

'A Family Affair' party held at AFRH-G

Residents show their appreciation to employees

By Adelina Hay, Volunteer Coordinator

2012 has arrived in style and 2011 was such a busy and event filled year. The residents of the Armed Forces Retirement Home really wanted to show their appreciation for everything the staff here does to give person centered care to each and every resident! Diana Dopp, one of the most involved residents here, asked Steve McManus, our COO, if they could have a party for the staff to say "thank you." Steve approved the idea and the party "A Family Affair" was conceived and the date of Monday, January 23rd was set.

"This party is to thank all of the people who work here and help to make this place a home," Diana said when asked about the reason for the party. "We want to show the people who cook for us, clean for us, keep us informed, entertained, our teeth



Rebecca Capps from the Wellness Center receives hugs from Edna Hall (left) and Bette Lakatos during the Employee Appreciation Party held on Monday, January 23.

cleaned, eyes checked and if we do not feel well, we know where to go.

"They hang our pictures, call us by our first names, get us applesauce for our pork chops, clean up all our spills, take us on fantastic trips, show us how to stay healthy, and do not get mad when we do not listen.

"They show us exercises, have dances, parties and ice cream socials. They do an awful lot for us and they always have a smile and a good morning or good day." she said.

Barbara Folk stated that very simply, "we want to say thank you and having a party seemed the best way to include everyone and make sure everyone was shown appreciation."

Residents decorated the Community

Center with photo frames with photos of staff and residents together through out the year at different events and activities on every table. Like a professional dark room, photos were also clipped from the ceiling and black and white table cloths covered the tables. The music and food were wonderful, the residents and staff enjoyed dancing, mingling and taking silly photos together in the professional photo booth also hired by the residents.

From all of us here on staff at the Armed Forces Retirement Home we say Thanks to YOU for being such great residents and part of our family too! You sure how know how to throw a great party.



Quida Evans chats with Jack Walsh.

GENERAL JUNG-Seung Jo

Chairman Joint Chief of Staff, Republic of Korea



Korean War Veterans Honored

On January 25, 2012, Korean War Veteran (Battle of Chosin Reservoir) Albert Meringolo, USMC retired (right) greets General Jung, the Chairman, Joint Chief of Staff, Republic of Korea, upon his arrival at the Armed Forces Retirement Home in Washington, DC. During his remarks General Jung expressed his country's appreciation to U.S. Korean War veterans. "The people of South Korea are very thankful for your service." General Jung presented a plaque as a symbol of appreciation to the Korean War veterans residing at AFRH-W. See more photos of this event on Page 3.

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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 Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

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

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- 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 be incapable of earning a livelihood because of 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 incapable of earning a livelihood because of 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, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org> <http://www.carf.org/aging>



The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments regarding the Armed Forces Retirement Home to the following email address: AFRH_PAO@AFRH.GOV.

A section of the Communicator will be set aside to provide RESIDENT feedback.

AFRH-G Veteran Highlight

THE PIPER

FRANCIS GILBERT WARD

Frank was born in Los Angeles, Ca., on June 29 1926. He was the son of Captain Ward, a highly decorated WWI hero. Frank entered the Navy on his 16th birthday. He and his father, a mustang Marine Captain, went to the recruiting office in Bakersfield, Ca., on 28 May 1942, to sign him up for. He was a big guy for his age and his father, being a highly decorated WWI and WWII ARMY/Marine officer, simplified the process for him.

One month later, he was notified to report to the main recruiting office in Los Angeles for his physical and to be sworn in for his four-year enlistment. Later that same afternoon he arrived in San Diego for boot camp. It was his 16th birthday!

Boot camp was a great and exciting adventure for him because he had played football in high school and worked in the wheat harvest right up to his reporting date. It lasted for seven weeks and two weeks later he was on the train for San Francisco. A bus took him to the Naval shipyard at Vallejo, Ca., where he was to report for duty aboard the heavy cruiser, USS Chester (CA-27).

The Marine guard at the main gate directed him to the dry dock, where the Chester was moored. He had to walk more than a mile from the main gate to where the ship was located with a 100 pound sea bag on his shoulder and the August sun had been very hot that day. He finally arrived at the gangway leading up to the quarterdeck. At the head of the gangway he looked aft, saluted the colors, then looked at the Officer of the

Deck (OOD) and requested permission to come aboard and report for duty.

During his 18 months aboard the Chester he served in the Gunnery department of the 3d Division 8-inch gun mount as a mess cook and the ship's bugler.

On 6 October 1942, the USS Chester was struck by a torpedo on the starboard side, amidships. The Chester staggered in the water as a wave completely inundated them. All power had been lost but a semblance of order was being attempted in the dark. The damage was significant. The starboard side armored plate was blown off, the forward engine room was flooded, killing all personnel on duty there. The radar had been knocked off the mainmast, four scout-seaplanes were knocked over the side and the keel was broken also. No guns could be fired because of the danger of the ship breaking in two.

Frank's left leg and hip had been injured from the jolt of the explosion. The Chester eventually began the trip home. After repairs, having transited the Panama Canal and up to San Francisco, they were again at sea in the Pacific. They participated in the Marshall and Gilbert Islands campaigns during the fall of 1943. About the first of 1944, Frank was transferred to bugle-master school in San Diego by ship-to-ship transfer highline.

After graduation from bugle-master school, he was sent to the Naval Air Station, Santa Anna, Ca., awaiting the



Frank Ward

commissioning of the seaplane tender, USS Pine Island (AV-12), at Long Beach. The Pine Island proceeded to Saipan then Okinawa for that campaign. After eighteen months, they arrived home in Norfolk, Virginia. Frank then took a troop train to Long Beach, California, and was discharged from the Navy.

He was to re-enlist again though and was assigned to the USS Shangri-La (CV-38). Frank made a cruise to Australia. From there he was transferred to the USS Princeton (CV-37). Later he was transferred to the destroyer, USS Collett (DD-730).

He was later transferred to the Naval Air Technical Training Center, Norman, Oklahoma., for the only two years of shore duty in his 20 year Naval career. After two years there, he was again assigned to the USS Shangri-La, which was converted to an anti-submarine warfare carrier. From there he was assigned to the Admiral's flag of Carrier Division 19 as assistant navigator. During his 20 years service he held the ratings of bugler, Bugler Master, Signalman and Quarter Master Navigator. Until most recently he lived in Wellston, Oklahoma.

Frank volunteers and works in the Chaplain's Office where he comes to the aid of a lot of folks. When he is not volunteering and working in the Chaplain's Office he plays his Scottish bagpipes for almost every event at the AFRH and even in ceremonies at the Navy Seabee base.

At one time the home had a bugler by the name of Spiro so now Frank is the second one to have qualifications. Spiro passed away over the age of 100 and the 24/7 canteen is named in his honor at Gulfport home today.

AFRH-W Veteran Highlight

CSM military career spans two decades of service

By Christine Baldwin
AFRH-W Librarian

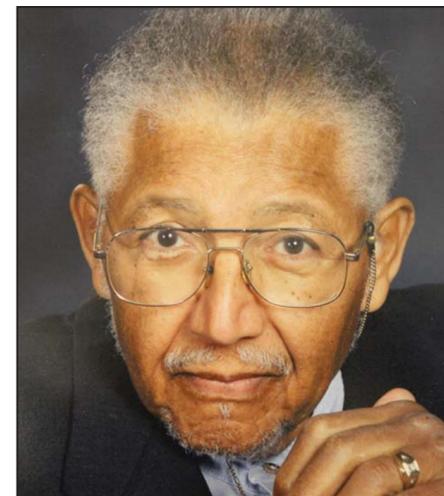
Charles Jones graduated from Armstrong High School in Washington, DC in June 1944. He was tested and accepted in the ASTRP and sent to Howard University to study Engineering. After three trimesters, Jones turned 18 and was sent to Ft. McClellan AL for basic training. From there he was sent to Pennsylvania State College to continue in ASTP schooling. The end of WWII brought closure to the ASTP and Jones went to Ft. Belvoir, VA, where he was promoted to Corporal. By October, he had graduated from the Engineer OCS as a brand new 2d Lt at the ripe age of 19. He was sent to Korea, where the Corps of Engineers was building asphalt highways and runways from Seoul to Inchon, and other strategic locations. When the mission was completed, it was off to Yokohama, Japan, as Platoon Leader in a fire fighting unit. In 1949, a reduction-in-force caught

Jones. It was a \$10,000 severance pay or reenlist the next day as a master sergeant. Jones sewed the six stripes on and never regretted it. Jones spent a total of nine years overseas. Six were in Verdun, France (1952-55) and Darmstadt, Germany (1963-66). In between, he taught Engineer Reconnaissance at the Engineer School, Ft. Belvoir. To complete his college education, he went to Central State University as a ROTC instructor. Next Jones went to Korea for 13 months. Returning to the states in 1961, he finally got the opportunity to be promoted to E8. He went to Germany in 1963 and was promoted to command Sergeant Major of the 547th Engineer Combat Battalion. His final assignment was in Fargo, ND as a National Guard Advisor.

Upon gaining his Masters Degree in Economics, Jones went on to teach for 20 years at Seattle Central Community College. During this period, he served on the

Mayor's Task Force for Redlining; The Seattle Planning Commission and was Co-Chairman of the Model Cities Employment and Economic Development Committee. Sports was also a major part of his life. Jones umpired baseball, softball, basketball and football while in the service. Highlights included umpiring the 1967 Woman's World Softball Tournament and being the Varsity Basketball Coach at Seattle Community College. He was also a hard working union member of the American Federation of Teachers and served as Campus Vice President and later District Union President.

At 62, Jones retired and moved to Sequim, WA. There his leisure time was spent becoming a Master Gardener, which allowed him to visit all of the 2nd grade classes in the county, teaching the youngsters how plants grow. Duplicate bridge has been his real big hobby. He is beyond the life master level in both the ABA and the ACBL and has achieved teaching certificates for teaching and directing



Charles Jones

bridge. Jones has attended nearly all the annual reunions of the 547th since 1988 and is a member of DAV, American Legion and the Paralyzed Veterans. He arrived at the AFRH-W in August 2011 and was very pleased with his choice to come back home and enjoy life.

Message from the Chief Operating Officer



As the New Year begins, I want to provide an update on several items that will affect the Armed Forces Retirement Home over the next year.

The operating expense of \$65.7M (AFRH Trust Fund) for

of September 2012. This completion date may change once the project is underway, but we are aiming for the fall of 2012. The Scott building construction is well underway and scheduled to open in February 2013. I have requested the Washington Team start developing a plan to move the Residents from the La-Garde into the new Scott building.

Currently the Gulfport Team is working with GSA on several projects to help enhance the current facility. Several of these projects are based on Resident requests and needs, and safety issues that have emerged for Resident focused input.

As required by Congressional law the Department of Defense (DoD) IG inspection teams will be on site in Gulfport, MS and Washington, DC during late summer or fall of 2012. As the Chief Operating Officer I am a firm believer that attention to the detail can provide a positive direction and outcome in every aspect at the Armed Forces Retirement Home. Therefore, I have asked each facility to implement their initial preparation for this inspection.

The President signed Congressional Law HR1540 on December 31, 2011. This law has a direct impact on the Armed Forces Retirement Home. Change is never easy for anyone but I believe these changes will have a positive impact on AFRH as a whole. A sin-

FY2012 has been approved and signed by the President. Included in this year's budget request was funding for several Capital Improvement Projects (CIPs). CIPs will provide significant upgrades in several facets of residential living and also increase our organization's image. I am pleased to announce that Congress appropriated \$14.6M through supplemental funding (not AFRH Trust Fund) for the repair and restoration of the Sherman building due to damage from the August 2011 earthquake.

As we push further into 2012 we are gearing up to complete two major facility projects in Washington. The Sherman building project is scheduled to begin in the very near future with a projected completion date



Pam Young-Director of Nursing (W) and Chuck Dickerson,-Chief, Resident Services (W) review floor layout and design of the Sheridan Assisted Living project.

gle Advisory Council will represent both facilities instead of two separate local boards. The Advisory Council is scheduled to hold two meetings per year and alternate the host site location; Gulfport, MS & Washington, DC. The next Advisory Council meeting is scheduled for April 19th in Gulfport, MS. Each facility head will now have the title of Administrator instead of Director.

I was very pleased with the community responses in Gulfport and Washington in

2011. I know additional events are already scheduled to take place at each facility for D-Day, Veterans Day and the 4th of July. By keeping the door open AFRH can widen our path throughout both communities that will bring rewards for years to follow.

Next month I will discuss how our AFRH Strategic Plan (2011-2015) ties into the current operational business plans at the Agency and facilities level.

Steven McManus

Republic of Korea Chairman JCS General Jung visit Korean Veterans



General Jung takes time out of his busy schedule to visit the AFRH- W Korean War Veterans during his time in the Washington, DC area.



Korean War Veterans Raymond Whitelow, USAF - Retired (center) and Richard Robinson, USA - Retired (right) welcome General Jung to the Armed Forces Retirement Home in Washington.

Iowa native recalls the events of December 7, 1941



Francis Stueve

December marked the 70th year since the Japanese bombed Pearl Harbor. Seventy years ago, AFRH resident Francis Stueve left his breakfast on the table as he and his comrades ran out of the dining hall to see for themselves what all the commotion was about. They heard planes buzzing overhead and heard blasts of gunfire and, at first, figured it was training or maybe the Chinese New Year celebrations they

had heard about so they continued eating their meal. Soon, though, it became very apparent that this was no training exercise.

"Gunfire showered on the dining hall and bullets blew through the windows. Me and my two buddies rushed outside and looked to the skies. There were Japanese planes coming from all directions," Francis said. "Before I knew it, my buddy to the left of me took a bullet to his jaw and my buddy on the right took one in his right calf. I was still standing between the two, just trying to absorb what was going on around us."

Francis joined the Army Air Corps in 1938. He was an infantry and artillery man. When he received orders to go to Schofield Barracks in Hawaii, he was pleased because he had heard nothing but good things about being stationed in Hawaii.

"Everybody always talked about Hawaii having the most comfortable climate in the world to live in. There was good weather all the time, and I was looking forward to that," said the Iowa native. Francis got the good weather he was anticipating but he got many more things that he never even imagined.

"The whole Japanese bombing campaign lasted less than two hours," Stueve explained. "But as we watched the last of the planes disappear into the distance, we didn't know if others were coming later or the next day. We knew we couldn't go back in the barracks, if they were going to come back and bomb us again, that's where they would figure we were. So we slept outside, night after night, waiting and watching. We had few rations and medical supplies and just made do with what wasn't destroyed by the Japanese."

Francis said that prior to the bombing, the American troops were working with a group of men native to Hawaii. They were from all nationalities. After the bombing, the American soldiers weren't sure if they were allies or enemies, as a large portion of the men were Japanese.

"They had separated themselves from us right after the attack and we watched them and they watched us," Francis said. "Neither side trusted the other. Turns out they knew nothing about the attack and joined us in the war effort, but for several months, until we could get off the island, we watched each other very carefully."

Rescue ships finally made it to Hawaii, nearly five months later, but it wasn't R&R, it was onto Guadalcanal, New Georgia, New Guinea and the Philippines. Francis and his unit backed up Marines as they took one island and moved onto the next.

"I don't know why I never took a round," Francis said. "I had fragments of grenades but never took a direct hit. I thank the Lord everyday for that and feel very fortunate."

When the war ended, Francis returned home. He had gotten word while in Hawaii that both of his parents had died and the family farm had been sold. After spending a month in DC with a sister, Francis went back into the Army, this time in welding and aircraft design. He retired with 22 years of service. Francis said he remembers passing by the Old Soldiers' Home while visiting his sister in DC and he remembers paying into a fund that supported the Home. In April of 1961, after visiting the home a few times, he decided to give it a try. That was 50 years ago and now Francis, at the age of 94, is still going strong.

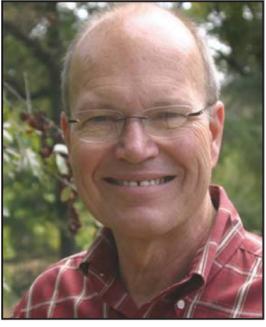
"When I came here back in 1961, we had a four-star general in charge of the place. There were over 4,000 soldiers living here. Many were transient, they would come and go. Everybody, back in those days, had to be retired military to get in," he said.

"I've seen them come and go over the past 50 years, that's for sure," Francis said. "I must like it here, been staying here for 50 years. I guess I never thought I would make it this long," he said with a laugh. "I've still got a few good years left in me and I intend to take them."



Francis Stueve now in his 90s has called AFRH-W home since 1961.

From the AFRH-W Administrator



In January at the AFRH the annual performance evaluations for all the workers must be completed. While I am enmeshed in this, I am thinking about the individuals who work here. I realize

I say little in a positive way about the workers at the Home, to you, the Residents. Many staff members have given years of loyal, devoted and dependable service in their work to the AFRH. For instance, Dr. Cezar Lopez retired on the last day of 2011 after 40 years of work. For Donna Smith, this is the only job she's ever had, and she has been here for 34 years. (She tells me she was three years old when she started.) Margie Asper tops all with 46 years at the AFRH! Here are others: Melvin Adams, 37; Randy Rowley and Lynn Stokes both have 33; Phyllis Cunningham and Chiffon Graves have 32; Barbara Turner, 31; and Janet Ritter and Naomia Davis have 30 years. Incredible!

Each quarter, we have employee breakfasts where certain workers are recognized who have done well in their work. But you, the Residents don't attend these occasions and so you have no idea of those to whom we pay tribute. Many more of our staff should be

honored because they live out their work lives for you. At the breakfasts, I attempt to recognize staff for being one who has done something "above and beyond the call of duty," or those who have performed competently and diligently over a time period or those who have improved his or her job performance. Of course, we don't capture all as we should because we have many who contribute in great ways. An early American philosopher, William James, said "the deepest principle in human nature is the craving to be appreciated." I am certain that I do not recognize the value of our staff well enough and share that with them. I need to work on that.

These are some characteristics of what I would say is a good worker: having a positive attitude; those who express themselves clearly and accurately; hard working; honest; integrity; punctual; a willingness to get involved with numerous projects; being creative with ways to solve problems; getting along with others, being kind, friendly and easy to talk to; and lastly, loyal.

If you are an employee of the AFRH and want to be a terrific employee, here are a few ideas:

1. Be curious about the work of the Home. Having a fascination with your work will help from becoming ineffective.

2. Work to develop a genuine interest in the Residents you serve. What can you do to make the Resident's life more interesting? Determine that and act on it.

3. Learn the discipline of self-motivation. Purpose to grow in every area of your life. Push yourself.

4. Volunteer in something different than what your responsibility is at the Home. Ask Carolyn (now Mrs. Haug – and congratulations on your marriage) to fit you into giving a bit of your time in something different with the residents.

Years ago, a young man, a student in one of our universities, was one day taking a walk with a professor, who was commonly called the student's friend, from his kindness to those who waited on his instructions.

As they went along, they saw lying in the path a pair of old shoes, which they supposed to belong to a poor man who was employed in a field close by, and who had nearly finished his day's work.

The student turned to the professor, saying: "Let us play a trick on the man: we will hide his shoes, and conceal ourselves behind those bushes, and wait to see his perplexity when he cannot find them."

"My young friend," answered the professor, "we should never amuse ourselves at the expense of the poor. But you are rich, and may give yourself a much greater pleasure by means of this poor man. Put a coin in each shoe, and then we will hide ourselves and watch how this affects him."

The student did so and they both placed themselves behind the bushes close by. The poor man soon finished his work, and came across the field to the path where he had left his coat and shoes. While putting on his

coat he slipped his foot into one of his shoes, but feeling something hard, he stooped down to feel what it was, and found the coin.

Astonishment and wonder were seen upon his face. He gazed upon the coin, turned it around, and looked at it again and again. He then looked around him on all sides, but no person was to be seen. He now put the money into his pocket, and proceeded to put on the other shoe; but his surprise was doubled on finding the other coin. His feelings overcame him; he fell upon his knees, looked up to heaven and uttered aloud a fervent thanksgiving in which he spoke of his wife, sick and helpless, and his children without bread, whom this timely bounty, from some unknown hand, would save from perishing.

The student stood there deeply affected, and his eyes filled with tears. "Now," said the professor, "are you not much better pleased than if you had played your intended trick?" The youth replied, "You have taught me a lesson which I will never forget. I feel now the truth of these words, which I never understood before: "It is more blessed to give than to receive."

I know that if you, as a worker will do your best, you will have a great sense of pride and self-satisfaction. Your work can be a great reward to you. I thank each of you for all you do in your work at the AFRH. John Bunyon wrote in his *The Pilgrim's Progress*, "A man there was, though some did count him mad; the more he cast away, the more he had."

David Watkins

Notes from the AFRH-W

Chairman, Resident Advisory Council



Well, here we are starting off another year. Let me start out this year by taking just a few words to thank all those workers who work for us. From those who prepare the food in the LaGarde, those who serve it to us in both lines and at the tables for the Residents who need assistance. Then those workers, who clean the dishes, stack the trays etc. You do so much for us that word alone cannot convey all the thanks that you are due, from us the Residents of the Washington home. And then there is their leader, who spends his time between Washington and Gulfport; Fred. When he is in Washington he always has the time to speak to Residents, asking them how the food taste etc.

But it is not only the food service area in which those who do the work for us excel. I want to take the time to thank all those who clean the Resident floors, the common area of the home, those who assist our Residents located in LaGarde. Those who do the work for us are the ones that make this place a place that cares for the Resident. They, no matter what others may say, are the ones that make this place go. Those of us who live here thank them for their service.

And yes, thanks goes to those who plan and make things happen in the recreation area. Those who work in Resident Service, Wellness, and Campus Operations every one you do the work that makes this place what it is. Without you, the everyday employee, managers would not have anything to manage.

Being that it is January it is time for my annual watch out paragraph. Watch out for those who are seen around the home without badges to identify who they are. Watch out for those are great at talking about all they can do for you, as long as you do the work and they get the credit. Basically, as we get older, we need people who we can trust so the best thing I can tell you is TRUST BUT VERIFY.

Also it is important to realize that all those emails you receive asking you to help others move money from place to place and you get a cut of the funds are not factual. Most of the emails you receive asking for funds for children undergoing medical treatments are not true. Again, as in everything that one does on the internet, make sure that you attempt to verify the information you have received. The three words that will

make you safe are TRUST BUT VERIFY.

A Resident recently asked me about getting the bus stop outside the main gate improved so that those with BPV's could better enter the busses. I am corresponding with the city authorities involved with this to have the bus stop improved.

I have noted a problem that must be addressed concerning the common areas around the home, especially the wings and long halls on the Resident floors. Some Residents are turning off the lighting in the these areas. As in the past, this is not a good thing to do as our fellow Residents who have vision problems need this additional lighting to move from place to place. I understand that those who turn off the lights think they are saving money; but this is not the case. When one factors in the additional medical cost involved in taking care of Residents who walk into things in the hallways, of who fall because they can't see water on the floors etc. no money is really saved. Where money can really be saved is in the Resident rooms. Just go into your room and look at what items are using energy. All those small green lights you see are using energy. Does that item really need to be on if you are not using it? That is a better way to save money for the home than turning off lighting in the common areas.

A Resident asked me about the total number of Residents and as of January 17, 2012, the total numbers of Residents were 528 with 334 in Independent Living and 54 in Independent Living Plus. The remaining 140 are located in LaGarde with 65 in assisted living and 75 in long-term care.

During the last RAC meeting a large amount of time was devoted to discussions dealing with new Residents and how they are shown what is important to know as they in process. One of the suggestions that were made was to develop a Hall of Welcome so that one might know who the recently arrived Residents are. Additional suggestions dwelt with restarting the Welcome Room, and starting the monthly meeting with new Residents and all staff so that new Residents can find out what is offered. I will be meeting with the Chief of Resident Services and the Ombudsman on these matters so that new Residents are not left in the dark about things that are available to them in and around the home.

Some Residents were concerned when the meeting site for the RAC was moved and held in the basement of the Stanley Chapel. One Resident informed me that he had heard that we did this as we had something to hide. I



Brig. Gen. W. Bryan Gamble, Deputy Director, TRICARE Management Activity (TMA) meeting with Resident Advisory Council members during a recent visit. As the TMA deputy director, Brig. Gen. Gamble directs the coordination of health care for 9.6 million uniformed service members, retirees and their families worldwide.

informed this Resident that the reason dwelt with the relocation of the waiting area for bus transportation to the area we normally held our meetings. And that the meeting rooms available for us in the Sheridan are too small to accommodate large numbers of Residents who might attend the monthly meetings. And that is why the meeting was moved to the Stanley for the month of January, and might occur again in February. For those who missed the meeting, it will rebroadcast on The Resident Channel (Comcast Cable Channel 970) starting at 1900 hours, Monday thru Friday, 23 – 27 January, 2012. Of course, by the time you read this it will already have been broadcast use this as a reminder that this oc-

curs each and every month there is a RAC meeting.

In order to assist the Residents of the Assisted Living and Long Term Care areas, located in the LaGarde Building, in becoming full participants in the workings of the home a RAC meeting will be held in LaGarde every month that will include the Chairman of the RAC, the Ombudsman for LaGarde, and Residents. Meeting notices will be posted at the LaGarde as to when these meetings are scheduled.

Well, that ends another column. Say hi to the new Residents and be nice to each other in the coming year.

Esker McConnell

AFRH-W will be hosting a Black History Program on Friday, February 24, 2012 at 1:30 p.m. in the Sheridan main lobby.

**Scheduled speakers will include:
RADM Michelle Howard, Chief of Staff to the Director for Strategic Plans and Policy,
J-5 Joint Staff
&
Sharman Lawrence Wilson,
Lincoln University Board of Trustees**

From the AFRH-G Administrator



One of the great things about living in South Mississippi, besides the moderate temperatures, breathtaking views of the sun rising and setting over the Sound, excellent local cuisine

and friendly folks, is the annual Mardi Gras celebration. Seems the closer you live to New Orleans, the bigger the party. So here at the AFRH-G, we are sitting pretty good.

We will have our own Mardi Gras parade and dance on Friday, Feb. 17. The king and queen have been selected but their names won't be announced until the big night. Last year this event was a huge hit with the residents and already excitement is beginning to grow. If this is your first year here, be sure to come on down and get in on the festivities.

You won't be disappointed. The Mardi Gras committee has had years of practice and they know how to do it up right.

Several residents have stopped me in the hall or visited my office with questions about air quality in the building. Once it is explained to them how air comes into the building and is filtered, they've been very satisfied that it is clean quality air. So that everyone has the same information, here is an explanation of how air is filtered to the resident room and inside the resident room:

There are air handlers on the roof of each tower and they take in 100% outside air and the air goes through a set of MERV 8 pre-filters. The air then passes through another set of MERV 8 can filters followed by a set of ultraviolet lights that kills bacteria and filters the air. The air is introduced to the resident room as supply air and is pulled into the residents fan coil unit through a MERV 8 filter and supplied to the room. There is an exhaust fan supplied in each resident's bathroom that exhausts

the air out of the room to complete the cycle. In all, it's a four-process system that delivers the air to the resident rooms. Please contact our Campus Ops folks if you have any questions or need clarification of this process.

Black History Month is celebrated in the month of February. This year's theme is Black Women in American Culture and History. As most of you know, especially if you attend my Townhall meetings, I am a history buff. I like to start off the meetings each month with an interesting historical fact. Here's a bit of military history that some of you may not know. It has to do with a group of black women that served in the Army during WWII. Though the Army was still segregated, these women belonged to the 6888th Central Postal Directory Battalion, part of the Women's Army Auxiliary Corps (WAAC). The 6888th was made up of 855 enlisted African American women and officers. They were commanded by Major Charity Adams Earley, the highest ranking African American woman in the military by the end of the war. This was the only all black, all female battal-

ion. It was deployed overseas first to England then later to France. Their job was to sort and deliver mail to approximately seven million American troops stationed in Europe. This group of hard working women made a contribution to the war effort by boosting morale of the troops and they also made history by being the only battalion of black women to go overseas.

This month we honor black veterans that served and who are serving today. We have a display in the Library in their honor and have lined up several old war movies with storylines about blacks in the military such as the Flying Tigers and Tuskegee Airman.

Two things in closing – the Employee Appreciation Party sponsored by residents on Jan. 23 was a resounding success. From all the AFRH Employees, thank you. It was a wonderful party and so very much appreciated. Lastly, everyone please join me in congratulating Paul and Eva Downs, who on Jan. 27 celebrated their 67th wedding anniversary. Best wishes for you both.

Richard Heath

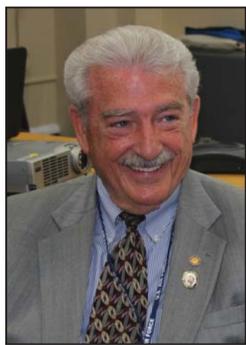


Project Completed - The Smoking Shack, located on the east end of the building, was completed on Jan. 20.



Work in Progress - Seabees from NMCB-11 pour a concrete pad for a bench to be placed by the reflecting pool. In all, two benches will be added around the reflecting pool and three benches will be placed around the Chapel.

Notes from the AFRH-G Chairman, Resident Advisory Council



January 2012 has been another perfect weather month here on the Beach.

The Resident count here in Gulfport this month is now 499.

A Special Thanks to the Editor of our Beloved "Scuttlebutt"! He

isn't always politically correct but he is always on top of the latest issues affecting the Residents. THANKS AGAIN BYRON, keep on top of the issues!!

The Year started with a great Champagne Brunch on New Year's Day. Another Birthday Night with A Wonderful Dinner and Fun was had by all especially with "Music by Goldie"! Thank You "Goldie"!!

Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS"! Fred, congratulations to you and your Team for another job well done! Also, thanks to the "Champagne Team" for the Mimosas, Poinsettias and Pallinis, YUM!!

Now, some notes from the Military Memorabilia Committee. We are still looking forward to receiving the items of Military Memorabilia from Walter Reed Army Hospital, due any day now. (Rumor has it that the items may have been Hi-Jacked by AFRH-W.) Rumor control is looking into the situation. Please note the lower lever entry with the top enlisted person of all five Military Services prominently displayed.

It was pointed out by our helpful Residents that there are six instead of five and they were correct, therefore, we have added the sixth and highest ranked Senior Enlisted Advi-

sor of all the Services, the Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff, Marine Corps Sergeant Major Bryan B. Battaglia, a native of New Orleans, LA. Thanks Again, to the Memorabilia Committee!!

HIGHLIGHTS OF ACTIONS AT THE RESIDENT ADVISORY COUNCIL MEETING:

The Resident Advisory Council met on the 10th of January 2012. Some of the actions taken were:

OLD BUSINESS:

-RAC received updates from all Committee Chairpersons.

NEW BUSINESS:

-RAC reviewed the Monthly Financial Report for December 2011.

-RAC approved a motion NOT to have its meetings videotaped or recorded.

-RAC approved a motion to allow \$1,500 for having a "Family Affair" party for ALL Residents and Workers of AFRH-G.

-RAC approved a motion to add the Rank and branch of Service to the Honors Wall plaque.

-RAC approved a motion to give-up on trying to get a manicurist.

-RAC approved a motion to discontinue a formal speakers Bureau.

-RAC approved a motion to withdraw their request for extending Breakfast hours.

-RAC approved a motion to discontinue the request for consideration of Valet Parking.

-RAC approved a committee to recommend a location for the Player Piano: BettyLu Dennis-Chair, Helen Bieda and Bob Gregory.

-RAC approved a motion NOT to consider "Smoothie King" as an option for fund raising at AFRH-G.

-RAC approved a motion to have only two dances per month, one afternoon and one evening.

-RAC approved a motion to recommend that "only Residents and Resident sponsored guest" be allowed entry into the 2nd

floor Game Room.

-RAC approved a motion to recommend relocating the Thrift Shop to the volunteer/wrapping room on the 1st floor.

Thanks to all those people who helped with our first "Family Affair" party on 23 January 2012. A party for all, Residents, Staff, workers and contractors, etc. ALL!! Special thanks go to Diana Dopp for "ram-rodging" the whole show. Great Job Diana!!

Please be a part of the New Honor Guard program which is beginning with the first training session on 14 February 2012. Sign up for the Training at the RAC office. Those people who complete the training by the Hospice Care will receive the title of "Honor Guard" and will be part of the team who will sit with and tend to our Brothers and Sisters in their final hours before death to allow for Death with Dignity!!

Many THANKS to all the Residents for participating in making OUR HOME a Better place to live. Your help, your suggestions, and Your Comments are helping us all become BETTER.

Bill Parker



Softball tourney benefits veterans of AFRH-G

EO1 James Baggott hands over a check for \$1,350 to Resident Advisor Council Chairman Bill Parker. The money is proceeds from a benefit softball tournament held at Keesler Air Force Base on Nov. 19. Eight teams participated in the one-day event with Team PCU San Diego (LPD22) out of Pascagoula finishing on top.

Baggott, the organizer of the fund raising event, plans on making this an annual event.

"I believe the participants' motivation was they knew it was for a good cause," he said. "They got to raise money for veterans of the retirement home and play softball. There was a lot involved, but the payoff was definitely worth the effort."

Parker said the donated funds will be used on several projects for the residents.

AFRH-G January Activities

Chin up or Pull Up?

The only difference is the way you position your hands

The AFRH-Gulfport received its last piece of equipment for the Fitness Center. The Chin-up/Pull-up bar was installed by CMI. Do you know the difference between the Chin-up bar and the Pull-up bar?

Chin-ups

Place your hands on the bar with your palms facing inward. Your hands should be approximately shoulder width apart.

Pull your body up until your chin is up over the bar.

Lower your body down until your arms are completely straight.

You just did a Chin-up.

Pull-ups

Place your hands on the bar with your palms facing away. Your hands should be about as far apart as when your elbows are bent at 90 degrees and your hands are pointing straight up.

Pull your body up until your chin is up over the bar.



Lower your body down until your arms are completely straight. You just did a Pull-up.

Heather Baird is showing the right way to do a Pull-up. You can find Heather in the Gym after Chair and Stretching Exercise classes.

Training with a Goal

Marion Powers (right) and Marion Ritchie take a spin on a three wheeler earlier this month. Marion Powers is building up her strength so that she can do a parachute tandem jump on her next birthday which is November 3. She was a Chief Parachute Rigger in the Navy (the first) and she married a Navy chief (another Navy first).



AFRH-G Mardi Gras Celebration Friday, Feb. 17

Parade starting at 6:30 p.m. Dance at 7 p.m.

Introductory Yoga to be offered in February

Introduction to Yogo is coming to the Fitness Center in February! We are going to conduct two Introduction to Yoga classes, one on Wednesday, Feb. 8 and one on Wednesday, Feb. 22. Both classes begin at 0900 and will be led by Tania Bayne (Shanti), M.S., LPC, RYT-200, Counselor and Yoga Teacher.

Tania is a Licensed Professional Counselor with a M.S. degree in Counseling Psychology from the University of Southern Mississippi where she conducted research studies on the benefits of Yoga. She is a Nationally Certified Counselor and a certified Yoga of Recovery Counselor working with adults and a clinical focus on depression, anxiety, addiction, and trauma. She is a Certified Yoga Teacher registered with Yoga Alliance. She received her spiritual name Shanti and her yoga teacher's training from the International Sivananda Vedanta Center in Woodbourne, NY.

Tania has a unique psychosomatic approach integrating the science of Psychology and the ancient practice of Yoga in creative therapeutic modalities. Tania has applied the principles of Yoga in stress and anger management programs on the Gulf Coast. She is fascinated by the healing power of yoga - on a physical, emotional, and spiritual level. Tania is a member of the American Counseling Association and the International Association for Yoga Therapists. She provides counseling services for adults (individual and couples therapy), Emotional Yoga Therapy, and teaches group yoga classes.

The Benefits of Yoga

- Blood pressure decreases
- Immune system improves
- Nervous system is regulated and balanced
- Anxiety and depression decrease
- Energy level increases
- Strength and resilience Increase
- Musculoskeletal flexibility increase
- Sleep improves
- Mood and Well Being improves
- Cognitive function improves
- Concentration and memory improves

Sign up in the Fitness Center today for February's Yoga classes! Namaste.

The goal of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquility.

Do It Yourself Sugar Scrub



Adelina Hay, AFRH-G's Volunteer Coordinator, demonstrates how to make a sugar scrub in the Arts and Crafts room. The ladies used sugar and oils to make a fragrant scrub that helps keep skin feeling moist and supple for a fraction of the cost of a similar commercial product.

Around Valor Hall

Let the Good Times Roll on Valor Hall

By Susan Bergman, MT-BC, Recreation Services

With the Saints football team winning the weekend before, Valor Hall residents had an early reason to celebrate in New Orleans style! Tables decked with Black & Gold, Mardi Gras beads, and toe-tapping second-line music helped to bring smiles to all. The food was amazing, "Go Saints" was written on the menus, and resident surveys reported the best cookout yet! Naomi Pointer showed off her new throw from volunteer Scott Schubert, and was tickled with her intricate Mardi Gras mask designed beads. Bennie Howard visited with Jean Allgood, volunteer pianist and retired school teacher, who had just finished serenading residents in the lounge. He also bright-



Naomi Pointer shows off her Mardi Grad beads.

ened discussing the food with Susan Orr of Dining Service. We thank the many volunteers and staff who come early to help decorate, escort residents to the cookout, assist residents with menus, visit, and join in the cheer! Go Valor Hall!

Reflecting with Remote Control Boats

By Susan Bergman, MT-BC, Recreation Services

This winter, Jesse Self and Forest Schneider enjoyed a beautiful day by the outdoor reflection pool. They tested two remote control boats, learned how to steer, and became battle ready. Before we knew it, the boats were chasing each other and experiencing near misses in attempts to sink each other. Several other Valor Hall residents came down, joined in, and began giggling at the seriousness and amazement of how entertaining the remote control boats were to them. After the boats, a walk was in order through the chapel and over the pedestrian cross walk to catch a beautiful view of the beach, ocean, and sunshine glimmering on the waves. We are very grateful for the freedom to enjoy the people, nature, and beauties that are around us each day.



Jesse Self (left) and Forest Schneider maneuver remote controlled boats at the reflecting pool.

St. Patrick Donates Amaryllis Flowers to Valor Hall



On November 5, 2011, Mrs. Peggy Sprayberry and students from St. Patrick School donated and planted 25 Amaryllis plants for residents on Valor Hall. The weather was brisk with the temperature being 50 degrees. Mr. Bennie Howard, Mr. Cleveland, and Mr. Forest Schneider gave input on where the flowers should be planted. The flowers bloomed during the Christmas holidays. The recreation staff would like to thank these volunteers for their time and service to our veterans. It is greatly appreciated.

Town Hall Meeting

Valor Hall held its Quarterly Town Hall Meeting on Friday, January 13 with AFRH-G Administrator, Rick Heath.



AFRH-W January Activities

Bowling Center plays host for New Years Eve Party

By Nicole Chappell, Recreation Specialist

On Friday, December 31st, it all started around 9 p.m. in the Bowling Center with a little dancing in front of the chairs to Warner William & Friends Blues Band. While residents bowled and won low and high scores prizes, others spent time decorating themselves with hats, streamers and crazy glasses. With plenty of food choices such as taco dip, peanuts, chips, chicken wings, devil eggs and cheese the residents couldn't make up their minds. As residents watched the ball drop in Times Square via the big screen TV everyone enjoyed sipping on a glass of champagne.

Special thanks to Michele Bailey, Earl Moore and the Dining Hall staff for making this possible. Until next year, Happy New Year to all.



John Hess, Warren Pospisil, and August Kulick say goodbye to 2011 and welcome in 2012.



William Wood and Corrine Robinson toast in the New Year with fellow residents, friends and staff.

Down Memory Lane



Steve Briefs brings history to life for the Residents in LaGarde with a stroll down Memory Lane.

By Steve Briefs, Supervisor of Recreation Therapy

Each week the KHC residents enjoy taking a trip Down Memory Lane as we read stories from their past. These great stories come from the magazine Reminisce, and our residents enjoy hearing stories on such topics as School Days, How I Met My Spouse, Fun at the Drive-In, As You Were Military stories, Motoring Memories, and many others. After reading these stories, I asked resident if they had similar memories and what they were. We always end up with a lively discussion. Most residents would agree that those were truly the "good old days." Most everyone was poor and had to work hard but they also remember family gathering, fishing with friends and going to the Saturday matinees for a nickel.

Harley Visits King Health Center

By Carol Mitchell

Once a month "Harley" the pet therapy dog visits the residents of the King Health Center. She is a one and a half year old light brown Golden Retriever. She is not your typical retriever, she was the runt of the litter and weighs in at only 45 pounds. Harley loves to visit with the residents showing off her various tricks like retrieving balls, shaking hands, giving the high five sign, and laying down. Her favorite part of the job is when residents pet, hug, and give her loving attention. Resident Gesidio Salerno enjoyed a recent pet therapy visit. He expressed he loves dogs and even though he couldn't see Harley due to visual deficits he truly enjoyed petting and holding her. Mr. Salerno asked to please bring Harley again whenever possible! Harley is part of the "People Animals Love" program who visit the King Health Center every month.



Carolyn Mitchell's four legged friend "Harley" makes Gesidio Salerno's day during his monthly visit to LaGarde.

Arts and Crafts Welcomes Back The Golden Key Group

By Lori Thompson, AFRH-W Art Specialist

A reception was held in the Ceramic Studio on Tuesday, January 10th as Residents and Staff welcomed The Golden Key Group back to AFRH-W. The Golden Key Group is a disabled veteran women owned company; last year the company and their employees purchased equipment/supplies for Resident crafters. This year, Valerie Langstaff, Vice-President and Bruce Loggie, Director of Training, presented AFRH-W Artists and Crafters with over a thousand dollars from Golden Key employees, which had been donated at their holiday party in December.

At our arts and crafts meeting in January, we discussed how the funds should be spent and Residents came up with a list of needed supplies. We have a shopping trip planned and Residents are very excited! It was also decided that some of the monies be earmarked for workshops to be held later this year. Residents artists and crafters who do not have benches are welcome to join our meetings to propose/vote on workshops.

Golden Key employees will be returning to participate in an arts and craft workshop in the near future. Thank you Golden Key Group for your generosity and commitment to America's veterans.



Laura Fogarty, Chief of Recreation Services accepts donation on behalf of AFRH-W. Also present is Valerie Langstaff, Lori Thompson and Bruce Loggie.

Finnegan-Henderson make special donation to Residents



Jerry Carter and Carolyn Haug receive donations for the Residents from Patti Kelley and DeLeon Fields.

By Alice A. Booher

Finnegan-Henderson was able to share time and stories with the men and women veterans at the U.S. Armed Forces Retirement Home in Washington. Delivering 600 packets of sugar free cider; the first of two groups of 2012 donated calendars (1,007), and 11 stunning hand woven gift-filled baskets prepared by the High Country Basketry Guild of Virginia, as well as a few other gifts. The calendars are an annual project with the Board of Veterans Appeals and with the support of community and veterans groups, and Finnegan Henderson where the project is coordinated by Patricia Kelley. The day was topped off with veterans and family, birthday cake with graduate school members from Catholic University of America accompanied by the in-house keyboard.

AFRH-W

AEROSPACE GIANT, AIR FORCE FALCONS PROVIDE CHRISTMAS EVE SURPRISE

By R.W. Ragland, U.S. Army Retired
AFRH-W Volunteer

As if a new 60-inch flat screen TV for the bowling center and a chance to meet members of the high-flying Air Force Academy football team weren't enough of a holiday treat for AFRH-W Residents, the employees of Northrop Grumman had yet another Christmas Eve surprise: A check for \$5,000.

About 30 Residents were on hand for the generous presentation and social held in the Sheridan Bowling Center Dec. 24. It was part of the aerospace company's outreach activities during its sponsorship of the 2011 Military Bowl at RFK Stadium Dec. 28 featuring the Academy Falcons, one of the nation's highest scoring football teams, vs. the University of Toledo. Video clips of the visit were shown on ESPN.

More than a dozen employees from the company and its Military Bowl committee joined 12 members of the Falcon's football team who hosted Residents with breakfast munchies, gift bags, signature blankets and

t-shirts while participating in friendly bowling matches during the two-hour event. Several, who were first-time visitors of the campus, received a guided tour and history lesson of the Home and the new Scott Building construction by resident Warren Pospisil.

And while the gifts and holiday camaraderie with the football team were special, it was the surprise donation that floored residents the most.

"I thought it was a most wonderful thing for them to do," said Emil Krudys, who was the temporary caretaker of a king-sized cardboard replica of the check. The Air Force veteran of 26 years was also quickly befriended by two of the players who presented him with a Falcons t-shirt. "They were two fine young men. I was impressed with them and they seemed impressed with me," he said.

"I'm glad they (NG) brought them here to visit because I couldn't go to the game because of a doctor's appointment. I'm disappointed they lost the game, but heard it was a good, close one," he added.



AFRH-W Resident Emil Byke is flanked by Northrop Grumman executives Ted Imes and Sandra Evers-Manley as he held a king-sized replica of the \$5,000 check they presented the Home to provide enhancements to the bowling center. During the event, Residents challenged the football players and bowl committee representatives to friendly bowling games.



AFRH-W Resident Emil Krudys, an Air Force retiree, is presented an Air Force Academy Falcons t-shirt by sophomore wide receiver David Baska (l) of Overland Park, Ks, and junior placekicker Parker Herrington of Clenfield, Pa.

Bowling News

By Ed Crump

As I begin my fifth year of running the bowling shootout my column will focus on a recap of the top performance of 2011.

Ralph Wineland won Bowler of the Year for the third year in a row. He finished with a grand total of 114 points.

Emil Byke set a shootout record in December when he bowled a handicap game of 298, breaking the former record of 289.

Willa Farrell become the first one ever to have two different months to finish in the two four on four different occasions.

Other bowlers to win Bowler of the Month at least two times during 2011 were Smokey Prussman, Pete Hudson and Richard Heinrich. Bob Schonherr bowled in every shootout in 2011 and we appreciate his dedication to the Bowling Center.

The last thing I would like to mention is the Annual GEICO Bowling Tournament scheduled for June 2012. I would like to encourage all Residents to think about participating in this year's event. If you would like more information about the tournament for the Bowling Center, please drop by the Bowling Center on the Sheridan Ground floor.

February is Black History Month

Black Americans' struggle for equality in the Armed Forces

Ruby Woods-Robinson, Librarian, M.S.L.S.

From the Battle of Lexington to the Battle for Fallujah, black soldiers have honorably answered the call to duty, serving with great valor and distinction in America's armed forces.

"For more than two hundred years, African-Americans have participated in every conflict in United States history. They have not only fought bravely the common enemies of the United States but have also had to confront the individual and institutional racism of their countrymen." — Lt. Col. [Ret] Michael Lee Lanning, author, "The African-American Soldier: From Crispus Attacks to Colin Powell."

Black History Month is February 2012 and I thought it would be appropriate to highlight the life of one or all of the Armed Forces Retirement Home- Gulfport, World War II veterans. As I spoke with each of them, they had soulful stories told with their hearts and each were proud that they had served their country and would do it again. These men are proud of their service but find it difficult to share their story.

For black men and women serving in the military back in the day, it was a darker time, and they are weary travelers along an arduous road of racial equality that was oftentimes impeded with indignity and intolerance. They and millions of other black Americans played a part in the passage, having served, suffered and died with the lofty hope and blind faith that the United States would someday faithfully practice its creed. There were Ku Klux Khans in the military, and some were confronted with the trials and tribulations associated with this group. Some were Court Marshaled for 90 days for refusing to shine shoes. Strikes were taken for any reason. Most of their jobs were stewards, mess hall attendants, mess halls they

could not eat in, cooks, laundry, jobs of service but even so they performed them exceptionally well, anything to serve their country.

"Throughout history, African Americans have participated in every major war this country has fought and have been heroes in all of them," said Ret. Army Col. Porcher L. Taylor, a Petersburg resident, history enthusiast and veteran of three wars. "They lost their lives just like anybody else, but they often came back to the same conditions that they left."

For all their enthusiasm, though, they were largely relegated to jobs as laborers, subjected to substandard equipment and training and lived in conditions that were less than ideal. Excerpts from a 1943 survey published in a 1965 Army study titled, "The Employment of Negro Troops," pointed out that African-American Soldiers and units suffered from crippling low morale and esprit de corps, and they longed for treatment equal to their white counterparts.

After doing this research, I began to think of my childhood and recall the days when the first Regiment of Tuskegee Airmen were assigned to my hometown, Mt. Clemens, Michigan. I was just a child, but I remember that we had to house four couples of the airmen in our small home of only three bedrooms and there were six members in my family. My father found the wives sitting on their luggage as they were thrown out of the only hotel in Mt. Clemens. Their husbands were out on a military exercise and Black Americans could not live or stay at our only hotel. Unfortunately, the military had not provided any place for the airmen's families to live, because this was "the North." Black

Americans in this small city opened their homes as did the churches to give them someplace to stay. Most of them later moved their families to Detroit.

My mother and Aunt had attended Tuskegee and were classmates of some of the airmen. So as I write, it did not matter at that time whether you were enlisted or officer, if you were a Black American in the military, you had the same experiences.

T. Anthony Bell in his article, "Sacrificial Journeys" (http://www.army.mil/article/16822/Sacrificial_Journeys/) supports this observation with information about experiences of General Benjamin Oliver Davis, Jr. The young Davis wanted to fly so he set his sights on the US Military Academy. He earned

an appointment in 1932 from Rep. Oscar S. De Priest (R-IL.), the only black Congressman at that time. Davis believed his class-

mates would accept him based on the content of his character and not reject him because of his race.

"If white and colored soldiers are fighting and dying for the same thing, why can't they train together," and, "Why can't Negroes have fine things like the white boys in the Army," he wondered.

Davis was the first black man to graduate from the U.S. Military Academy in the 20th century. He enrolled in the school thinking the acceptance carpet would be rolled out. Instead, he spent four years at the school in brutal isolation at the hands of his white classmates who plotted to break his spirit.

"He was given the silent treatment," said the 84-year-old Taylor. "No one spoke to him but the instructors. He was put into a room by himself, left alone, ate alone and had no

friends. To endure that took a lot of guts ... and dedication. Those who caused this had hoped to drive Davis from the Academy, but their actions only made him more determined to succeed. He graduated 35 out of 276 in the Class of 1936.

Davis was sure that he would be given the opportunity to fly because he was academically and physically qualified, but it was not to be—not then, anyway. He was turned down for flight training because there were no black units in the air service, and therefore he could not be accepted, despite his qualifications. Segregation was the barrier.

As history would have it, many blacks lugged the hopes and aspirations of an entire race and were dead-set on achievement. There were many whites who supported them. President Harry Truman set the stage for racial progress when he signed, in 1948, Executive Order 9981, a ground breaking act that integrated the Armed Forces.

All of the services moved to comply with the order, some more ambitiously than others. By the time the Korean Conflict had started, many Army units were fully integrated and fighting as one.

Today, race relations in the military are in a place where many thought it could never be. The road hasn't been perfect, but people of all ethnic groups find military service an ideal opportunity to realize their full potential and make unfettered contributions to the country.

For that, they can thank those like Quinton, Taylor, Davis and millions of others, some who live right here at the AFRH-G, who didn't always enjoy those privileges but who toiled, suffered and sacrificed themselves to make them possible for future generations.

"... it was a darker time, weary travelers along an arduous road of racial equality that was oftentimes impeded with indignity and intolerance..."