



## KOREAN WAR VETERANS HONORED

A salute to Korean War Heroes, sponsored by the Office of the Defense Attache' Embassy of Korea, was held at the AFRH on Dec. 23. After a welcome by BG Kim with the Defense Attache', Mr. Kim Ho San, KORUS House, gave the residents an Introduction to Korea. Dance One Group performed Tae Phuog Sung Dae, a dance that is performed in remembrance of King Selona's accomplishments during national festivities. The Washington Soloist Ensemble performed next. They were led by Conductor Dr. Yeong Su Kim and Accompanist Sunha Yoon. A Fan Dance was next performed with fans, flower blossoms beautifully creating during the dance. Next was a Hip Hop Break Dance and the Korean Drum Harmony, a collaboration of three types of drums in sequence with music and dance. There was also a Tae Kwon Do demonstration and Arirang, a dance performed with traditional Korean stringed instruments.

See photos of the Korean Embassy tribute to our veterans on Page 8.

### Message from Ambassador Han Duk-soo to Korean War Veterans

We will gather to remember and honor the men and women who served in the Korean War - those whose sacrifices and bravery made possible the thriving democracy that Korea is today.

Without hesitation or fear, motivated only by a sense of duty and an unwavering commitment to freedom, you proudly donned the uniform of your country and traveled half way around the world to an unfamiliar land. In some of the harshest circumstances ever, you valiantly fought and defeated the aggressors.

You know better than I that the battle was not easy. War never is, and the weather and terrain made this one nearly intolerable. But defeat was not an option. The stakes could not have been higher. The freedom of the Korean people was on the line, as was stability in the region.

So you did what had to be done. Without an ounce of selfishness, you put your fellow men first, and stood in harm's way. You remained steadfast and strong, and pushed back what many thought was an overwhelming force.

There is a word for that: heroism.

Every single one of you, and of course those who did not come home, are heroes.



Veterans of the Korean War gathered for a group photo in the Scott Theater at the conclusion of the Korean War Heroes tribute held at AFRH-W on December 23, 2009.

More photos follow on Page 8.

## AFRH-G continues on schedule



### Rooms with a view

This photo taken from a Tower A 5th floor balcony shows the spectacular southern view of the second floor green space, the Chapel and grounds and the Mississippi Sound.

For more photos of the new AFRH-G facility, see page 3 and visit the website at [www.afrh.gov](http://www.afrh.gov).

## Inside this Issue



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### IMPORTANT NOTICE

The offices in Bldg. 13 on the AFRH-G campus have moved to the newly renovated Chapel. For safety reasons, visits to the new office will be restricted to contractors and authorized personnel only. Admissions applications and information about AFRH-G can be requested by contacting the Public Affairs Office at 202-730-3043 or 228-604-2762.

## Notes from the Resident Advisory Council



Well, here we are at the start of another year. For many of you reading this article, the year will promise to be one of change and adventure. Change as you transition to another

home and the adventure of what that means to you and the other current Residents of our home in Washington moving back to Mississippi. Just a reminder that as of February 1, 2010, the orderly movement of Residents to the Armed Forces Retirement Home Gulfport begins in 243 days.

It also is a time of change for those of us who remain in Washington. We continue planning the changes that will result in the movement of people and equipment from one building to another. This is also going to be an adventure as we learn to cope with the changes that will come after the planning is complete and action begins on removal of the old and the building of new structures that will add new chapters to the history of this historic place.

These are just two reasons that each of you should become involved in attending the Focus Group meetings that are being held for each group of Residents. The first group (Gulfport Focus Group) meets on the third Tuesday of each month at 10 a.m. in the Scott Lounge. After a formal presentation the floor is opened for questions. The same applies to the Scott Focus Group which meets on the fourth Tuesday also at 10 a.m. in the Scott Lounge. Just remember it is important that as many questions you have are answered as it will make the upcoming movement to Gulfport and the rebuilding of the Scott Building easier.

As with the monthly meeting of the Resident Advisory Council (RAC), each of these meetings are taped and replayed on Channel 99 (Comcast Cable). You may also borrow the tape of the meeting you may have missed from the Public Affairs Office in the Sherman Building.

And now on to my yearly notice to all those who have a computer. During the last year I have WON at least 45 million dollars from all kinds of people who want to share their wealth with me. And all of this just because I have a computer. You hear all the time "if it sounds too good to be true it probably is not true." So when you get these emails from people you do not know DO NOT RESPOND to them. Just hit that good old DELETE tab and it goes away. But if you already have an excess of funds then reply to the emails and in just a few days you will not have as much as you used to have. But the person you sent the money to will be better off. So the message here is when in doubt - DELETE.

I was sick the last week - with gout in my elbow. I received prompt treatment for that problem. And the price was right. What a joy it is not to have to worry about the things that normally happen to us as we age. So I received this medication from Walter Reed and was shocked to have the person who filled the order tell me that I was the first person from the Armed Forces Retirement Home to show her their ID card. I mean just by showing the card you save two or three minutes at the window (when they call your number). So there we have it - another thing to remember - show your ID card when you go pick up your meds at Walter Reed.

As things stand, and even though it is eleven months before it happens, the British are coming again. And the RAC has to be prepared to pick Residents to serve as hosts to those who travel to our home from England. I have asked Mr. John Miller to head a Chelsea Alumni Association made up of Residents who have traveled to England so that written instructions can be put together to

## AFRH COMMUNICATOR

Phone: 1-800-422-9988

Web site: [www.AFRH.gov](http://www.AFRH.gov) Email: [sheila.abarr@AFRH.gov](mailto:sheila.abarr@AFRH.gov)

Sheila Abarr-*AFRH* Public Affairs Specialist, Marketing  
Mary Kay Gominger-*Public Affairs Specialist*  
Greg Moore - *Marketing*  
Sherry Artis - *Marketing*

*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



**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>**

## Become a resident today!

### Counting birds at AFRH

The intrepid band of birders, shivering in the gusty winds by the MacMillan Reservoir, asked themselves where the Canada geese were that they usually see on the water. This was part of the 110th annual bird count that takes place in December (usually) all over the Americas. This count was held on January 2nd, 2010 because of the blizzard that wiped out the original date of December 19th. The weather wasn't much better on the 2nd--wind chill factors put the felt temperature at 6 degrees. The birds knew better than to be flying around, but the humans still went hunting for them. There were plenty of gulls at the reservoir

but only 3 Canada geese. The birders had not seen many other species either--cardinals, red-bellied woodpeckers, house sparrows, blue jays, mockingbirds, one sharp-shinned hawk struggling to fly straight.

One car finally came over to the AFRH to count whatever could be seen on such a cold, windy day. They drove slowly along, opening windows every now and then to listen for perching birds, but nothing appeared. They drove down the road towards the pond, turned the corner and found the missing geese! It took a long time to count 684 geese, but for one birder, who was counting for the

first time, it was a real thrill to see that enormous flock.

So, once again the AFRH provided haven for our feathered friends, and plenty of enjoyment for bird lovers.



**Geese are spotted and counted on the grounds of the AFRH-W.**

insure that the process to choose Residents to serve as hosts is as fair a process as can be put together. These Residents will set up a process that will insure that no one can say that the process was not fair. As long as I have been a Resident (three selection cycles) the problem that always came up and never appeared to be addressed was one of a fair selection process. This committee should be able to address these concerns.

By the time this is printed I will have

discussed with the RAC another important item (well, it might be important to one or two people). That is the upcoming elections to the new RAC. It appears that the current RAC will be held over for a period of six months (during the transition period of moving to the Gulfport home, and the final closing of the Scott Building.) This allows a more orderly change of RACs. In this way the people who are going to Gulfport would

not have to worry about voting for the RAC in Washington, just the one in Gulfport. And everything would be accomplished only after the movement of Residents is complete. This is a sensible solution to problems that might arise.

Well, that's it. Have very good February and find a new Resident and welcome them to the home.

*Esker F. McConnell*

# Message from the Chief Operating Officer



This month's column will continue with information about the new Gulfport facility as the Stand Up of Gulfport is one of our main focus areas. Construction remains on schedule for substantial completion and turnover by the general contractor in late July which leaves us two months to have FF&E (furniture, fixtures and equipment) installed and ready for Resident occupancy in October. In my site visit

two weeks ago I was very impressed not only with the amount of work that has been accomplished in a very short time but in the quality of the work and the obvious pride that our construction team has for this project as it will be the home for a very special group of people - our country's veterans.

The day-to-day operations of the AFRH-G will be very similar to how it was prior to closing in 2005, using the One Model approach - the Homes in DC and Gulfport mirrored in managerial structure.

The Wellness Center will provide the same levels of support we had as far as physicians, dental, and podiatry. We've added optometry care. We are also currently working with the Veterans Administration in Washington, D.C., now to create a model of representation where various services are brought into the AFRH community rather than Residents going to a VA facility. Our intent is to have this same model in Gulfport.

Operation of the new facility will be managed like it is at AFRH-W. Over the next few months and until the build-

ing is turned over to us, the construction management agency, Jacobs Engineering, is overseeing the Commission of the building which involves assuring all systems and components of the building are designed, installed, tested, and operate according to requirements. Our new building has different requirements than we had with the former building, it being over two times larger for one (310,000 sq ft vs 660,000 sq ft) and much more updated, sophisticated systems as well. The AFRH-G Campus Operations staff will have their hands full with this new facility.

For residential living, each resident room has two phone receptacles (one in the living area and one by the bed) and two cable feeds (living area and on the column between the living area and bedroom). Safety deposit boxes are located in the closet of each resident room. Residents now in DC moving to Gulfport will be assigned a post office box in advance of departure so that change of address for mail can be coordinated with the move. Details of the shipment of the Residents on Priority 1A and 1B are being finalized now and more information about this process will follow in the months to come. Battery Powered Vehicles (BPVs), to include electric wheelchairs, will be shipped with household goods. As a convenience, resi-

dential rooms in the new facility have charging stations.

AFRH will issue a Fact Sheet in August with specific information for all residents transferring to Gulfport with information about address changes, car tags, driver's licenses and voter registration. Next month a Newcomers Guide is being added to our website on the Gulfport page with links for Mississippi Gulf Coast Living and maps of the area.

Resident comments and questions about the new facility and the move are welcome and can be directed to the AFRH Public Affairs Office.

*Timothy Cox*



Residents check out the color schemes for residential living spaces after this month's Gulfport Standup Focus Group meeting.

## Gulfport Update



A residential room in Tower C.



The sanctuary of the Chapel, with the floors covered to protect the restored terrazzo floors.

The carpet is installed on some hallways in Tower A.



Sidewalks going in around the Chapel area.



Work being done in the Dining Room.



Carpet being installed near an elevator on the 5th floor of Tower A.

# Welcome Aboard



**Name:** Victoria Landon  
**Branch of Service:** USA  
**Entry Date:** November 64  
**Separation Date:** November 67  
**Rank:** E5  
**War Theaters:**



**Name:** Carl Peck  
**Branch of Service:** USA  
**Entry Date:** December 1966  
**Separation Date:** January 1987  
**Rank:** E7  
**War Theaters:** Vietnam



**Name:** John Schevrer  
**Branch of Service:** USN, USAF  
**Entry Date:** June 1966  
**Separation Date:** October 1989  
**Rank:** E7  
**War Theaters:** Vietnam

## Food for thought...

Salt horse, desecrated vegetables, beans, rice, dried potatoes...that was the menu for the troops back in Civil war days. Salt horse was pickled beef, the desecrated vegetables were the dried vegetables that could be served in the field mess.

"Better wear out your pans with scouring than your stomach with purging." This bit of advice appeared in a government manual printed in 1862 to warn the recruit about cleanliness of food, pot and pans, and of his person.

The advice was well founded. Cooking at the time of the Civil War was done by untrained personnel. Messes consisted of 4 to 8 men, each of whom took his turn serving as cook. On the march, the men often prepared their food individually.

In addition to dried vegetables and pickled beef, pork or bacon, troops were also issued coffee, tea, salt, vinegar (to ward off scurvy), soap and candle, and flour. Hardtack, a form of hard bread made of flour and water, was often soaked in cold water overnight and fried in grease for breakfast.

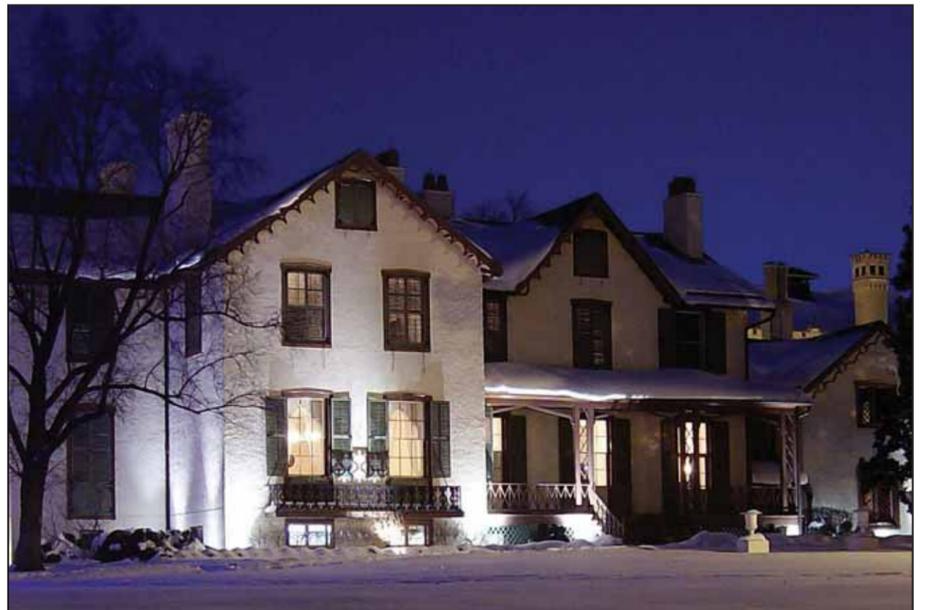
## Lincoln cottage originally built in 1842 as 'country seat' for George Washington Riggs

George Washington Riggs (1813-1881) was the original owner of this 34 room cottage on a hilltop overlooking downtown Washington, DC. This Gothic-Revival style cottage was built for Mr. Riggs in 1842 on a large estate that served as his "country seat." In 1851, the U.S. government purchased the property to establish quarters for disabled war veterans. We cannot converse about the Lincoln Cottage itself without talking about George Washington Riggs, the co-founder of Riggs Bank (now PNC Bank). Mr. Riggs also happens to be buried a block from President Lincoln's Cottage at the Rock Creek Cemetery, the oldest cemetery in Washington, DC. When you visit President

Lincoln's Cottage at the Soldiers' Home, include a stroll to the burial site of George Washington Riggs, original owner of the Cottage.



Burial site of George Washington Riggs at Rock Creek Cemetery.



Blanketed in snow - President Lincoln's Cottage during the evening of December 20, 2009, 167 years after construction.

## Hungerford Auditorium... Cordiner Elm...

### Where did they come up with those names?

Weekly Bulletin, 5 Oct 1979

**DEDICATION CEREMONY:** The Scott Building Auditorium will be dedicated and named in honor of Douglas R. Hungerford, formerly a member of the Home for 13 years. Mr. Hungerford passed away on 31 August 1977 after 20 years of military service and many years of voluntary service to the Home. The dedication ceremony will be at 1130, Friday, 12 October 1979 in the lobby area of the Auditorium. All Home members and employees are invited to attend.

Weekly Bulletin, 6 Jul 1956

**FUNERAL:** The funeral for Colonel

Douglas C. Cordiner, former Deputy Governor of the U.S. Soldiers' Home, will be held at 1 p.m. Monday, 9 July 1956 at the Soldiers' Home Chapel. Colonel Cordiner will be buried in the Arlington National Cemetery at 2 p.m. on the same day. In memory of Colonel Cordiner, the Home flag will be flown at half-mast for 30 days.

Weekly Bulletin, 5 Oct 1956

**CORDINER ELM** The stately old ivy-covered Elm just across the street from Qtrs #4 (Colonel Freeman's Quarters) has been designated "Cordiner Elm" in memory of the late Colonel D. C. Cordiner, Deputy Governor of the Home from 1945 to 1954. Under plans for construction in 1951 of the new road in this area, this grand old tree was to be removed, but Colonel Cordiner's persistent efforts, always in the best interests of the Home, resulted in a change of plans so as to construct the road on a curve and thus preserve this beautiful tree, we hope, for years to come. An appropriate flagstone terrace and Home-type bench have been placed beneath this tree as a token of appreciation and in memory of him and his constant efforts to better the Home.

## URNS OUT TO BE -

### A very special meal indeed

By James Skelton

(Dad, Granddaddy, Jim)

It is definitely "Bring and Brag" time. What a great day! Two fellow veterans, Les Smith, Bill Bartlett and myself ate Christmas Dinner at Walter Reed Army Hospital today. The food was great, but were we surprised when in walked Vice President and Mrs. Biden accompanied by five or six people, no large entourage at all! (We noticed later that the Secret Service Agents had inconspicuously stationed themselves around the room.)

The Vice President was visiting tables and shaking hands. He spotted us three "Geezers" and came to our table. I know he recognized our IDs from the Armed Forces Retirement Home. He shook each of our hands as he introduced himself as Joe Biden. I said, "Mr. Vice President, what an honor!" After some small talk about my Texas State Granddaddy hat and he being a grandfather also he reached into his pocket and handed each of us his Vice Presidential coin and said, "I want you to have these, it won't get you anywhere except into the White House." The coin is about the size of a silver dollar and about 1/8th inch thick.

At the time neither of us appreciated the honor of the coins until we noticed that he was not giving anyone else any coins. We all three feel very privileged and honored.

A few minutes after this event, Mrs. Biden herself came over to speak with us and shake our hands. She is a most gracious and beautiful lady.

Their visit was totally unannounced, and as far as we know it was a surprise to everyone. Yes, indeed it was a great day for us three old Air Force Veterans.



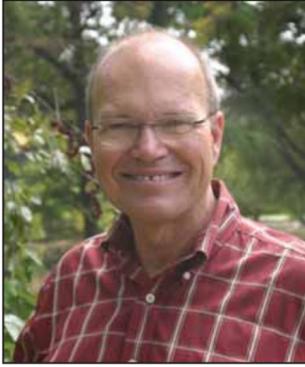
Vice Presidential Coin



**Black History Program**  
**The History of Black Economic Empowerment**  
 February 26, 1:30 Scott Theater  
 Everyone is invited to attend

## From the Director

2009 was a good year for us at the Armed Forces Retirement Home. I want to tell you of how thankful I am for being able to work with some people of AFRH. In the financial world, something that "appreciates" grows in value. And though I am not speaking of dollars, I appreciate many things that took place last year, because of people:



- Justin Seffens, Chief of Campus Operations, has made a remarkable difference on this campus. He is a critical thinker, has led his people in his division well, has reduced the number of complaints multi-fold, was instrumental in bringing in responsible contractors that work well, knows his stuff and his saved the AFRH thousands of dollars.

- Administrative personnel have changed in the Health Care arena. Pam Young took on a big responsibility and basically worked all alone for most of the year in managing all aspects of that discipline. And many good things have taken place at LaGarde and in the Wellness Center. In late summer, Leakie Bell joined the team as Assistant Director of Nursing and has been good help to Pam. And most recently, Dr. Sissay Awoke has assumed the responsibility of Chief of Health Care Services. Dr. Sissay is able, determined and proving to be as capable with this new duty

as he is in all his responsibilities.

- Chuck Dickerson, Chief of Resident Services, has led his team in writing new contracts, has hired a new Chief for Security, Patrick Cavanaugh, that is making a first rate difference, and has been invaluable in meetings and planning for Gulfport and the Scott Project.

- I admire the talent that I am blessed to work with. I highly value people like Al Mori, the AFRH Ombudsman. I told him during his evaluation that I cannot think of anything negative about him, and that is at it is. Clarice Gee, the Safety Officer, is keeping us safe and always wanting to spend more money to make us safer. That must mean she is doing her job! And, the Administrative Officer, Dave Lentz, is constant, effective, organized, keeps me on task and is fun too. Thank you, Team.

The people mentioned here are just a few but are successful because of the faithful workers who help them. Thank you to the many good people who work here and care about the residents who call AFRH home. 2009 was a good year. Many improvements have taken place on this campus and things are running well. Thank you all so much.

And now in 2010, we are kicking off the new Independent Living Plus (ILP) in February. This program will be for residents who are living in independent quarters but need some help with one or more areas of their lives. Thus, some basic nursing, social work and housekeeping staff can help them to remain in their homes that they are most familiar



Steve McManus, AFRH Deputy COO/CFO, welcomes Aging in Place staff members, from left to right, Home Health Nurse, Omobola Akinkukuowo, LPN, with Home Health Aides Rosemary Harden and Alavain Wilkey.

with. The necessary services will be taken to the residents. This is a pilot program and as it begins rolling, adjustments will be made if necessary. I expect this to be an incredible program for the AFRH residents. The Independent Living Plus program introduces AFRH to the world of "Aging in Place," allowing residents to remain as long as able in their own apartments. The new staff, a home health nurse and home health aides, has been selected and are being trained for their new type of responsibilities. There will be a new office for the ILP staff on the main floor in Sheridan.

David Watkins

## WHAT IS CHANGE?

By Al Mori, AFRH-W Ombudsman

Webster's dictionary has many different meanings for the word "change"; to make different in some particular way; to make radically different; to give a different course or direction; to replace with another and many more. We have all heard the old saying "we are going to change something for the sake of change." This is not always the best action. I know of a case where a unit made a major personnel change and key personnel were told by the so called experts that this is not a good idea; the change was made anyway. It wasn't too much later and they were changing it back. All this after it caused major difficulties in getting things done in the unit. So for me the key to change is does it make sense, is it for a good end result and can we benefit by it. There are numerous reasons that you can find for someone changing something.



Al Mori

Most of us can remember the days of The Shadow, Gene Autry, Roy Rogers, and the only entertainment was the radio. And then black and white television. And look at where we are today, reality shows on high definition large screen plasma televisions, now talking about 3 dimensional TV, wireless computers, space stations, and cellular phones that you can make a video with. This is all change and some will call it progress. Yet, some people will tell you they long for the good old days. Novelist C.P. Snow wrote that, "until this century, social change was so slow it would pass unno-

ticed in one person's lifetime. That is no longer so. The rate of change has increased so much that our imagination can't keep up with it."

In overcoming resistance to change we must understand the process to move successfully through the turmoil of today's environment into the future. It may not always be accepted as a positive action for all people. Is it good for the majority of the people involved? We have to be concerned with the masses yet at the same time be cognizant of how it affects everyone involved. The leader must walk in the shoes of the people affected and appeal to their self interest, if it supports the overall organizational plan and does not create new

*The leader must walk in the shoes of the people affected and appeal to their self interest, if it supports the overall organizational plan and does not create new problems then it has a reasonable expectation of success.*

problems then it has a reasonable expectation of success.

When we review the changes here at the Home in the past few years what do we see? The Taylor Made and VGA bus system has had its problems but for the most part it is better than what was in place before. The equipment is much newer and the air conditioning and the heat work much better. There are bathrooms which you never had before. The addition of the Mobile Dental Clinic at King Health Center is a definite benefit for the residents. The Optometry Clinic in the Scott building has been another big plus. Remember Community Health on the first floor of Scott and now we have the Wellness Center, all of the health support services are collocated for more efficient use by you the resident. All of this is change but it is positive, it affects nearly everyone here at the Home. But it is all done to make things better and more

convenient for you.

The change in the dining room to a contract vice government employees has been positive. It affects each of you and I have heard many different views on the dining room in the past month. The majority of the comments have been good comments and there have been bad ones as well. But as with any change it takes time to work through the issues that weren't known and make minor corrections to make things more efficient and productive. Gulf Coast Enterprises has done a commendable job.

So as you can see what we have gone through from just a short time ago you can see that we have come a long ways from what we used to have and hopefully all for the better. I'm sure I would have some that would disagree with me, but that is OK also. The main point that I would like to convey is that things are constantly changing and we try to have good reasons in mind when we make these changes so that the Residents life is easier and more enjoyable here at the Home.

How readily do we accept change? If it has a direct impact on me I normally resist, until I am shown the error of my ways and find out that it is really good for me. Some of us resist because we don't want to accept a change from the norm, some just because because. Change has an individual impact and effect on people, we all don't react the same way to it and that is a good thing. We aren't robots and will act individually to each one that occurs. We will question it - why the change, what's broken, what does it cost, how does this affect me and on and on. But in the end the change occurs and in a short period of time this then becomes the norm. And then the wait begins until the next "change" in our lives.

**Understand and be a part of the upcoming changes in your AFRH community - attend the monthly Gulfport Stand Up and the Scott Project Focus Group meetings.**

## Air Force District of Washington tours AFRH-W

Approximately 20 active duty members of the Air Force District of Washington command (AFDW), located at Andrews Air Force Base, Md., visited the AFRH on Wednesday, January 13, 2010. The group had lunch with the residents in the dining hall and enjoyed a friendly game of bowling. Major General Darrell D. Jones, Commander, AFDW and Chief Master Sergeant Pat Battenberg, Command Master Sergeant of both AFDW and the 320th Air Expeditionary Wing, also located at Andrews AFB, attended the visit and joined the group in meeting and bowling with the residents.



Major General Darrell Jones, Commander, Air Force District of Washington, talks with Martha Williams.

## About the Air Force District of Washington Command

The Air Force District of Washington Command provides the single Air Force voice and component to the Joint Forces Headquarters-National Capital Region, as well as organizes, trains and equips combat forces for the aerospace expeditionary forces, homeland operations, civil support, national special security events and ceremonial events.

In addition, AFDW serves as Uniform Code of Military Justice authority for more than 40,000 personnel and provides major command-level support for more than 24,000 personnel assigned worldwide.

## Washington Gas volunteers enjoy a day of fun with residents

On Saturday, January 23rd, volunteers from Washington Gas Company brought in refreshments, giveaways and prizes to hand out to our residents during a morning full of fun activities. They participated in bowling, cards, ping pong and pool. One of the residents commented that he set his alarm early to come down for this event, and he looks forward to this every year.

Some of the Washington Gas volunteers also visited residents in our

**Resident James Vancil has a laugh with one of the Washington Gas Company volunteers.**



assisted living facility and were later treated to a tour of the home given by Charles Felder.

If you walked by the Dining Hall that morning or during the lunch hour, you would have noticed the popular Civil War Display table, which Steve Harrity kindly brings in each year.

Thank you to Washington Gas and the residents who came out for all of

the fun! It was a great time and we look forward to next year's visit!



Volunteers from Washington Gas Company bowl with residents on their annual visit to AFRH on January 23.

## AFRH-W

### Costco supports our veterans

By Laura Fogarty

On Saturday, January 23, 2010, Joe Portera, Executive VP/COO of Costco, along with employees Tonya Mitchell, Kathy Kinter and Dean Roberts made a special delivery with lots of presents for our residents. Included in the delivery was a 52" flatscreen television for the Scott Lobby and four 40" televisions mounted on each floor in the LaGarde building. Other items such as toiletries, snacks, creams, perfumes, a coffee pot for the Resident Newcomer's Lounge, portable stereo radios, coats, and eye glasses were given to AFRH for our residents.

Costco has been very generous over

the years. We also received a shed and greenhouse both located at LaGarde and many other useful items. The Costco is very dedicated to making sure our residents are taken care of and it is through the coordinated efforts by Dean Roberts which make this support possible.

Thank you to our Director, David Watkins, Chief of Resident Services, Chuck Dickerson, Al Mori, and Jerry Carter for being involved in this presentation and tour. Lastly I would like to thank Steven Briefs and Allan Hess for mounting the televisions. I know these televisions will be enjoyed by many for a long time.



A flatscreen television, donated to the AFRH by Costco, is unloaded by Joe Portera (left), Executive VP/COO of Costco and Alan Hess and Dean Roberts. The large screen TV was mounted in the Scott Lobby for residents to enjoy.

## Tae Kwon Do classes

*Multitude of benefits can be achieved for those that participate*

The Martial Arts class provides instruction on basic, classical hard style stances, blocks, and strikes common to Karate, Tae Kwon Do, and other similar styles. Emphasis is on the principles related to concentration, breathing, posture, balance, coordination and correct movement. With emphasis on these principles, strength and speed will develop naturally. Classical techniques are translated into practical techniques for self-defense and are practiced in two-person exercises, performed by the students at slow pace.

**Tae Kwon Do instructor Charles Umpenhour, right, demonstrates a move during a class while residents follow his lead.**



In 1972, AFRH Tae Kwon Do instructor Charles Umpenhour joined his first Tae Kwon Do class held at a local YMCA. He also started practicing Tai Chi and was promoted to 1st Degree Black Belt in Tae Kwon Do in 1977. That was also the year he joined the military. Since then he has trained in Aikido, Full Contact Karate, Kempo, Jui Jitsu, Ba Gua and Tai Chi. Charles has taught Tae Kwon Do classes since the late 70s and Tai Chi since the late 90s. He has been an instructor at the AFRH for two years.

## MUSICAL HOUR AT THE LIBRARY

Many residents are discovering a fun, relaxing event that is done the last Tuesday of every month in the Scott Music Room, 1210.

For one hour, 1:30 - 2:30 p.m., listen to, and if you feel like it, sing the songs from such musicals as "South Pacific," "Oklahoma," "Carousel," and for January 26th, it was "Seven Brides for Seven Brothers."

Before each playing, a brief history of the musical is read and yes, the words of the most popular songs are given out! A fun time for all, especially with the cold weather!

**Valentine's Day**

**Swing Party & Ice Cream Social**

**Feb. 14**

**1:30 p.m.**

**Scott Lounge  
Guests are welcome!**

## AARP driving class a big success

By Laura Fogarty

A full class of 13 residents participated in the AARP driving class held here at AFRH on January 20, 2010. This class is held several times a year at AFRH. The class reviews and updates residents with Department of Motor Vehicle policy, regulations and good practices. The best part of taking the class is that most insurance companies will give a discount to those people who have taken this driving class, need I say anymore.

The instructor who has been teaching our residents for many years will conduct a class with a minimum of five students. Recreation Services keeps an open sign up in the Recreation Office, Sheridan building, Room 1010. So if you missed out on this class sign up for the next class. Future dates are confirmed with the instructor once we have five residents interested.



Residents listen during the AARP driving class held on January 20, 2010. Find out how you can sign up for the next class by visiting the Recreation Office, Sheridan building, Room 1010.

*Year-round vehicle maintenance*

# When is the last time you checked your tires?

By Henri Gibson  
Auto Hobby Shop Volunteer

This month I want to talk about tires. Most of you know about tread wear and that when treads get worn down it is time to replace them (you know the old penny trick). But some things are overlooked a lot and that is tire pressure and age. Under or over inflation cause premature and uneven tire wear.

Every vehicle has a specific recommended tire pressure. This tire pressure number is stated in PSI (pounds per square inch). This number can be found in your owner's manual and/or inside the glove box or on the inside of one of the door pillars. Use this number not the number on the tire itself. The number of the tire is the 'maximum' pressure you should inflate your tire to. Why? Well let's say you have inflated your tires to their max pressure and you start off on a long trip on the interstate. At interstate speeds friction will heat up the air inside the tires. Hot air expands creating more pressure exceeding the maximum PSI and, bam, you have a blow out or if the tire doesn't fail you're in for the hardest ride in your life. Manufactures recommend that you

check your tire pressure once a month. The correct pressure and tire rotation (every 5,000 miles) will extend the life of the treads.

Now about age: If your vehicle is not driven a lot some bad things happen to tires even if they just sit around going nowhere. Over time the rubber being exposed to heat or cold will start to harden and crack. You should inspect your tires monthly for weather cracks and foreign objects. If you notice cracking on the tire sidewall, time for new tires regardless of how good the treads look. If you notice a nail or screw imbedded in the tire get it repaired or replaced right away.

One more thing before I go - the new thing in tires is using nitrogen instead of plain air when inflating tires. Nitrogen has been proven to prolong life of tires. Tires inflated with nitrogen hold pressure longer, run cooler and won't age the rubber (cracking sidewalls) like plain air does. So if you are replacing your tire and the dealer offers nitrogen (at no additional cost) - take it. Costco inflates all its new tires with nitrogen at no additional cost, and also some new car dealers do the same.



Auto Hobby Shop Volunteer Henri Gibson checks tire pressure on his tires. Under or over-inflation of air in tires causes premature and uneven wear.

# Bowling Column

By Ed Crump

Ralph Wineland is the 2009 Bowler of the Year in the bowling shootout finishing with 24 points while Buron Noel had 59 points and Charlie Gammon had 58. The biggest factor that led Ralph to win Bowler of the Year was his ability to accumulate bonus points. He finished in the top four on 15 different weeks in which he accumulated 40 of his 74 points. The rest of his points were accumulated in other different categories. He bowled 50 pins over his average in seven different games during the year as well as bowling 75 pins over his average in seven different series. He also had high game scratch in four different months as well as high series scratch in four different months. He also had high game handicap for the month on two occasions as well as high series handicap for the month. One time back in February he rolled the high series of the year scratch with games of 207-234-214 for a great 655 series and with his handicap had a 760 handicap series which was high for the year as well. Back in June he had a 246 scratch game which was high for the year. So all in all he managed to accumulate 34 bonus points which was the main reason he was bowler of the year. He averaged 173 for the year over 144 games which included six games of better than 230. He also had two 600 series during the year along with the 16 200 games. He managed to accumulate 40 of his 74 points in the months of February, April and May. He won Bowler of the Month in both February and April. One stat that surprised me somewhat that he went 38 games in a row without a 200 game from September to December. He finally broke that streak when he rolled an even 200 game on the last day of the year. His 755 series back in February was definitely the top performance of the year and was what really started him on a roll in winning Bowler of the Year for 2009 so I congratulate Ralph Wineland on a job well done. He deserved to be Bowler of the Year without a doubt.

Eugene Allison won Bowler of the Month for December when he edged out Smokey Prussman and Nick Zaimes by one point. He had a first, second and fourth place finish during the month besides winning high

series scratch for the month with a 555. He averaged 176 for the month which included a 219 game. He was the Bowler of the Year in 2008, but in 2009 he had some medical problems which caused him to miss four months in the shootout, but now he seems to be healthy once again and has been bowling in the shootout on a regular basis for the last three months. He also won the 2008 GEICO tournament so we're all glad to see him back in the bowling shootout.

First place winners in the shootout during December were Nick Zaimes, Buron Noel, Jim Vancil and Mimi Rivkin.

Smokey Prussman was another bowler in the shootout who had a spectacular year in 2009. He averaged 173 for 129 games which included 21 200 games. He averaged 186 during the month of July which is the highest average of anyone in the shootout for any one month. He had 12 series of 550 or better during the year with his highest series of 592 which he bowled back in July. He also rolled his high game for the year that day with a 233.

Bob Schonerr has gone 81 weeks in a row in the bowling shootout without missing one game before it came to an end on Dec. 23 when he spent Christmas week with his family in Virginia. That's our record, I don't think anyone will ever top it.

This year's annual GEICO tournament is tentatively scheduled to be held in June. More information will be announced when it comes available. The individual handicaps for this year's tournament will figured from January. Until tournament time a minimum of 12 games in the bowling shootout beginning this month is required to be eligible to bowl in the tournament.

We had a total of 799 participants in last year's bowling shootout which is six more than we had in 2008. In the singles handicap league Ralph Wineland has a six point lead over Smokey Prussman and Nick Zaimes with one week left. Final standings will be published in next month's column. In the meantime another singles handicap league will begin on Feb. 2.

Last but not least all of us in the bowling shootout were very sad to hear about John Glover who passed away on Christmas Day. John had been a long time participant in the bowling shootout and he will be sorely missed by all of us. He was a fun man to bowl with.

# Are you Skyping?



Residents learn all about communicating through Skype at a computer skills session held at the AFRH. Computer classes are open to all residents.

# Fun with KHC's Famous Crossword Puzzle

By Steven Briefs  
Supervisor of Recreation Therapy

Each week the residents of KHC gather together in the Recreation Center to attempt to solve our famous "Giant Crossword Puzzle." The clues to the answers are challenging and its fun to see the residents work together to discover the right answer. Sometimes I have to give them additional clues and when they finally give the right answer, there's a big hurrah! Our residents may be a little slow getting around but they sure are smart!



Steven Briefs adds a word to the puzzle during a Crossword Puzzle session at King Health Center.

# Mardi Gras Party and Parade

February 12  
7:30 - 10:30 p.m.  
Scott Dining Hall

# Use it or lose it! Exercise your mind in a game of CONCENTRATION

February 27, 10 a.m., Scott Lounge

## 50 year anniversary approaches

# Navy Band Pays Tribute to Fallen Musicians

*"...On approach to the airport in heavy fog, the Navy plane collided with a Brazilian commercial airliner over Guanabara Bay and fell in pieces to the water, with the loss of all on board except three..."*

By Senior Chief Musician Aaron Porter,  
Navy Band Public Affairs

WASHINGTON (NNS) -- This year, the Navy Band commemorates the anniversary of a significant event in Navy Band history.

On Feb. 25, 1960, a Navy transport plane carrying 19 members of the band collided with a Brazilian commercial airliner over Rio de Janeiro, Brazil, resulting in the loss of all the musicians on board.

That event 50 years ago this February marks the largest tragedy in the band's 84-year history, and is vividly remembered by the families of the deceased, as well as by the surviving bandsmen who mourn the loss of their shipmates.

In the early 1960s, the United States was firmly entrenched in fighting the Cold War, and one of the fronts in this struggle was South America. Acting on the belief that the Soviet Union was attempting to expand its influence in the Western Hemisphere, then-President Dwight D. Eisenhower traveled to South America on a goodwill mission dubbed "Operation Amigo."

In support of that mission, 93 members of the Navy Band departed on Feb. 6, 1960, for a 30-day tour, to perform at various functions for the president and other dignitaries. The first leg of the journey was a flight from Andrews Air Force Base to Trinidad, and from there the band was billeted on the USS Macon (CA 132), a Navy

cruiser. According to retired Cmdr. Allen Beck (then a musician 2nd class, who later served as the seventh leader of the Navy Band, from 1984 to 1989), "Over 90 musicians on a cruiser like that was, I think, a shock to a lot of the Sailors who were on that ship. They weren't used to having musicians on board."

While the band and the president were visiting Buenos Aires, Argentina, then-Brazilian President Juscelino Kubitschek invited Eisenhower to an unscheduled reception at the U.S. embassy in Rio de Janeiro, Brazil, on the evening of Feb. 25. The Navy Band was asked to provide "semi-classical" music for the reception. Early that morning, a small chamber orchestra of 18 enlisted men and one officer boarded a Navy R6D transport plane for the short trip to Rio de Janeiro, wearing their dress khaki uniforms.

On approach to the airport in heavy fog, the Navy plane collided with a Brazilian commercial airliner over Guanabara Bay and fell in pieces to the water, with the loss of all on board except three: Lt. j.g. George P. Fitzgibbons, Sonarman 2nd Class F.E. Wilson, and Aviation Ordnanceman 1st Class H.R. Halenza, who miraculously survived in the tail section, which was severed from the rest of the plane. These three Sailors were not attached to the band; they were accompanying it to Rio as part of an anti-submarine crew. Twelve of their crewmates also perished in the accident, including those aboard the Brazilian airliner, approximately 80 lives were lost that morning.

Memorial services were held aboard the Macon to honor the lives and service of their shipmates. An excerpt from a special memorial section of the Macon's cruise book reads: "They were ambassadors in the highest and best sense speaking a universal language to the hearts of men without regard of border, breed or birth. What seemed to be a voyage which would be remembered as 'The President's Cruise' will always be recorded in our hearts as 'The Cruise of the United States Navy Band.'"

The grief felt by the rest of the band when they heard the news of the crash was profound. Like today, the band then was a permanent duty station, to which personnel were assigned for their entire naval careers, and the band members reacted to the loss of their shipmates very much as if they were family.

Adding to already tragic circumstances were security measures related to the president's trip, which made it difficult to immediately inform families in the U.S. about the accident and release an official list of the deceased. A meeting was held with the enlisted bandsmen and officers, at which they were informed that the rest of the tour would continue as scheduled. This decision was difficult for the band, but the trip continued for several more days before the return flight to Andrews Air Force Base.

At a funeral service on March 8 at Arlington National Cemetery, 14 band members were buried with military honors (private family ceremonies were held for the other five men). A 42-piece joint services special funeral band comprised of musicians from the Marine Corps, Army and Air Force bands and selected musicians from the Navy School of Music honored their fallen comrades by providing music for the ceremony. Then-Vice President Richard M. Nixon attended, along with then-Secretary of the Navy William B. Frank and then-Chief of Naval Operations Adm. Arleigh Burke.

The Navy Band plans to commemorate this event throughout the year to pay tribute to their shipmates, and to their ultimate sacrifice given in the service of their country. Below is a list of the bandsmen who perished that day.

Lt. Johann Harold Fultz, Musician 2nd Class William F. Albrecht, Chief Musician Elmer L. Armiger, Chief Musician Henry Bein, Musician 2nd Class Milton G. Bergey Musician 1st Class Robert L. Clark, Musician 1st Class Anthony M. D'Amico, Musician Seaman Apprentice Albert J. Desiderio, Musician 1st Class Reyes S. Gaglio Jr., Musician 1st Class Richard D. Harl, Musician 1st Class Gerald R. Meier, Chief Musician Raymond H. Micallef, Chief Musician James A. Mohs, Chief Musician Walter M. Penland, Chief Musician Earl W. Richey, Chief Musician Jerome Rosenthal, Musician 1st Class Vincent P. Tramontana, Musician 1st Class Roger B. Wilklow, and Chief Musician Jefferson B. Young

For more news from U.S. Navy Band, visit [www.navy.mil/local/nb/](http://www.navy.mil/local/nb/).

## Photos from the Korean veterans tribute, sponsored by the Office of the Defense Attache' Embassy of Korea, held at AFRH on December 23, 2009



A board is split in two during the Tae Kwon Do demonstration held during the salute to Korean War veterans held at the AFRH-W on Dec. 23. The event was sponsored by the Office of the Defense Attache' Embassy of Korea.

A Tae Kwon Do demonstration being performed at AFRH on Dec. 23 during the tribute to Korean war veterans.



The Fan Dance - This is one of the most popular and appealing Korean folk dances performed with folding fans. The dancers open and close the fans with a lighthearted smile to a flowing rhythm. They wear colorful costumes akin to those once worn by dancers of the royal court.



Part of the Korean War hero celebration included a colorful Korean Drum Harmony performance.