



## Mardi Gras 2010

*Successful event the result of teamwork*

By Laura R. Fogarty

This year's Mardi Gras party was held on Friday, February 12th and the room was filled with laughter and excitement. With festive balloons and decorations everywhere the Dining Hall was transformed into "Bourbon Street" for one night. The party was a huge success. The King and Queen led the parade and as the parade came marching in everyone stood up and cheered. Residents within all levels of care were in attendance to enjoy the festivities, thanks to our dedicated staff.

Once the King and Queen were brought to the throne, the official ceremony took place. Irene Smith, chairperson of the NAMACS Krewe, spoke to the audience and had the honors of presenting the scepters to our 2010 King Hugh Wingo and Queen Catharine Deitch. The couple looked stunning as everyone raised their glasses and toasted to the new 2010 King and Queen. Then the partying began.....

Plenty of beads, candy, coins, hats, crowns and feathered masks were available for everyone. The food was exceptional with the New Orleans gumbo and deviled eggs being the favorites. The Tim Ford Trio band played great tunes to dance to and many people danced throughout the event.

Events like this don't happen successfully without the help of many people. First and foremost a special thank you to resi-



**Hail to the King and Queen of AFRH-W Mardi Gras - Hugh Wingo and Catharine Deitch lead the toast at this year's Mardi Gras festivities.**

dents Barbara Folk and Sally Manning for their time and creativity decorating the "carts" for the King and Queen and for always having a positive attitude with everything they do. You ladies are terrific! In addition, I would like to thank the residents and staff who worked so hard during the event: Alice Garrymore and Bernice Goldstein (Goldie), Jesse James, Charles Felder, Steven Briefs, Matt Kayson, Jerry Carter, Matt Kayson,

Carolyn Weber (the best parade leader on this side of the Mississippi) and last but certainly not least to this year's Mardi Gras Coordinator Nicole Chappell.

In addition I would also like to thank the Dining Services, Custodial Services and Public Affairs for assisting with this event. Teamwork is great and the outcome in this case was success!



### The tradition continues

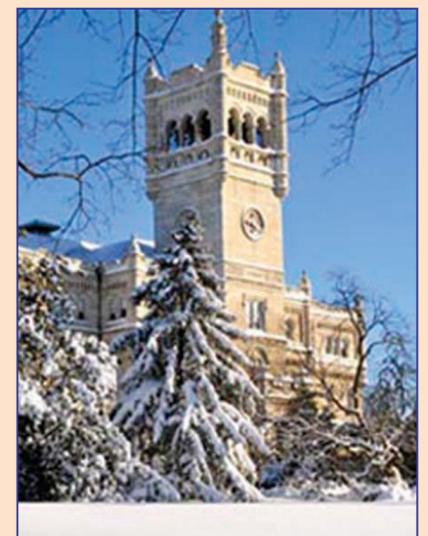
A Mardi Gras party-goer shows off her colorful mask during the annual AFRH-W Mardi Gras celebration held on February 12.

## Inside this Issue



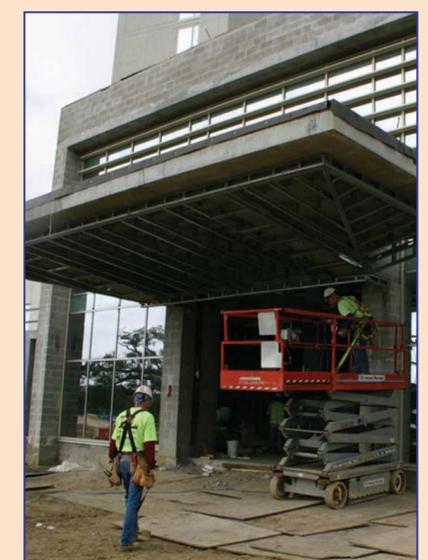
### Full House at Library

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## Scott Project Concept Site Plan

See Page 3 for more details



An artist's rendition of the new Scott building and the general concept of the AFRH-W campus as it will look at the completion of the project in 2013.

## Notes from the Resident Advisory Council



WOW, what a difference a few days make. One day it is so nice (a little cold but nice), the next up to two feet of snow cover the grounds. And then three days later we get additional snow and

wind that made everything so beautiful. That was until you had to go and locate your automobile or even walk to the front gate to catch a bus that never came. The only saving grace in this snowfall was the fact that it affected everyone.

I want to express the appreciation of all the Residents for the work of those assigned to the work teams from the Campus Operations Division, who started and finished clearing the effects of the recent blizzard. These individuals were at work the evening and early morning hours making sure the pathways to the other buildings were somewhat passable. Again, many thanks.

Also, because of the snow, many of the everyday workers had to remain at the home to provide for our comfort. They performed their jobs in a manner that should make you, the Resident, very proud.

Another well deserved thank you goes to those volunteers among us who worked to restock the PX. During the storm period, you may have noticed that many of the shelves were bare. Reggie got a number of Residents to assist him in getting new stock onto the shelves.

Friday the 12th saw the Mardi Gras (or Carnival) parade and dance in the Dining Hall. Many Residents attended the dance and took part in the annual eating of the food prepared for this event. I thought that the crowd that attended was a little subdued compared to year's past, but that could have been because of the weather we have had in the past few days.

Saturday the 13th of February saw members of our mail room at work getting the mail up and into Resident boxes. These workers also deserve a well deserved thank you for all the work they did on that day. After all, it was not a normal day of work.

Work continues on requirements needed to make the movement of residents to the new Armed Forces Retirement Home Gulfport. The monthly focus group meetings for this group of residents continue to gain greater attendance. Information that is of importance to you is passed out at these meetings.

And not to forget the meetings that are held relating to the Scott Rebuild. These meetings are held the fourth Tuesday at 10 a.m also in the Scott Lounge. Again information that is of importance to those Residents who will remain in Washington during the rebuild is passed out. Please plan to attend these meetings as they ARE important.

The LaGarde Ombudsman has asked that if you know of someone who is in LaGarde that you visit them. Everyone, especially those in hospital, like and need human interaction. Also the Ombudsman has asked that if you have magazines that you have finished that you consider taking them down to LaGarde, again to offer Residents at LaGarde additional material to read.

Finally, if you would like to serve some position on the Resident Advisory Council please let your floor representative of your desire. This month alone I have had two requests to serve on the council and will be getting with these Residents to see how they can assist in making this home better today than yesterday, but not as good as it will be in the future.

Remember to say hi to new Residents. Welcome them to the home. Make sure that you tell them how much YOU LOVE THIS PLACE.

*Esker F McConnell*  
Chairman

## 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*

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### 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,**

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## Become a resident today!

### Valentine's Day social enjoyed by residents

*By Michele Bailey*

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. Here at the Armed Forces Retirement Home we sponsored a Valentine's Ice Cream Social, which was celebrated by 200 residents and outside guests. This year participants were wowed by Jerry Roman, "The Piano Man." Everyone enjoyed the old tunes, sing-along and the game, "Name that Tune." Prizes were given out to the winners.

Quotes from the residents: "The setting was calming," "This is the first time ever to get everyone to sing without asking." "The Piano Man was great, you must invite him back for another event." "He (Jerry Roman) knows songs to play that made us think." "The decorations were fantastic - over all it was a wonderful event."

This event was so well attended. Everyone enjoyed the ice cream and decorated cup cakes. I would like to thank the following volunteers: Ruby Bloomer, Jessie James, Willa Farrell, Ken Fielders, Mendel Bailey Christine Baldwin, Leah "Blake" Walker, Delores Jackson and Jacqueline E. Bell for their support with this special event.



#### Valentine's Day festivities

**Barbara Folk (right) and Sally Manning (center) enjoy ice cream at the Valentine's Day ice cream social hosted at the AFRH. Two hundred residents and guests gathered to socialize and listen to the music of Jerry Roman, the Piano Man.**

# Message from the Chief Operating Officer



I would like to take this opportunity to thank the many Residents that have been actively involved in the Gulfport StandUp and the Scott Project Focus Group meetings. From the onset of both of these major construction projects our Residents have shown a great interest in having a voice and being a part of the development of program requirements in areas such as dining, physical fitness, recreation and wellness. The program requirement models created for the new Gulfport facility, using resident input through surveys, interviews and Focus Group meetings is the same being used for the Scott Project.

The past two months I have used this column to provide information about the Gulfport StandUp as the opening of the new facility is drawing near. This month I will discuss the progress of the Scott Project as ideas are being developed and we get closer to a final design. The drawings provided below give a general idea of the concepts that we have about

the new living, recreational and administrative spaces. As these concepts continue to evolve we will continue to modify the concept plans until we are satisfied that we have the best design that makes sense for our residents

One of the major challenges we face with the Scott Project is the relocation of services such as dining, wellness, the library and recreation areas during the interim period between when the current Scott building is demolished and a new facility is built and put in operation. The good news is that all services that we currently offer will continue during the transition period. Most of the existing resident support services and common facilities will be temporarily relocated to the Sheridan Building (Wellness Center, Pharmacy, Credit Union, Admissions, Library and various staff offices) while the dining facilities will be temporarily moved to the Sherman building.

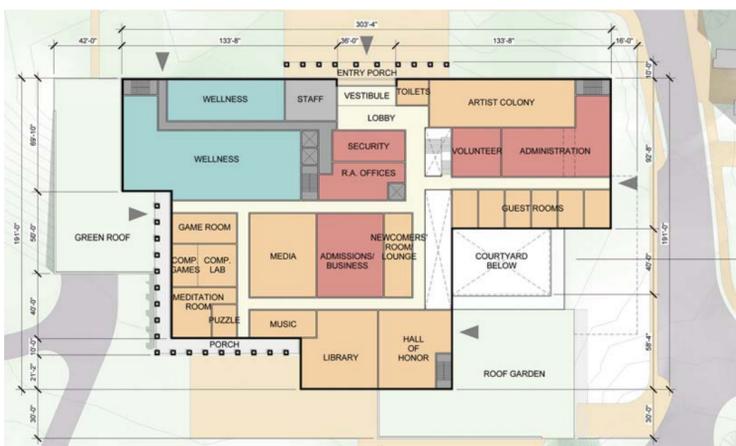
Another piece of good news about the Scott project is that it will ultimately reduce our overall footprint, which will be beneficial to us in many ways in addition to the obvious of reducing facilities maintenance and operation costs. To some of our Residents, the task of checking mail or going to the dining hall is overwhelming due the distance between the two. By moving most resident support services into one central area, we are making it more conducive for residents to walk

from place to place rather than using a Battery Powered Vehicle (BPV) or other walking assistance device. One of the most frequent complaints we get from Residents is the vastness of our facility and the long distance from the various common areas and the amount of walking (or riding in a BPV) one must do to get from Point A to Point B. As an example, presently the distance from the Post Office in Sheridan to the Wellness Center or the dining facility in the Scott building is approximately 800 feet. The new concept designs cut that distance in half. By centrally locating commonly frequented services in one building, the daily traveling from one area to another is closer in proximity and more convenient. The design is focused on helping residents remain independent.

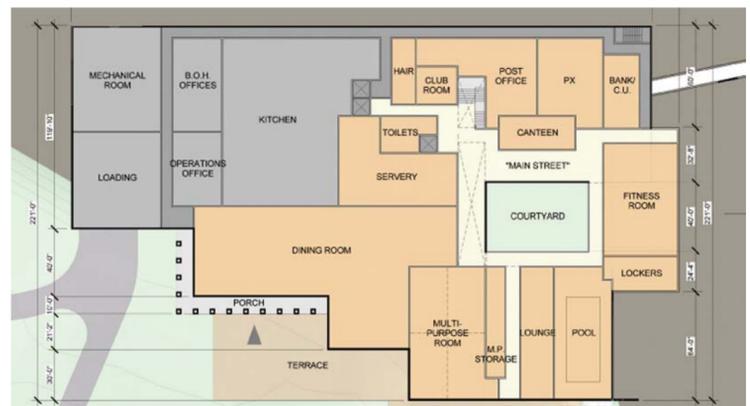
A full description of the Scott Project, complete with timetables, milestones and a question/answer section, are described in detail in the Communication Plan, which is posted on our website ([www.afrh.gov](http://www.afrh.gov)). Residents are encouraged to read it and become familiar with this important document. It is a working document, so remember to check it periodically for updates. Computers are available in the Library for those Residents that don't have access in their room. Questions and comments about the Scott Project are encouraged so please bring them to our Ombudsman Al Mori or to the next Focus Group meeting.

*Timothy Cox*

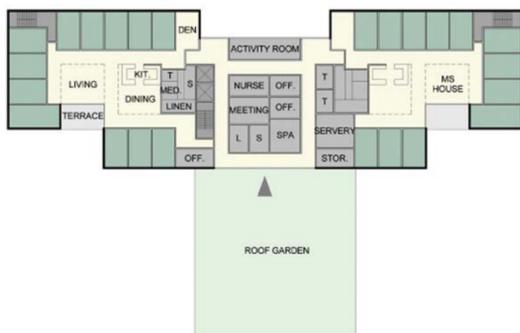
## Scott Project Quad Level



## Scott Project Garden Level



## Scott Project Third Level



## Scott Project Fourth Level



# Welcome Aboard

### New Director Selected in Gulfport

Richard (Rick) Heath has over 30 years experience in senior housing management. Twenty-five of those years were as the head of a home. He has opened up a nursing home, and three retirement communities--as well as overseeing a \$104 million community expansion. He is currently the Executive Director at North Florida retirement Village, Gainesville, FL. He served honorably in the Ohio Air National Guard for six years as an enlisted person (as well as taking ROTC for two years in college). Mr. Heath has a M.S. degree in Studies in Aging from the University of North Texas, and is a licensed Nursing Home Administrator. He will join AFRH-G in late March.



**Richard (Rick) Heath**  
Director, AFRH-G

### Command Master Chief position filled

Master Chief Jim Fairbanks reports to the AFRH-G from the Naval Construction Battalion Center in Gulfport where he served as the Command Master Chief. Prior to that assignment he was the Force Master Chief of the Seabees from 2005 to 2008. Previously the northern Minnesota native served as Command Master Chief at Naval Construction Training Center, NMCB-One, and 22nd Naval Construction Regiment as well as numerous other assignments. He is a graduate of the U.S. Navy Seabee Enlisted Academy and a designated Seabee Combat Warfare and Master Training Specialist.

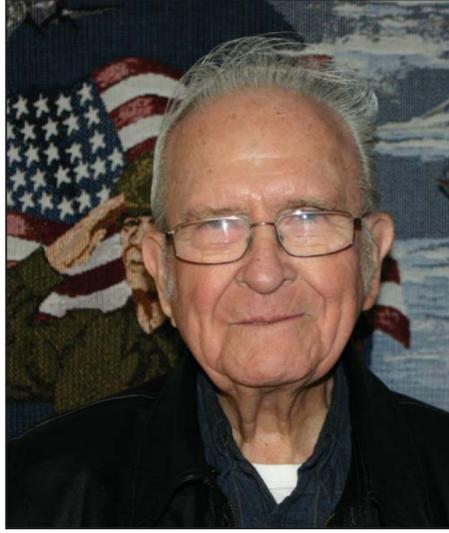


**CMDCM(SCW) Jim Fairbanks**  
United States Navy

# Welcome Aboard



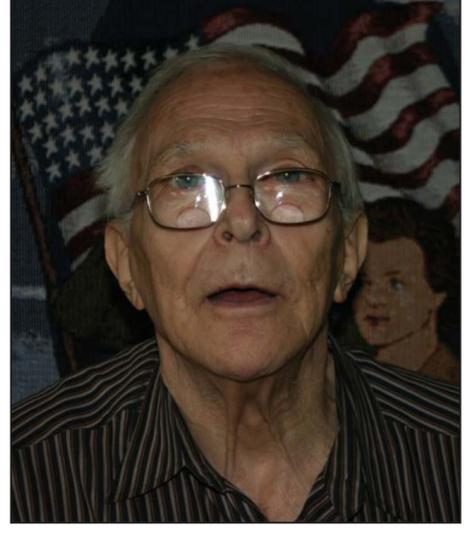
**Cleon Weike**  
United States Air Force



**John Bennington**  
United States Air Force



**Joseph O'Brian**  
United States Army



**Kenneth Koehler**  
United States Air Force

## “SORRY, WRONG NUMBER” IS A HIT

On Thursday, February 4, 2010, over 50 residents enjoyed a reading of the play, “Sorry, Wrong Number.” Sally Manning played a stellar role as the bedrid-

den, neurotic woman who overhears a telephone call between two men (Luis Lopez and Roger Davison) planning a murder. She can't get anyone to help her including a professional, though difficult, telephone operator (Frances Scott), a bored policeman (Esker McConnell), a semi-helpful Chief Operator (John Miller), and an aloof nurse (Victoria Landon). Along with the great acting were marvelous sound effects of train whistles, phones ringing, busy signals and bodies falling (Mary Tickner and Barbara Folk).

A great fun time was had by all!

Sally Manning, playing the lead role in “Sorry, Wrong Number,” listens as her murder is planned. The reading of the play by various resident actors was enjoyed by the large audience gathered in the Library.



### Murder and Mayhem in the Library

A crowd gathers around and listens as the play ‘Sorry, Wrong Number,’ is read by a cast of residents. The readers were quite convincing and the performance, which included sound effects of train whistles, phones ringing, and bodies falling, was enjoyed by all in attendance.

## Resident stories needed to complete the adventure

The Double Nickels Theatre Company was established in June 2006 in Washington, DC and held its first reminiscence theatre performance in September 2008. The performance, ElderSpeak: The Remix, told the true stories of eight people who had come of age during the '60s. The performances were created around the music of that time.

With the success of this production, performed to a standing room only audience of more than 400, the Double Nickels were acknowledged as having tapped into an under-served community, which had rich and vibrant true stories to tell...seniors. When Antoinette Ford, the Founder of the Double Nickels met Christine Baldwin, the AFRH librarian, it did not take long for ideas for bringing reminiscence theatre to the AFRH to take hold. Christine had long desired to collect and pub-

lish the stories of the veterans living at the AFRH. Antoinette's father became a resident in 2008 and now lives in LaGarde and volunteers in the library. This created the perfect synergy. And when Christine's management team of Tim Cox, Chuck Dickerson, Laura Fogarty and Carolyn Weber, gave total support to the idea and The Double Nickels were able to engage a professional theatre professor and stage director in Dr. Carole Singleton, everything came together.

The Double Nickels volunteer team got to work on creating the story-collecting syllabus using the guidelines developed by reminiscence theatre professionals and taught by Dr. Singleton. The team has decided to also incorporate the guidelines developed for the Veterans History Project of the Library of Congress. The final leg of this adventure will be completed once the AFRH residents join this endeavor, tell their stories and team with the volunteers to create the per-



Luis Lopez is video taped as he plays his guitar.

formance of their stories. The performance will be the live presentation that will be told in the publication of the stories of the residents of the AFRH.



### Special Event held in the Library

A special presentation was held in the Library on Friday, February 19. The reading of "Our American Cousin," the title of the play the Lincolns went to see the night the President was assassinated. While a little background and a few lines from the play itself were presented, "Our American Cousin," serves as a focal point for events leading up to and following the assassination. Twenty or more characters, both residents and guests, provided eye witness testimony to those events and, to the extent possible, in their own words as recorded in the pages of history.

## SKYPE

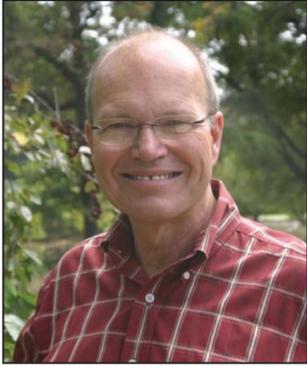
### Another resource to use to stay in touch with family and friends

On a Saturday afternoon late in January, six residents were introduced to Skype, a free internet phone or video call system. The instructor, John Starke, has had much experience in this field, so was able to show residents how to navigate the system.

After setting up accounts for each resident, John demonstrated the video aspect by having his father, using a laptop computer, leave the room and walk down the hallway. The class could see Mr. Starke and watch as they communicated with each other. John's next class will be Sunday, March 14th and again will be limited to six residents. You must already have a basic understanding of how to use a computer for this class.. Sign up in the Library.

# From the Director

## Can't See the River for the Water



When Mark Twain became a riverboat captain, his view of the river changed. Every ripple, wave, and adjustment of color brought new meaning-an opportunity to move faster, a hidden danger, a sign of bad weather to come.

Twain lamented that he came to view the river as a captain, not as a human. As he said in his book, *Life on the Mississippi*, "All the grace, the beauty, the poetry, had gone out of the majestic river." I believe I understand a little of how he felt.

When I began my work at the Armed Forces Retirement Home, everything was new and exciting. I did not analyze my duty, I experienced it.

One of our resident scholars described to me what took place during the Civil War that involved the AFRH. Some of the retired "Old Soldiers" of this home were

sought out to go one and a half-miles north of this property to fight in a battle at Fort Stephens when Washington DC was threatened by the southern forces. I talked with residents, heard their stories, and was so impressed to be rubbing elbows with such talent, experience, history, even heart ache, and sacrifice for the United States of America.

I poured over Colonel Goode's book, *The United States Soldiers' Home*, and investigated some of what he described. I walked some of the tunnels, climbed to the bell tower, was fascinated with the clock works and marveled at the "Frankenstein-like operating room" in the Forward Building. To see the huge foundational stones used in the subbasement of the Sherman building and realize that it was most likely built by slave labor. That is difficult to grasp. I try to imagine what it was like standing on the Parade Ledge where the Governor inspected the "old soldiers" while they ate their meals in the Grant. Have you yet walked the hallowed cemetery, which predates Arlington, considering that many who lived here were laid to rest there? I work where Abraham Lincoln did. What an amazing place.

It was fantastic for me to experience the Armed Forces Retirement Home.

My memories of my first months here on the campus are vivid. But now I find real wonder hard to come by. How much is just the accumulation of days, and how much is because I have turned my duty

from a passion to a production? But as my work of the "Old Soldiers Home" increased, my wonder decreased.

Though I notice many of the ripples, waves, and changes of color in the life of the AFRH, I rarely see the majestic river anymore. Sadly, familiarity causes the picture to blur.

Don't get me wrong. I am thrilled with the ways of this place and what is offered to those who live here compared with any other retirement community. But I must be honest. Sometimes I miss the simple, majestic, unanalyzed beauty of the river.

\*\*\*\*\*

In a few words, I want to echo the words of so many of you residents, who have commented to me about the excellence of many workers who stayed and served you during the blizzard and volunteers that came to help out after the storm. AFRH-W Residents, thank you for your grateful comments. It was good to hear your positive feedback. Some of the pictures included on this page will point out some of the extra work that was carried out by people who enjoy working and volunteering here. And staff and contractors, thank you for all the extra work! You are appreciated.

David Watkins



Above - An active duty volunteer digs the snow from around a resident's automobile in the parking lot.

Left - An employee clears a sidewalk as snow continues to come down. The Washington, D.C. and surrounding areas received record amount of snow this month.

### From the Business Office

## IMPORTANT NOTICE

It's tax time. Upon completion of your 2009 taxes, please stop by the Business Center.

The Business Center will make copies of your tax return AND all supporting documentation in order to calculate your 2011 resident fee.

Please submit the following documentation by April 16, 2010:

- 2009 Tax Form 1040
- 2009 1099 Social Security Form
- 2009 1099 Military

Retirement/Civil Service/Pension and/or Annuity Form

- 2009 VA Compensation/Disability Statement
- 2009 Combat Related Special Compensation (CRSC), Defense Finance and Accounting System (DFAS) form(s)
- 2009 proof of payment for supplemental insurance (a cancelled check or 2009 bank statement is acceptable proof of payment)
- Additional 2009 interest, dividends or other earned income

**NOTE:** If you do not file taxes please be advised you do need to submit your Social Security 1099 and/or VA Benefits, CRSC statements. In addition, you will need to sign a statement acknowledging you do not file taxes.

If you pay the maximum resident fee you must visit the Business Center to sign a max waiver letter exempting you from submitting the above stated documentation.

Hours of operation are Monday-Friday 8am-12pm and 1p.m.-4p.m. The Business Center is located in the Scott Building main floor near Admissions.

## Celebrating President's Day

Sponsored by Recreation Services  
Ford Theater -February 1  
Mt. Vernon - February 15



Residents view the variety of displays at Mt. Vernon, the home of George Washington.



A resident looks at Lincoln memorabilia in the Ford Theater during the field trip on Feb. 1.



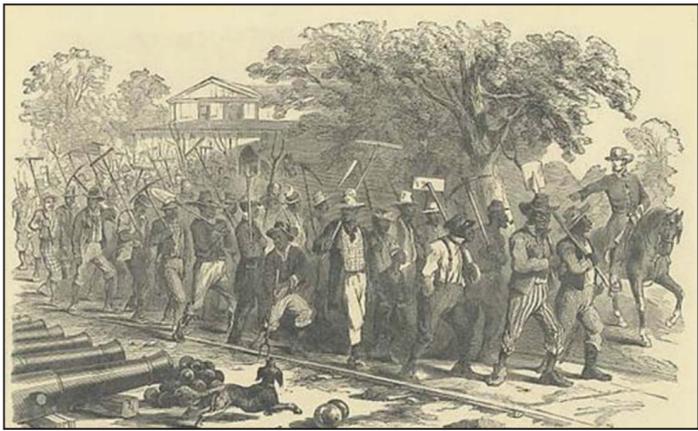
During the Mt. Vernon tour on Feb. 15, guests of the day attended George Washington's birthday party. Here George Washington addresses the crowd.

# Black History Month

## The African American Civil War Museum

### *The First and Only National Memorial and Museum for U.S. Colored Troops in the Civil War*

In January 1999, the Civil War Memorial Museum opened to the public. Using photographs, documents and state of the art audio visual equipment, the museum helps visitors understand the African American's heroic and largely unknown struggle for freedom. The museum is located two blocks west of the Memorial in the historic U street corridor. To assist visitors, researchers, and descendants of USCT, the Museum also offers important educational and research tools.



Ongoing at the Museum:

#### Slavery to Freedom: Civil War to Civil Rights

The Museum's permanent exhibition portrays the extraordinary African American struggle for freedom in the United States.

#### Descendants Registry

Tracing their lineage from USCT, more than 2,000 descendants have already supplied family trees, letters and other documents to the African American Civil War Memorial Freedom Foundation Registry. Visitors receive help in their search for relatives who may have served with USCT. Family members with soldiers who served with United States Colored Troops register in the Descendants Registry.

#### Computer Search for Your Soldier

Computer Search for your soldier via computers to the Internet and the National Park Service Civil War Soldiers and Sailors web site. The CWSS Names Index identifies black troops, along with their regiments, regimental histories, and information on 384 major Civil War battles.

Future Plans

#### The Gladstone Collection

Unrivaled, unique, worth more than \$2,000,000 and priceless for those who want to



understand the significance of USCT in the Fight for Freedom in the United States, this is one of the largest collections assembled about black participation in the Civil War. William Gladstone spent more than 20 years locating the well cataloged pieces that have been the subject of several books and major exhibits. In order to hold the Gladstone Collection together, the African American Civil War Memorial and Museum is soliciting funds for its purchase.

#### Interactive Kiosks

Interactive Kiosks combining historic documents with photos and music will facilitate visits from large tour groups and students, and will enhance the visitor experience for everyone.

#### Compiled Military Service Records for United States Colored Troops

The Museum seeks funding for a document imaging project to duplicate the National Archives CMSR microfilms and to purchase readers and printers. Using CMSR microfilms, users can retrieve information on date, place of USCT enlistment, injuries suffered, and pension records

*"Once let the black man get upon his person the brass letters, U.S., let him get an eagle on his button, and a musket on his shoulder and bullets in his pockets, and there is no power on earth which can deny that he has earned the right to citizenship in the United States." - - Frederick Douglass*

## New stamp honors courageous WWII sailor

Out in time for Black History Month is a new U.S. Postal Service stamp that honors Doris Miller, one of the first black American heroes of World War II. Miller became an inspiration to generations of Americans for his actions at Pearl Harbor on Dec. 7, 1941.

Miller was born into a family of sharecroppers and raised near Waco, TX. Imposing in stature, he played football in high school and later showed skills as a heavyweight boxer. In 1939, at 19, Miller enlisted in the Navy as a mess attendant, the only job rating open to blacks at the time.

Miller was serving aboard the battleship West Virginia when the Japanese

attacked while it was moored at Pearl Harbor. When damage to the ship prevented him from reaching his regular battle station, Miller helped with efforts to rescue

his shipmates, scores of whom were wounded or trapped in wreckage. He was later ordered to the bridge to assist in moving the ship's captain, who had been mortally wounded.

After helping carry the captain to a more sheltered area, Miller took over an unattended 50-caliber machine gun nearby. Though never trained in its operation, he maintained fire on Japanese aircraft until ordered to abandon the bridge as fires raged out of control.

After the attack, West Virginia's senior surviving officer wrote in his report that Miller's contributions as a rescuer were crucial, "unquestionably saving the lives of a number of people who might otherwise have been lost." Thanks to press coverage and the



tremendous interest of the black community, Miller (who was often referred to as "Dorie" in press accounts), became, arguably, the best known enlisted sailor of World War II.

On May 27, 1942, Miller was awarded the Navy Cross "for distinguished devotion to duty, extraordinary courage and disregard for his own personal safety during the

attack on the Fleet in Pearl Harbor." While presenting the award, Admiral Chester W. Nimitz, commander in chief of the Pacific fleet, commented: "This marks the first time in this conflict that such high tribute has been made in the Pacific fleet to a member of his race and I'm sure that the future will see others similarly honored for brave acts."

After serving aboard the Indianapolis for nearly a year, Miller took overdue leave and made public appearances in California, Texas and Illinois before being advanced in June 1943 to the rating of officer's cook, third class, and assigned to the new escort aircraft carrier Liscome Bay. On Nov. 24, 1943, he was killed in action along with more than 600 shipmates when a Japanese subma-

rine torpedoed and sank Liscome Bay during Operation Galvanic, the invasion of the Gilbert Islands. His body was lost at sea.

Miller received numerous posthumous honors. A destroyer escort, USS Miller (DE-1091), commissioned in 1973, was named for him. A number of elementary schools across the country have been named after Miller. A school, park, cemetery, and YMCA branch in Waco, TX, bear his name.

Although he was only the first of a number of African Americans to be recognized for their heroism in World War II, Miller is singularly remembered for providing inspiration to a campaign for equal recognition and opportunity for blacks in the military, a campaign that bore fruit in 1948 when President Truman ordered "that there shall be equality and opportunity for all persons in the armed forces."

*"...On Nov. 24, 1943, he was killed in action along with more than 600 shipmates when a Japanese submarine torpedoed and sank Liscome Bay during Operation Galvanic..."*

## Buffalo Soldier display at AFRH-W

#### A brief history

African Americans have served proudly in every great American war. In 1866, through an act of Congress, legislation was adopted to create six all African American Army units. The units were identified as the 9th and 10th cavalry and the 38th, 39th, 40th, and 41st infantry regiments. The four infantry regiments were later reorganized to form the 24th and 25th infantry regiments.

These fighting men represented the first black professional soldiers in a peacetime army. The recruits came from varied backgrounds including former slaves and veterans from service in the Civil War.

#### The Nickname

The nickname Buffalo Soldiers began with the Cheyenne warriors in 1867. The actual Cheyenne translation was Wild Buffalo. The nickname was given out of respect and the fierce fighting ability of the 10th cavalry. Overtime, Buffalo Soldiers became a generic term for all African American soldiers.



Residents explore a Buffalo Soldiers display at the AFRH-W on Saturday, Feb. 20.

## Bowling Column

By Ed Crump

I want to first clarify that in last month's column Ralph Wineland who was Bowler of the Year in 2009 had 74 points for the year and not 24 as stated in my column.

Mimi Rivkin won her first Bowler of the Month honors in January when she accumulated 11 points beating Ralph Wineland with nine points. She had a first and third place finish for the month. She had her highest series in the shootout with a 534. After starting that series with a 134 game she came back like a tiger the last two games with a 199-201.

Besides bowling in the shootout, Mimi also bowls in the singles league on Tuesday nights. She has bowled in the shootout more years than anyone who currently bowls in it. I've been bowling in it now for over six-and-a-half years myself and she was bowling in it when I arrived here in June of 2003. She also plays golf and can be seen out on the course during the warmer months of the year.

Henri Gibson, Ralph Wineland and

Bob Schonherr were other first place winners in the shootout last month. Ralph Wineland had a 598 series which included games of 203-225-170. Two one pin spare misses during the last game cost him a 600 series, but despite this he started the new year with his third highest series in the shootout. Last year he had his two highest series 655-615.

Jim Vancil, who I still admire so much, bowled his highest game ever in the shootout with a 214. After that game he came back with a 169 and then ran into a little trouble his third game and could only muster a 132, but still managed a very respectable 515 series, which isn't too shabby for a 94-year old person. His highest series ever in the shootout is a 526 which he did back in April of last year. His previous high game was a 201 back on June 4 of 2009.

He also bowls in the singles league on Tuesday nights so for a person his age he keeps himself active which is what you need to keep yourself in great health and I'm one person who has the greatest respect for him and he definitely sets an example for others to follow. Way to go Jim. You are my idol. If I live to be your age I hope I can still bowl.

Bob Schonherr had his third best series ever in the shootout when he rolled games of 153-169-194 for a 516 series in which he had

no open frames his third game. I can't recall if he's ever had a game without an open frame or not. His highest series ever in the shootout is a 545 back on October 1, 2009. His highest game is a 201 back on August 16, 2009.

I want to remind everyone that the Geico Tournament is still scheduled to be held in June. Dates will be announced once everything is finalized. Everyone who is planning to bowl in this tournament must bowl a minimum of 12 games in the shootout to get a handicap for this tournament. This may include anyone not a current member of the shootout. People who fall in this category need to come and bowl at least 12 games in the shootout to be eligible for this tournament. Handicap for this year's tournament will be figured from games bowled starting in January up until tournament deadline. A list of current handicaps for the tournament will be posted on the bulletin board in the Bowling Center on a weekly basis once you have bowled your minimum 12 games.

If you have any questions about the tournament, feel free to come to the Bowling Center any afternoon and I'll try to answer your questions. I want to see a good turnout for this year's tournament, which for me is at least 18 bowlers.

In the Resident-Employee Bowling Tournament Jim Vancil won top honors with a 186 game and 502 series. Buron Noel had a 162 game while Mimi Rivkin had a 140 game. It was a fun time. I would have liked to have seen more people participate in it but sometimes people just don't feel up to bowling that day or have other matters to attend to which is understandable, but the main thing is we had a good time and that's all that counts.

Smokey Prussman took first place in the single leagues completed last month. He and Ralph Wineland both ended up with 38 points each, but Smokey had more total pins.

Here's a list of the final standings:

1. Smokey Prussman, 38 points
2. Ralph Wineland, 38 points
3. Nick Zaines, 35 points
4. Ed Crump, 34 points
5. Charlie Gammon, 31 points
6. Buron Noel, 31 points
7. Henri Gibson, 25 points
8. Phyllis Bradford, 25 points
9. Jim Vancil, 24 points
10. Mimi Rivkin, 22 points

Another singles league started earlier this month. It's held on Tuesday nights starting at 6:30 p.m. As always, everyone is invited to join us in the Bowling Center.

## SUPER BOWL XLIV Party at AFRH-W

By Jerry Carter

Recreation Services

On Sunday, February 7th over 350 residents attended the Super Bowl party held in the Scott Theater. Residents viewed the game on the giant screen and watched the Saints defeat the Colts. Recreation services provided prizes throughout the contest and also served pizza, chicken wings and beverages. Food service provided a delicious menu-chicken strips, meatballs with sweet and sour, BBQ pulled pork, and chips with salsa. Everyone had a good time and congratulations to the New Orleans Saints!

Recreation services would like to thank the following volunteers for making this event successful: Jim Grant, Jessie James, Jessie Hines, Susan Chubb, Ken Fielder, Corrine Robinson and co-workers. Also thanks to Food Services and all residents who attended the Super Bowl party.

### Everyone's Invited

**Wii Game  
Program  
March 10 & 31  
10 a.m.  
Scott Lounge**

## PUT A BRAKE ON IT

### Notes from the Auto Hobby Shop

By Henri Gibson

Auto Hobby Shop Volunteer

Last month I talked about tires, so now that your vehicle will start up and go down the road you better be sure it stops safely, and that brings me to the braking system. It's called a system because it no longer just involves stepping on the brake peddle and slowing the car down!!! In today's modern cars the brakes bring many other functions into play. Just to mention a few - Vehicle Stability Control, Cruise Control, Anti-lock Brakes and some operations of the engine and transmission. So keeping an eye on your brakes system will help keep other systems on your vehicle working properly.

Your vehicle's brakes pads and or shoes should be inspected for wear and smooth operation every fifteen thousand (15,000) miles. This inspection should involve removing one wheel from the front and the opposite wheel from the rear. Most newer vehicles have four wheel disk brakes, these will have pads instead of shoes. Older vehicle will have pads on the front and shoes on the rear. If the pads or shoes are worn down (to within 1/8 inch of the metal backing) time for replacing. Now before you spring for a 4 wheel brake job, here are some lessons I learned from many years of working around auto repair shops.

1. Under normal driving and braking front brake pads or shoes should last from 20-30,000 miles. Of course if you drive with one foot on the brake pedal all the time your brakes will wear out much sooner.

2. Front brake pads or shoes will wear out three times faster than rear pads or shoes. This is because when applying the brakes three times the force is applied to the front brakes than the back. So if you change your front pads at 20,000 and 40,000 miles, at 60,000 miles a 4-wheel brake job is due.

3. If you hear a squealing noise only during braking, especially light braking, it is probably caused by a vibration at the brakes pads and not a big deal only annoying. This noise can happen even with new pads. Now if you hear a similar high-pitched squeal from the brakes while the vehicle is moving but stops when you apply the brakes, it can be a sign that your brake pads have worn down and need to be changed. If you hear a grinding sound coming from the brakes when applied it means that the pads or shoes have worn completely down and are grinding against the brake rotor or drum which will also need to be replaced. (**Stop driving and have the car towed to a mechanic**). Having periodic inspections will catch this before it happens!!!

4. If you're driving at say 50 mph or faster and have to brake hard and feel a vibration in the steering wheel it could mean the front rotors are warped and need to be replaced.

5. If while braking your vehicle pulls hard left or right, this means a more serious problem and should be addressed by a mechanic pronto.

The last thing before I go - if you have Anti-Lock Brakes and have to stop quickly on a slippery surface, remember the three Ss. **Step, Stay, Steer**. **Step** on the brakes. **Stay** on the brakes, don't pump the brakes. **Steer** out of trouble.

## News from King Health Center

### Maryland Zoo Visits KHC

By Carol Mitchell

On January 29, 2010 KHC residents were treated to an educational visit by the Maryland Zoo. The lecture was interesting and informative.

The Maryland Zoo staff brought a variety of live animals to talk about... the favorite being a PENGUIN!



Rudy Staninger gets a closer look at a penguin brought into the King Health Center during an educational visit by the Maryland Zoo.

### Carnival games enjoyed at KHC

By Carol Mitchell

Balloon Darts, Sink-A-Putt, Hit the Mule in the Mouth, and the Hail Mary Football Throw, were a few of the carnival games set up in Recreation Therapy's "KHC Carnival Days" event held on Friday, February 19. Over 40 residents were in attendance trying to win prizes, enjoying the music, and snacking on corn dogs, watermelon, strawberry lemonade, and ice cold beer!

Special thanks to the National Capitol Region Joint Enlisted Council volunteers for their continued support of Recreation Therapy programs.

### ALP Music Program"

By Sara Kenan

On a cold brisk Thursday morning in February ALP residents gathered in the 3rd floor dayroom to hear the music of "Camelot." The residents were excited to hear the play again. and listen to the music. Some residents remember seeing the original Broadway show. Mr. Bronfman was one of the lucky ones who saw it when it was performing in New York. He was describing the different things that he enjoyed about the production. Mr. Naydock was singing along and telling us what he remembered about the play and the memories it brought back. ALP residents really enjoy their music programs and look forward to them during the month.

# Gulfport Update

By Steven C. Smith, GSA

The highlight the month of January/February: Chapel was received by GSA as substantially complete. The Chapel was ahead of the planned schedule of April 20, 2010 by almost three months. GSA/Jacobs/AFRH moved into the Chapel on January 27, 2010. The move was to allow W. G. Yates to demolish the remaining offices located in Building 13 that were used by the Government during construction.

**Detail Progress** - Main Facility - Design-Build - Notice to Proceed Jan. 3, 2008  
Total Completed and Stored 87.0%

## Design

Furniture, Fixtures and Equipment procurement packages final

Design - Swimming Pool 100% Complete (Modification to Base Contract)

Construction: Estimated Construction Completion - July 2010

## Site

Remaining concrete is exterior to the building (on-going)

Exterior Stairs, loading dock complete, electrical platform

Sidewalks, concrete paving, hardscape, signage

## Architectural

Temporary dehumidification of: Areas of Level 1 and Resident Pavilions to allow installation of drywall and finishes.

Framing, interior and exterior metal studs (99% Complete - On Going)

Exterior waterproofing (100% Complete)

Balcony Waterproofing and Railings Continues

Exterior Doors/Curtain Wall (97%)

Painting walls throughout (80%)

Balcony Handrails 90% Complete

Green roof plant deliveries

Green Roof Installation ongoing

Installing finishes (ceiling grid Level 1 Common Areas A - C and Pavilion D)

Installing ceramic tile in Public baths

Installing sheet vinyl in resident units Pavilion A. (Kitchen and Bath)

Cut Carpet at Pavilion A Resident units

Floor Prep at Level 1, Pavilion A and Pavilion B Level 2

Installing Cabinets at resident unit kitchenettes at Pavilion A and B

### Elevators:

Installing Elevators 1- 6 (Towers 75%)

Temporary use of elevators 1-6

Installing Elevators 7-12 (Lobby, Loading Docks, Pavilion D 85%)

### Other

Site utilities for lighting, electrical, plumbing, storm 85%

Roadways and sidewalk installation commenced 10%

Mechanical/Electrical/Plumbing/Fire Protection

MEP Infrastructure (On Going)

Testing of Components (On-Going)

Main Electrical Switch Gear Energized (on Permanent Power)

### Beach Access (Pedestrian Overpass)

GSA Modification to W. G. Yates for Design/Build Services

Design 100% Complete

Estimated Construction Completion: June 2010 (Delayed as a result of receiving approval from state and county)

**Chapel:** Notice to Proceed June 8, 2009

Total Completed and Stored 98%

Landscaping started (awaiting right time of year for planting)

Estimated Construction Completion:

March/April 2010

### Overall Project Safety:

Zero accidents and one incident



A typical residential lounge on floors 3-8 in Towers A, B and C.



The swimming pool on the west side of the main building.



A staircase up to the entry level. Elevators from the ground level are located just inside the main entrance up to the lobby. Other elevators are located in the parking garage.



The dining room which is located on the southeast corner of the building.



A residential unit.