page and can be found by searching YWA Unmasked.

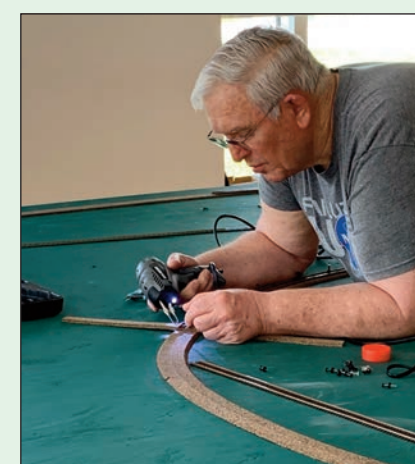
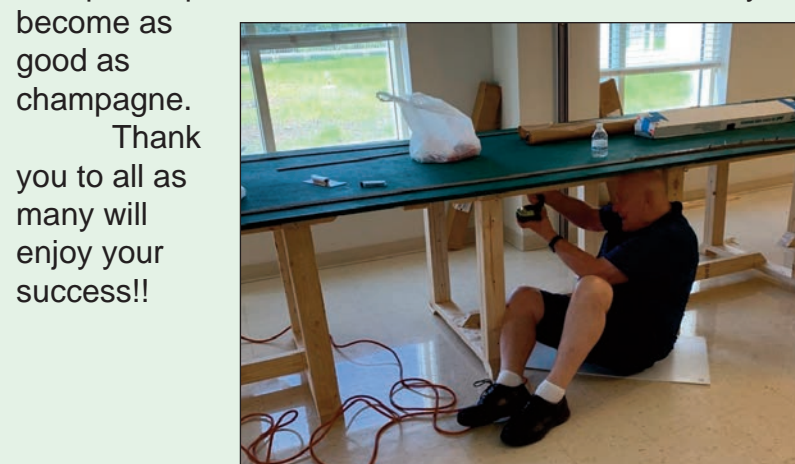


From beer to champagne... the trains are getting a make-over!

Story by Jen Biernacki | Recreation Assistant

Photos by Lee Corban | Recreation Services Supervisor

The model trains at AFRH-G are in the process of a full upgrade... from the tables, to the tracks, to the control system to the scenery...it's truly unbelievable! Master Chief Cunningham presented the need for assistance and expertise to build tables for an upgrade to the model trains at the local Naval Construction Battalion Center. Curtis Phinisee BU1 (SCW) took on the challenge and presented new plans for the tables. With RAC Chair Art Jones overseeing the build and Phinisee leading the way, Craig Nicholls, Bob Crews and a couple more Seabees, built six solid and unyielding tables to last a life time for the trains. Following the painting of the table surfaces by Art, the new track is being laid down with cork and soldered together to ensure a continuous and efficient flow of electricity around the track. Art Jones, Les Crawshaw and Bob Sebastian are working diligently and conscientiously to complete the track. While waiting patiently for the track to be completed, Sharon Price has many ideas and plans to incorporate past sceneries built into the new scenery to ensure no one's hard work is lost as the model trains become as good as champagne.



Thank you to all as many will enjoy your success!!

WASHINGTON

Navy football team scores at AFRH-W

Story and Photos by Robert W. Mitchell | AFRH-W Volunteer Coordinator

Midshipmen from the United States Naval Academy (USNA) football team took part in a massive volunteer service and community outreach activity aimed at beautifying the campus while reaching out to military veterans at the Armed Forces Retirement Home in Washington, D.C.

About seventy volunteers, operating in five separate groups, cleared debris and foliage at the ponds, mowed about half an acre of grass on the golf course, grilled and served corn from the terrace gardens and took healthcare residents on an outside stroll.

After the outdoor projects, the midshipmen lined up for lunch in the Scott dining facility where they enjoyed meals and shared military stories with residents. Next, the volunteers posed for a group photo at the AFRH-W flagpole in the main courtyard and presented AFRH-W Administrator Susan Bryhan with a team poster signed by the players. Bryhan presented their captains with appreciation coins.

The four-hour community outreach event is part of USNA's community service/volunteer activities developed to engage and make an impact on their local community, according to a team representative. The team holds large-scale volunteer events several times a year.



GULFPORT

Disney Ice Cream Social

Story & Photos by Becki L. Zschiedrich | Public Affairs

The happiest place on earth could have possibly been in the Community Center at AFRH-G on July 22. Recreation decided to make this a Disney-themed social and it did not disappoint. Residents were happy to take photos with the Disney characters, such as Cruella de Vil, Goofy and the Mad Hatter, and this brought many smiles and lots of laughter.

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths. Always keep that sense of curiosity and you'll have an amazing life." – Walt Disney

