



Gulfport residents Bill Peet, Orlin Oxenreider, Robert Coleman enjoy an afternoon on the patio.

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Resident Council Rep's Sponsor Cookout



Enjoying the "Cookout" — Left to Right: Rex Carringer, Robert Coleman, Master Chief Asher.

Gulfport – Resident Council Representatives from wing 4-B, Robert Coleman and John Sakaitis sponsored a cookout for their constituency. A menu featuring hamburgers, hotdog's and baked beans with all the trimmings was prepared in the new Cabana, located on the AFRH-G grounds. Constructed last summer, the Cabana provides residents with a place they can congregate in a private club-like setting, cook, watch TV, or just play some music on the sound system. The spring weather couldn't have been better for an enjoyable lunch, with many residents eating outdoors on the adjacent patio.



Hard at work preparing cookout, John Sakaitis, "Time really flies when you're having fun!"

AFRH COMMUNICATOR

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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.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or the leadership of each Home.

Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH Editors Column



Hello again fellow residents. Let's start off this month with a question. Why are dinosaurs extinct? Many say, **"Dinosaurs are extinct because they failed to adapt."**

Occasionally a few of our residents have difficulty getting along with their fellow residents. I don't pretend to be an expert in these matters. However, I do have some thoughts that may help in dealing with other residents and staff.

While it may seem trite, it is generally accepted that before you can get along with others you first have to be able to live with yourself. It is also true that in order to help another survive you have to first survive yourself. Let's take as a premise that we can all live with ourselves and since we woke up breathing this morning we are surviving.

Each person has their own reality. Those are the things that make up their world. Let's say *their universe*. Therefore, when we have two or more persons seeking agreement in their lives, we have a situation in which there may well find *"Universes in collision."* For example let's take myself and you. The reality of this situation is that we have three *universes* (1) my universe, (2) your universe, and (3) the universe we share together.

As long as I am willing to let you have your universe, and you are willing to let me have my universe, we have peace in the universe we share together. In other words each has to allow the other person the freedom to have their own beliefs, choices, etc. in the *universe they share together*. This is true for individuals, groups, and even nations. We cannot impose our beliefs, choices, etc. on another without conflict. Among nations this conflict is called **WAR**. Frankly, I don't need anyone to be in conflict with. We have all experienced enough of this.

ENJOY YOUR PAPER!

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for resident 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 either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- 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 non service-connected 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 following offices:

In Gulfport, call 1-800-332-3527, or write to Admissions Office, AFRH-Gulfport, 1800 Beach Drive, Gulfport, MS 39507-1597.

In Washington, call 1-800-422-9988, or write to Admissions Office, AFRH-Washington, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Message from the Chief Operating Officer



Baring any unforeseen obstacles, by the time you receive this edition of the "Communicator," the Armed Forces Retirement Home (AFRH) and the Catholic University of America (CUA) should have reached final settlement on the sale of the 49-acre parcel of land located on the east side of North Capitol Street. The CUA has agreed to pay \$22,009,227

in one lump payment at settlement on Thursday, April 29. Final settlement brings closure to approximately 10 years of complex negotiations between the AFRH and CUA regarding the disposition of this property. All proceeds from the sale will be deposited in the AFRH Trust Fund which supports the care and needs of our residents.

As COO, I am extremely pleased that we have reached this historic milestone and I look forward to the AFRH and CUA participating in future joint partnership opportunities that will benefit both the students of CUA and the distinguished residents of the AFRH.

I would like to remind the AFRH-Washington residents that Washington residents now have access to CUA's swimming pool (at designated times), and CUA has also offered legal assistance to residents who may wish to use their services.

Washington Campus Will Host a Fine Art Exhibition

By Mimi Rivkin (W)

A Fine Art Exhibition, featuring works by residents of the AFRH-W Art Colony, will be held in the Studios and galleries of the Sherman Building (3rd floor North) on May 28th from 10:00 a.m. until 3:00 p.m.

Residents are encouraged to invite family and friends to this gala event.

Please request the number of invitations you need by contacting Sheila Motley in the Public Affairs Office at 202-730-3556 by May 3rd. Printed invitations will be mailed out on May 7th.

Refreshments will be served!

Computrition Training

By Rachel Hatten -AFRH

Computrition is a fully integrated food service and nutrition management software designed to increase efficiency and productivity in the food service and nutrition services operation. Both Gulfport and Washington will be converted to this internet based program within the next several weeks.

Employees from both campuses included Reggie Anciro, Sam Robinson, Fred Hornsby, Angelo Villafane, Darryl Marable, Constance Miller, Teresa Hui, Leon Barwick and Rosemary Brown.

Great teamwork!



Constance Miller (W), Fred Hornsby (G), and Angelo Villafane (G) participated in the Computrition three day course.

AFRH NEWS

Office of the Director



The new year is well into its swing and bloom and offers a natural setting for us to continue our dialogue about how the staff works for you.

We join you in your belief that activity is a key to longevity and vitality. You will find us in constant search of and producing greater ranges, depths and frequencies of interesting ways to entertain and physically engage those we serve. Don, Laura, and Melodie have “pulled out all of the stops” to feature the music, dance, games, arts, cookouts, off of the Home grounds events filled with fun-fest and delight. I predict the award of a few unadvertised surprises to those in attendance at certain future unnamed activities. Your independence and freedom of choice are celebrated and encouraged when

safe. We’re committed to delivering convenient and courteous transportation services specific to your residential status (independent, assisted living, long term care). Our new partners have recruited new faces. They have outstanding energy with a genuine focus on noteworthy customer service elements, comfort, friendliness and cleanliness to name a few.

Also, as the occasion arises, be assured that your clinical professionals are continuing to exceed the standards set by professional review organizations as well as the benchmarks of similar sized reputable Continuing Care Retirement Communities. Our licensed staff is the best at caring, medication administration, providing a stimulating atmosphere, meeting special and elder needs. We’re blessed and pleased that we can depend on the services and help of modern medicine from our area health care providers. They are a perfect match because they serve you with

superior quality comprehensive diagnostics, perform invasive and specialized procedures to achieve the best outcome for your needs. Walter Reed Army Medical Center, Keesler Air Force Medical Center, National Naval Medical Center and the Veterans Administration Health Care System and other selected health care organizations are especially proud to give back to those who gave for us. When gaps occur between the institutional providers and yourselves, we assist with problem solving. Please be comforted that your social workers are just a stone’s throw away from your residence and are capable of “making sense” of it all for you.

Seasonal freshness, that’s exactly what you find at the panoramic view atop the pedestal in Washington or near the waves as they dance against the reflection of the sunlight in Gulfport.

CAPT Jerald Ulmer

Employee Tenure Pins Presented



March 25, 2004—AFRH (G) Noted for its loyal, efficient and dedicated employees, AFRH-G management expressed its appreciation to its valued employees in a special 1970’s themed awards ceremony. Proud of the tradition of public service demonstrated every day by its employees, special recognition was given to the competent, committed and dedicated employees who have worked for the federal government for five year service increments.

Photo: Executive Secretary Shelda Jones, CAPT Ulmer show off their 1970s attire.

DEPUTY DIRECTOR

Deputy Director – Washington



This month we will discuss some improvements that we have made here at the Armed Forces Retirement Home – Washington in the preceding months. One noteworthy improvement has been a

cooperative agreement with Catholic University of America (CUA). Within this agreement is the permission that allows our Residents to utilize the pool facility over at CUA. This is a real benefit for our able bodied swimmers. We have also increased our relationship and participation in theater and fine arts with CUA as Residents attend events at CUA and CUA students visit our facilities over here. CUA student Lawyers have also started to assist our Residents with their legal requirements by visiting our campus at specific times and working with our Residents.

We have just created a new Computer Lab with brand new computers donated to AFRH-W by the Purple Heart organization. They initially provided 7 computers and are now providing seven more for Residents to use. This is really a super benefit for those eager to use computers and gain access to what the internet has to offer.

Our Preventative Maintenance Team (2 men) has been onboard for several weeks now. They systematically checked one room after another for air condition filters, clogged drain pans (drop chlorine tablets to kill algae that clogs drains), burnt out light bulbs, malfunctioning shower mixing valves, and other items to correct problems before breakdowns occur. The goal is to improve the quality of your rooms and prevent breakdowns as much as possible.

We are about to start an internal TV channel to help broadcast news throughout AFRH-W on everyone's TV set through Comcast cable. This channel will contain relevant information on future events and

be an easily accessible source for our Residents to find out what's going on here at AFRH-W.

Our new Volunteer Coordinator, Melodie Menke, has been onboard for several weeks and has made several improvements in bringing on volunteers to assist AFRH-W staff and Residents. Most recently, Melodie helped develop a relationship with St. John's that will have their students assist us with running our Post Office while also exploring other areas that they can assist us with. Good job to Melodie and others with Resident Services for developing this win-win relationship for St. John's and AFRH-W.

Well that about wraps it up for now, til next month, please get out and enjoy this wonderful time of year! It can really help you feel better if you get the chance to take in the warm sunshine and enjoy seeing the beautiful blossoms and buds as they come out for Spring!

CAPT(s) Paul Soares

“The Aftermath Continued”

To my comrades who took part in these “Yesteryear” Guided Missile adventures

By M. R. Relgub

This is a continuation of last month's “Aftermath.” Some readers said they didn't know what PETN was. I will clear this up in the following paragraph.

(Definition: PETN (Pentaerythritol Tetranitrate) is one of the strongest known high explosives. It is more sensitive to shock or friction than TNT or tetryl, and it is never used alone as a booster. It is primarily used in booster and bursting charges of small caliber ammunition, in upper charges of detonators in some land mines and shells, and as the explosive core of primacord [detonating cord].)

The Nike-Ajax had three high-explosive fragmentation warheads totaling around 310 pounds. Detonating cord (Primacord) and PETN detonating caps connects the nose, center, and aft warheads. The detonating cord was in sections of various lengths joined together

with screw on lock nuts. These connections were always to be only finger tight. However, if there was leaked PETN on the threads even finger tight could case the PETN caps and all connected warheads to detonate. This was not desirable.

My Assembly Crew had moved the disarmed missiles, two at a time, (igniters had been removed and they could no longer be launched) to the Assembly Area. Our assembly facilities were housed in two wheeled vehicle maintenance tents joined together. The missiles on their transporter trailers, 2 per trailer, were to be disconnected from their boosters and placed on dollies. They would then be passed through the Assembly Tents one at a time on their dollies, the assembly teams would remove the warhead hatch covers and move the missile to the inspection station where I would inspect the warheads and warhead compartments for any sign of leaking deto-

nating caps (leaked PETN would show as a white powder).

All was going well. The assembly teams were bringing the missiles in, removing the hatch covers. I was inspecting the warheads and warhead compartments, signing off the missile in its logbook as being ok, and the team would replace the hatch covers, rejoin the missile with its booster, return it to the Launcher Area, place it on the launcher, reconnect the booster igniter and the missile was ready to fly.

We really didn't expect to find any leaking caps – Then in and around a nose warhead of one of the missiles I found white powder (PETN) around the nose warhead fitting. This was an unpleasant surprise. After evacuating the area, I gingerly

The Aftermath (continued)

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HEALTH NEWS

Men Can Get Osteoporosis Too

By Bobbi Bennett (NHI)

National Institute of Health—Most people don't think that men develop osteoporosis. This disease, in which bone becomes thin and fragile and can fracture easily, is mostly associated with women. Doctors don't often discuss the issue with their male patients. But men can get the hip and other bone fractures that come with osteoporosis, too, and it's no less painful or debilitating for them than it is for women.

Men are usually diagnosed with osteoporosis only when they have fractured a bone. Men don't generally experience the rapid bone loss in their 50's that women do, but by age 65 or 70, they are losing bone mass at the same rate as women. Hip fractures occur at older ages in men, which might explain why men who break a hip are more likely to die of complications than women. More than half of all men who suffer a hip fracture go from the hospital to a nursing home, and 79 percent of those who survive for one year still live in nursing homes or intermediate care facilities.

Studying Osteoporosis in Men

Scientists are trying to learn more about the causes, diagnosis, treatment and prevention of osteoporosis and its related fractures in men as well as in women. In 1999, NIH's National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), and two other NIH components, the National Institute on Aging (NIA) and the National Cancer Institute (NCI), launched a seven-year study that is following 5,700 men, age 65 or older. "Mr. OS," as it is called,

aims to determine the extent to which the risk of fractures in men is related to bone mass and other factors such as their bone structure, lifestyle and tendency to fall.

In the NCI component of "Mr. OS," scientists are trying to answer the question of whether having a high bone mass is associated with an increased risk of prostate cancer. In women, if you have a high bone mass, you have a higher risk of getting breast cancer. Both types of cancers are thought to be associated with your whole lifetime exposure to the sex hormones your own body makes.

NIH's National Heart, Lung, and Blood Institute (NHLBI) is also supporting a part of "Mr. OS" that is looking at the role of sleep in the health of older men.

Treatment and Prevention

Men are more likely than women to have a high risk of fracture due to secondary causes, like a specific disease (such as celiac disease, in which a person's intolerance to a protein found in wheat and other grains interferes with their intestinal absorption of calcium) or taking medications that can affect bone mass (like the steroids used to treat asthma, rheumatoid arthritis and other diseases). Knowledge of the diseases and conditions that can affect bone mass can help to prevent men as well as women from reaching the point of fracture before diagnosis.

Getting enough calcium is very important for preventing osteoporosis. Adults 19 - 50 years old need 1,000 milligrams (mg) of

calcium every day; those over 50 need 1,200 mg. The best way to get enough calcium is through your diet. Buy fortified orange juice and cereals, and eat lots of green leafy vegetables and low-fat dairy products like cheese, milk, ice cream and yogurt.

You should also get enough vitamin D. If you spend 15 minutes outside in the sun each day, your body should make enough on its own. If you have limited sun exposure, scientists currently recommend 200 to 400 international units (IU) if you are under age 70 and 600 if you are over.

It's also important to do regular weight-bearing exercise, such as walking, jogging, stair-climbing, tennis, weight-training and dancing. These exercises may strengthen your bones and may also help with your balance. That will reduce your risk of falling and thus reduce your chances of breaking a bone.

If you already have osteoporosis, doctors are prescribing most of the same medications that they are giving to women. Alendronate (brand name Fosamax®) and risedronate (brand name Actonel®) both now come in a once-a-week pill. But they can cause problems with your stomach or esophagus (the tube that connects the mouth with the stomach) if not taken exactly as directed. The Food and Drug Administration has approved teriparatide (brand name Forteo®) only for those who are at high risk of fracture; the drug must be injected daily for no longer than two years. Be sure to talk with your doctor about your options.

RESIDENT CORNER

Yoga for Life

By Gene Hill & Martin Cody (W)

AFRH-W members can try some easy stretches, breathing and relaxing exercises to enhance health, boost energy and increase your life span.

Two resident instructors are introducing Yoga practices from Tibet and India every Wednesday and Friday at 9:00 a.m. in the Sheridan fitness center. New resident Gene Hill starts the class with five simple rites that involve; spins, leg lifts, bow/back bends, knee bends/trunk raises and hip/invented “v” positions. It takes only 15 minutes for “Tibetan” Yoga Rites.

You may stop after the first 15 minutes and gradually increase the repetitions. Each week one or more repetitions until resident reach 21 times (maximum). Once residents are warmed up and feel ambitious individuals may proceed to the Indian (Hatha) Yoga which has ten Asanas that stretch the back, legs, neck and diaphragm. This also takes a total of 15 minutes to complete.

During the exercise deep breathing exercises are performed. A series of twists and stretches gradually stretch out the muscles and boost circulation in all areas of the body. The best part of all is you don't even break a sweat from the stretching exercises.

These exercises (Rites and Asanas) are mainly for the body. However yoga gradually relaxes the mind, relieves tension and stress. After some practice the mind learns to focus on “nothing,” so the subconscious can take a special thought into pure energy and peace. Yoga is not a religion which is a common mis-conception for some arm chair critics.

Residents are encourage to participate and apply themselves. The goal of this class is to change “negative” thoughts patterns into “positive” ones in the following areas: physical, mental, emotional and social.

Join today! What have you got to lose. You might be surprised to find the rewards to higher happiness and life style.

WELCOME HOME

NEW RESIDENTS AT AFRH-G

William Oxford
USAF

James Davidson
USN

Raymond Walker
USN

Bismark Taylor
USA

Joe Barger
USA

Jerry Hardin
USN

Preston Chambers
USA

Paul Ennen
USAF

Roy Morgan
USN

Holland Jay
USA

William Rainby
USA

Robert Shell
USAF

CENSUS: 590

Note: As of April 28, 2004

NEW RESIDENTS AT AFRH-W

Philip Fellows
USA

Ernest Gilbert
USN

Carmine Fosco
USAF

Dino Formant
USA

Hugh Rowe
USN

George Kennedy
USN

Raymond Rucker
USAF

Donald Pence
USAF

Billy Brown
USA

Donald Flood
USA

Lanier Phillips
USN

Charles Smith
USN

Charles Skipper
USA

Carl Smith
USA

Hearon Hayes
USA

CENSUS: 1005

Note: As of April 28, 2004

HISTORY

Subject To Change

By Ray Colvard (W)

When Chaplain Damaris Ortega was with us in 2002, during an informal chat with us she was asked whether or not the famous Spanish philosopher and social scientist Jose Ortega y Gasset was her relative. She smiled and said, "Well, he was in the family." Her response was as profound as were those of Ortega y Gasset (1883-1955). We discussed his best known quotation, translated from the Spanish to English in many variations, among the latest, "I am myself and everything around me, and if I do not save it, it shall not save me." Residents could agree that because we are here we are part of the Armed Forces Retirement Home-Washington, that the AFRH-W is part of ourselves is iffy.

A resident questioned whether or not the change in status from "member" to "resident" was meant to point out that members had a say in what went on. As a resident one could only complain. With the change from Asylum to Home the change from inmate to member made sense. When the Home's name was changed from USSAH to AFRH-W, what was the reason for "resident" if not the change of status?

The question is moot. The Home's residents have seen more changes in their surroundings and life style during the past decade than in any other period of its history. Our history is more folklore than fact, and has in it few accounts of inmates, members and residents. The story of the Soldiers' Home has been about its grounds as Washington City Park or its great farm and world class dairy herd. A historian writing in the 1950's "Preservation Report" put it in perspective, that for a century the Soldiers' Home was run for the benefit of senior military officers, 'mainly West Pointers.'

Living conditions for the Home's members and residents since 1851 have mirrored those of the enlisted soldiers of the time. Our improved amenities of today reflect those of the all-volunteer enlistees since the 1970's.

Prior to the Civil War few members remained by choice. After Senator John B. Hale of New Hampshire visited the Home

on the eve of the Civil War, he wrote for a Washington newspaper: "The prisoners are made the menial servants of the officers, subject to military discipline, fed as they would be in the deserts of Utah, arbitrarily fined if they took an apple from the vine which they bought with their own money."

After the war money was plentiful and the Board of Commissioners spent lavishly on buildings and land purchases. The Home expanded as did the government and economy of the "Gilded Age." Men arbitrarily dismissed from the Home told their stories to the newspapers and word reached the ear of Senator John B. Hale. The Senator formed a Congressional Committee to look into Home management. Findings were that the management had been for the benefit of management, not members.

The investigation lasted for two years. To the dismay of the officers, Secretary of War Robert Lincoln named Brevet Major General Samuel D. Sturgis Governor of the Soldiers' Home. General Sturgis supported the inquiry, encouraged members to talk to the investigators, even to testify against the Home officers, General Sturgis's fellow West Pointers.

In 1949 officials of the Bureau of the Budget, termed by Colonel Paul R. Goode, "with authority without responsibility", determined the Soldiers' Home was to be consolidated with the Veterans Administration. Members of the Home held a mass meeting under the leadership of Jason B. Chambers, 1st Sergeant, 9th Infantry Spanish American War, voted 1,156 to 8 against transfer to the Veterans Administration and carried their case to the Chief of Staff Omar Bradley.

Whether or not the vote of the members influenced the decision not to transfer the Home to the Veterans Administration in 1949 is conjecture. Noteworthy is that it marked the only account of Home member leadership in Colonel Goode's hundred year history of the Home. Congress did not force consolidation in 1949. It did, however, require the Home to give up a third of its acreage, including the wide gash to bisect the core of the Home.

The Army and Airmen's Home in 1991 housed about 1900 enlisted men and women. The Naval Home at Gulfport had 460 officer and enlisted residents. The Secretary of Defense ordered a study to determine the feasibility of consolidating the two homes and standardizing their criteria of funding and eligibility. From the study evolved the Armed Forces Retirement Act of 1991.

Back in 1954 the Secretary of Defense had ordered a survey of USSAH residents to determine their consensus as to whether or not the Home should be continued. A response "chosen at random" was typical. "Regular Army enlisted men have supported the Home since it started; it belongs to us, and should not be taken away." The study concluded that, "The Home is a monument and should not be curtailed any more than the battlefield of Gettysburg should be sold as a factory site." Section 1511 c. of the 1991 Armed Forces Retirement Home Act, however, states "The Secretary of Defense may dispose of any property of the Retirement Home, by sale, lease, or otherwise, that the Secretary of Defense determines is excess to the needs of the Retirement Home."

As an astute resident noted, the Secretary may deem the Act as his authority to dispose of all the acres within the perimeter fence. Some of our residents may place an inflated sale price on the real estate for its location near the Capitol and White House. "Outside relief" benefits were authorized from 1852 to 1953. With virtually boundless funding one might elect to choose to live in any of the non-military seashore or sun valley retirement communities with "outside relief."

Congressman Huber of Ohio proposed in 1949 that the Washington Home property be exchanged for equal space for two homes, one near Washington and one in Arizona. He noted that the transfer of land to the Veterans Administration and Washington Hospitals was invalid; only Congress could dispose of government property. His opinion would rise again in

(continued)

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Atomic History at Ground Zero

by Sheila Abarr



Twice a year a replica of the Fatman bomb casing is displayed a ground zero.



Inside ground zero. The explosion did not make a large crater only a depression in the ground which can be seen across the center of this photograph.



German immigrant Franz Schmidt built the house (foreground) known as the McDonald ranch house in 1913.

TRINITY SITE



Aerial view: The dark circular area outlines the effect of the atomic bomb blast.



Jumbo's shell rests at the entrance of ground zero. Scientist planned on placing the bomb in the center of this hug jug during the test. Confidence grew with the plutonium bomb design so Jumbo was never utilized.



Bomb assembly was completed at the McDonald ranch house located two miles from ground zero.



On July 16, 1945 at 5:29:45 a.m. the skies of central New Mexico were lit up during the secret test of the world's first atomic bomb. The test was originally scheduled for 4:00 a.m. but rainy condition postponed the count-down until 5:00 a.m. Mountain war time. Three observations points some 10,000 yards from ground zero were located on the Alamogordo Bombing Range now known as White Sands Missile Range. Hans Bethe, one of the scientists working on the project wrote this about the test "it looked like a giant magnesium flare which kept on for what seemed a whole minute but was actually one or two seconds. The white ball grew and after a few seconds became clouded with dust whipped up by the explosion from the ground and rose and left behind a black trail of dust particles." Individuals still refer to the test as the day the "Land on Enchantment had two sunrises."

AFRH-WASHINGTON

Roulette at Its Best

By Laura Fogarty (W)



As residents were finishing their lunch on March 23 there was curiosity lurking among the tables about the activity getting ready to begin a 1:30 p.m. Roulette wheels, green roulette "table" cloths, chips and dice were all components needed to run this monthly management/resident activity.

Resident, Clarence Stone was the organizer of the event. Two tables were active simultaneously with 10 residents playing at each table at one time. The crowd was more than expected and we were overjoyed at the participation. Each participant receive a AFRH Leisure and Wellness flashlight and the winners received AAFES dollars. Don Russell came out head at the end of the evening.

"The Hooter Ladies Bowl Us Over Again"

By Jerry Carter (W)

Resident trip of a lifetime was set up by Jerry Carter (Wellness and Fitness Staff) on Friday, April 16th.

Home residents Joe Montgomery, John Harrison, John Glover and Elmer Eastwood had lunch with the Hooters Ladies in downtown Washington, DC.

All the residents agreed that the food was great and the service provided by the Hooter Ladies was fabulous.

We would like to say a "special thank you" for making a difference in our residents lives. They are still smiling!



Top: Big Smiles! John Glover and Joe Montgomery pose with one of the Hooter Ladies.
Bottom: Jerry Carter and Elmer Eastwood enjoy the Four Star treatment they received during their recent lunch outing.



Greetings from the Hooter Ladies to all AFRH residents.



AFRH-GULFPORT OFF DUTY



Special Care's Cookout at the Cababa. Left to right are John Halloran, Thomas Dodson, Gene Stinnett, "Corky" Wainscott, and Bill Garcia (employee).



States Ice Cream Social. Left to right: "Gigi" Malone, Maxine Fry, Barabara Folk, "Rosie" Rosenburgh, Geri Eberle, and Marion Wolke.



Left: Linda Thompson and B.A. Pinkerston enjoy an afternoon of outside fun.
Right: Show me the food! Gulfport resident Naomi Groger, Dick Lane and Lois O'Neal wait for the cookout to begin.



A nursing teacher and student visit with Corky Wainscott and Haultain Smith.



Home employees Lee Corban and Leigh Brown spend a few hours frying up fish for the resident cookout.

AFRH-W ACTIVITIES

AFRH-W Talent Show & Karaoke Night

By Laura Fogarty (W)

Practice makes perfect so they say and that certainly was the case at the AFRH-W talent show. On Thursday, March 18 at 6:30 p.m. the Scott theater was the place to be. Residents from everywhere poured into the theater to see the first AFRH talent show put on in over 15 years. This idea had been discussed a few years ago but interest was lacking after two attempts. The suggestion came up again by John Kleesattel and thanks to Rocky Iltatio, Jim Jones, and John Mallernee the show became a reality. These residents persevered and took the lead on coordinating the show.

At the original meeting only 3 residents attended; the word spread and the recruitment process began. Scouting out the talent was the first order of business; that was the easy part because there are so many talented residents living amongst these hallways. Getting folks to come up on stage to perform was the hard part. The following performers illuminated the stage with their talents for all to enjoy. Frank Migala, the Joker, Harold Schultz, who read poetry, John Kleesattel, singing a melody of oldy but goody songs, Jim Jones, who sang some country tunes and played guitar, Rocky and Kathy who also sang their hearts out. THANK YOU PERFORMERS. These performers are to be commended for their hard work and their desire to entertain others for pleasure. Their commitment to practicing was evident as they met weekly for 8 weeks.

The audience thoroughly enjoyed every bit of the show. The "Joker" kept the flow of the show going with his very funny jokes. The laughter throughout the audience was contagious. Harold Schultz touched the hearts of many as he read a poem in honor of the late Chaplain Kerr who recently passed away. Familiar songs both old and new were sung generating excitement throughout the audience; you could see heads swaying and hand clapping



Top left: Jim Jones delights the audience with during his performance.
Top right: Jerry Carter is just glad he is not up on stage. He likes working behind the scenes.
Bottom left: Antonio Hedgepath and Francis Trautz enjoy all the entertainment.
Bottom right: Home employees belt out a tune for the residents.



as the singers belted out the notes to their favorite tunes.

The program concluded after one hour with a standing ovation by many. It was announced that this is only the beginning...there will be more talent shows in the future with more performers. Hopefully now that these 6 performers have lead the way for this first show we will be able to get future stars up on the stage for another show. If you are interested in participating in the next talent show please sign up in the Leisure and Wellness Office, Sheridan building, room 1010.

After the talent show there was a mad rush to the dining hall and Karaoke Joe and his lovely wife were waiting. A

familiar scene now after two previous Karaoke socials everything was set up ready to go. Residents had the opportunity to sing their hearts out

With the help of music and words displayed on the monitor. The audience was able to sing along as well reading the words form another monitor. Some residents even danced to the music of their choice.

The evening was rewarding for all talent show and karaoke performers and everyone had fun. One final note-THANK YOU to all of you who came and supported the performers, the response was great and I know they appreciated having you all there to perform for.

AFRH-G ACTIVITIES

Gulf Coast Living at Its Best

By Sheila R. Abarr (AFRH)

My first trip and all my return trips to Gulfport, MS are experiences that will last a lifetime. I instantly knew that my first trip was going to be a great history lesson on and off the campus. With the warmth of the ocean breeze blowing in my face I made my way along the coast towards AFRH-Gulfport. Before arriving on campus I was amazed with the scenic view and all of the historic homes that line the coast itself.

Upon my arrival at AFRH-G I was greeted with a howdy, handshake, and a smile from the security guard. As I drove up the main entrance of grounds several residents waved and smiled as they went about their daily exercise routine. Even though the warmth of the ocean breeze was now gone the warmth in my heart for the residents grew by the minute. I truly believe AFRH is a “Home for Heroes” and will take care of our next generations of heroes as well.

I often wondered what reason brought distinguished veterans to AFRH-G. My question was answered when I walked through the main entrance and each floor of this facility. The lobby and floors are lined with historic military memorabilia and information about AFRH-G. With each step I took I could almost relive some of the historic times I was viewing first hand. However the true history lives in the residents who call AFRH-G home. AFRH provides a safe and secure environment with several amenities including health



AFRH-G Awards Ceremony with 70's theme. Left to right: Dahlia Boone, Angelo Villafane, Barbara Folk, Maxine Fry, Ralph Marshall, Ritchie Phillips, LtCol VanDyke, Capt Ulmer, Gigi Malone and Charlie Mason.

care, recreational activities, and religious activities just to name a few.

I noticed one thing about the Gulfport campus: Residents and employee at Gulfport can and do participate in a variety of activities/events on and off campus. I can almost bet if the weather is warm home resident Bob Knowlton will be on a local driving range or golf course playing a game he truly enjoys. Only at Gulfport would you see Capt Ulmer and Shelda Jones dressed up 1970s clothing (probably clothes they have had in the back

of their closet) during an employee awards ceremony. Behind the scenes in every area are residents and employees working together to make the daily life of all the residents better.

As the Marketing Director for AFRH, I would like all residents and employees to spread the benefits to prospective residents around the world about making AFRH their home in the future. I truly believe that AFRH is not just a place to live but a place to live more.

KEY PARTNERSHIPS

Computer Lab Ribbon Cutting Ceremony with the Military Order of the Purple Heart



Left: Capt (s) Soares along with members of the Military Order of the Purple Heart officially opened up the new resident computer lab.
Right: AFRH-W residents and members of Military Order of the Purple Heart are Charles Chambers, Wilfred McCarty, Norman Godfrey and David Summers.



MG Craig Hackett (U.S. Security Forces) Visits with Residents at the Washington Campus



Mrs. Trish Hackett looks on as her husband Maj. Gen. Hackett presents a US Security Forces coin to home resident Lester Gibson.

Right: Sheila Motley and Mike Longwell represented AFRH-W during the recent tour with representatives from the US Security Assistance Forces.



RESIDENT PROFILE

Navy Frogman to Navy Seal

By Wilfred (Mac) McCarty (W)

William A. Tobin is your average AFRH-W resident ... only in the unlikely event that no less than 50-percent have each written a voluminous novel.

His book, "Wait for the Jeheemie," is a 375-page tome that tracks from the beginning of his 22-year military career to his eventual retirement from the U.S. Navy, and beyond. The enigmatic title is actually his personal euphemism for declaring that restraint can pay dividends — but, more on this in a minute.

A native of Webster, Massachusetts, Tobin signed up with the Navy in 1946 for a "kiddies cruise," so termed because it obligated him to serve until the age of 21.



William A. Tobin in 1956, at Camp McGill, Japan. He spent ten years in Fleet Amphibious operations, ten years on UDT assignments, and two years as a Navy Seal after the deletion of the "frogman" designation and the merging of both disciplines.

As luck (or fate) would have it, the Korean Conflict commenced just before he completed his tour, freezing his anticipated release indefinitely, and thereby influencing his decision to shoot instead for a Navy career.

"Join the Navy and See the World!" For Tobin, the Navy did indeed deliver on that famous promise. His travels took him from the northern regions of Alaska (Pt. Barrow) to various parts of Asia, including Japan, Korea and Vietnam. All told, he spent ten years in Fleet Amphibious operations, another ten years on Underwater Demolition Team (UDT) assignments, and two years as a Navy Seal after the deletion of the "frogman" designation and the merger of both disciplines.

His memorable experiences include an assignment as an emergency medical technician, and working directly for Lt(jg) Jon Lindberg, the son of aviation pioneer, Charles Lindberg. Subsequently, he even returned to Vietnam as a civilian diver following his Navy retirement. Tobin also fondly recalls actress-singer Martha Raye's visit with the Seals in Danang, Vietnam. "She swapped stories and jokes with us, and gave as good as she got," he says with a chuckle.

All of these interesting vignettes and much more are exquisitely detailed in Tobin's book. As for its title, a "Jeheemie" is a huge metal CB-fabricated device designed to reposition a marooned amphibious boat so that is perpendicular to the beach. This action allows landing personnel to easily disembark — more importantly, it enables the vessel to withdraw (backup) from the beach. The Jeheemie is towed from its storage yard by a caterpillar-type tractor, and together they perform the repositioning function.

In conjunction with the above sce-

nario, Tobin's various UDT functions while stationed on the 6-mile Silver Strand Beach in Coronado, California, included lifeguard protection for Navy reservists while they practiced amphibious landings. Upon completion of the exercises on one particular occasion, Tobin asked his associate, a veteran boatswain's mate named Gates, "You ready to walk back to the other end of the 'Strand'?" Gates replied, "Why not wait for the Jeheemie and ride back?" Tobin pondered Gates' response long after that event, and he eventually adopted it as his own personal philosophy for many of life's decisions.

"Wait for the Jeheemie" was written at the urging of Tobin's son, and as a tribute to his wife and soul mate, Takako, who died in 1991.

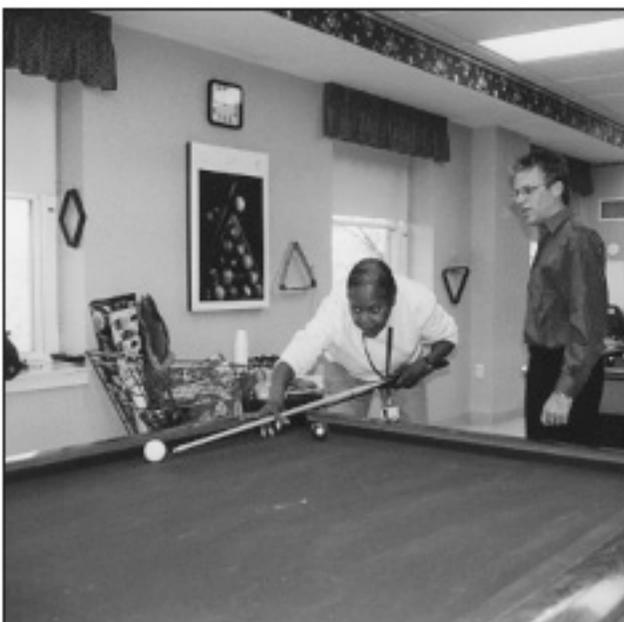
Tobin, who came to the AFRH-W in July 2003, has learned that writing a good novel might just be the easiest part of the overall plan. Getting it published is another novel unto itself. He has also learned that 99% of the publishers, if they are interested, will enter negotiations only with the author's agent (who, ideally, should be versed in intellectual property law). So, after a year-plus of writing and rewriting his novel, Tobin now has the novel (sorry 'bout that!) task of finding a "reputable" agent. Our very amiable and fellow resident, however, remains hopeful.

Within the Tobin family there is an impressive tradition of military service. Tobin's father, a WWII member of the U.S. Army's 60th Infantry was killed in Normandy in 1944 and is buried in France's American Cemetery, the Coleville Sur Mer. Tobin's son is retired from the U.S. Marine Corps, and he is now a federal employee at nearby Bolling AFB, D.C.

JOIN THE FUN

Washington Campus Holds Monthly Management — Resident Leisure Events

By Laura Fogarty (W)



Each month there is a management-resident activity planned. These activities are planned to offer social interaction between our management personnel and residents while having FUN. This is not a time to complain about issues, this is about spending some quality time getting to know one another on a one to one basis. All residents are encouraged to attend either as a participant or spectator. Winners receive AAFES coupons and all in attendance receive a special gift. Croquet, bowling, pinochle, roulette and pool are activities which have been conducted thus far. As the warmer weather approaches you can expect outside activities such as golf, basketball, shuffleboard and yolf (a putt putt golf game). These activities will be advertised on the Leisure and Wellness trips and special events calendar and also in the weekly bulletin. Be on the look out for these monthly activities.

The May activity will be a round of golf and will be conducted on May 25 at 9:30 a.m. at the Golf Course. Sign up at the starter shack if your interested in participating.



State of the Art Ceramic Studio

Submitted by Jackie Bell & Edith Ellington

The well-equipped ceramic studio at AFRH-W is built for heavy traffic. The 24-hour operation of an ideal oasis for residents seeking activity, achievement, gratification. Most of the regular hobbyists have keys and have access when they please.

Jackie Bell, the manager, is well versed in all phases of ceramics. She is also endlessly patient with bumbling beginners.

Most of the people working here create their pieces by pouring slip, liquid clay, into molds. After the slip forms a solid layer in the mold, the excess is poured out

and the remainder is allowed to dry. The piece is then removed from the mold, cleaned and fired in a kiln. It is then painted and finished.

The other common forms of creating ceramics are hand-building, coil forms and building on a patters wheel. These are also available here. Whichever method is used, there are four kilns available to complete the pieces.

The residents buy their own slip, glaze, paints and brushes. The studio provides most of the molds. There are about

two thousand available, everything from animals to vases. About once a month we make a trip to a local ceramic shop to buy paint, greenware or bisque pieces and have lunch out.

This is one of the places visitors are shown. They are usually impressed by what they see. Some of the prospective residents who have toured the facility join us after coming to AFRH-W. Residents also come by to see what is going on. The ceramic studio is an asset to AFRH-W and a source of much pleasure to those participating.

RESIDENTS' DESK

“I couldn't pass it up.— I Volunteered!”

By The Ole Salt (G)

When I went into the Navy, there were few enlisted men who had a high school education; most of them had not finished school. Some had no schooling at all; a few couldn't read. Many of them joined the Navy to stay out of jail. When they got into trouble with the law and went to court, the Judge would give them the choice of going into the Army or the Navy or serving time in prison. Remember? Now trouble with the law can keep you out of all branches of today's Armed Forces. Times do change.

Back then, men who didn't like the service life stayed one enlistment and got out - that is, if they didn't get booted out first. The men who liked the Navy life stayed and became good sailors. They had it made with good food, a clean place to live, no worries, someone to tell them what to do and when to do it - all on \$ 36.00 a month. They proved how good and brave and strong they were when World War II came along. After Pearl Harbor, the Navy needed experienced sailors and fast...Most of the hash mark seamen were offered rates of third and second class - some refused. However, most accepted the promotion with the added responsibility, becoming good Petty Officers. I'm getting ahead of the story and have to go back to when I was a young seaman.

When I finished recruit training I was sent to Bremerton Naval Ship Yard, assigned to the X-Division, awaiting orders. It was there that I proved that I hadn't learned the ONE thing that our Training Company Chief said we must learn if nothing else, “Keep your sea bag light, your eyes bright and NEVER VOLUNTEER!”

I was fascinated by the tugs; I never got enough of watching them move barges and ships around the shipyard. They went so smoothly and seemingly without effort. Shortly after I got to Bremerton, I was checking the bulletin board to see if I had orders - I didn't. But, there was a call for

temporary deck hands on yard tugs - I couldn't pass it up. I VOLUNTEERED! I was tired of compartment cleaning, mess cooking (KP) and standing fire watches. Those were the duties to which X-Division personnel could look forward - of course sheer boredom.

I reported to the Yard Master's office. Walking to the office, I passed two YTBs (Yard Tug Big) and a YT (Yard Tug). I really didn't look at the YT but I thought those two YTBs were the best looking things I had ever seen. I reported to the Yard Master, a Warrant Boatswain who looked older than my grand parents. He turned me over to a yeoman who assigned me to a YT. A YT! I told the yeoman I had volunteered for duty on a YTB and he said, “You learn the work on a YT and if you do well, you can get duty on a YTB.” I figured in a week or so I would be working on one of those beautiful YTBs...AH the DREAMS of the INNOCENT. I spent twenty months on that TEMPORARY duty and believe me, I thought long and hard before I VOLUNTEERED AGAIN.

The duty started out well; the YT was as clean as a pin. The Skipper was a Boatswain's Mate Second with five hash marks. The engineer was a Fireman also with five hash marks. He couldn't read but he could keep that tug ready to go anytime it was needed. The other deckhand was a Seaman with one hash mark. There was plenty of experience available for me to learn from. How would I use it? That's a whole other story.

I knew an Executive Officer once who had this statement framed behind his desk:

“THE FLOGGING WILL CONTINUE UNTIL THE MORALE IMPROVES!”

Til the next time.

Magic in the Morning

By Ida Simpson (W)

There's magic in the morning
before the postman comes,
Magic in the morning
even before the sun,
For early in the morning
before the postman I see
I dream the sweetest letters
with love from you to me.

I never had a sweetheart
until you came along,
And I never felt like singing
until you brought a song
And magic in the morning
before the postman comes.

The letter that I long for
may never come at all,
Still there's magic in the morning
before the postman's call,
For early in the morning
before the postman I see
I dream the sweetest letters
with love from you to me.

Garden

By Leslea Pidgeon (W)

**Plowing the field and planting
each row carefully, watching
the results grow – the
accomplishments and waiting
were well worthwhile to see it
come above the sod.**

**Walking through the rows of corn,
beans, tomatoes, potatoes, lettuce,
and melon – I feel close to nature
and God.**

Bay Vista Baptist Church Adult Choir Entertains Long Term Care and Special Care Residents



Writing a Book

By Ludwig Olson (W)

My interest in Mauser bolt-action rifles started during the 1930's when I examined many of them brought to this country by returning soldiers. The interest increased to such an extent that I started to collect information on Mausers with the thought of using it in a book.

Work on the Mauser rifle book was started a few years after World War II. I decided to be my own publisher, and tried to get a loan from a bank to finance the project. The bank turned me down because I didn't have enough collateral.

Photos and text were printed by the lithograph process, and I collated the pages myself. Only 300 copies were printed. I couldn't afford to have more printed at the time. After having the pages bound, Volume I of my Mauser book was ready for sale.

Sales were slow as pouring cold molasses at first. One customer had never heard of Mauser rifles before he saw my book, and thought that the name Mauser meant mouse hunter (Maus is the German word for mouse).

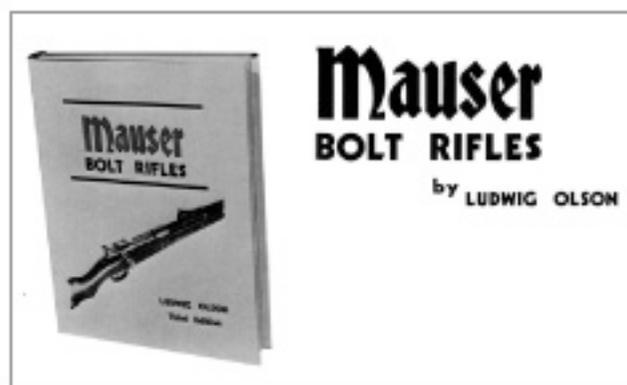
Business picked up considerably after my book became known. All 300 copies were soon sold, and there was a demand for more.

Proceeds from the sale of Volume I were used to publish Volume II, which also proved successful. I should have had more than 300 copies printed!

During a tour of duty in Europe, I visited the town Oberndorf am Neckar in southwestern Germany, and met Alex Mauser, son of the famous Paul Mauser, rifle designer and former director of the Mauser firm. Alex showed me the Mauser factory and provided a wealth of information on Mauser activities and history.

In 1957, a gun collector and publisher from California published a second edition of my Mauser book. He had severe financial problems and took off for Switzerland. I tried to collect what he owed me, but the lawyer I hired was killed in a plane crash. The Swiss Government failed to help me collect. At least I did manage to retrieve the copyright for my book.

Bob Brownell, a well-known gun parts supplier and publisher from



Montezuma, Iowa, published the third edition of my Mauser book in 1976. Bob (deceased) was a fine gentleman and top-notch businessman. The third edition he and his son, Frank, published, is a hard-cover deluxe book with 372 pages and 672 illustrations. It has sold very well over the years, and continues to be a steady seller despite competition from other Mauser books now on the market. Within its limited technical field, it considerably exceeded expectations.

An important reason for the book's success is that it meets a need, particularly for collectors and gunsmiths. Many military Mausers are converted into sporters.

Before you write a book, try to determine whether it will meet a need. A book on the love life of an amoeba, for example, wouldn't likely be a best seller. Also, be sure to get a reputable publisher and a firm, well-prepared contract. If possible, be your own publisher.

The Aftermath (continued) from page 5

unscrewed the fitting at the nose warhead. I sighed with relief when it came loose without any big bang. At this point the operation became routine. I replaced the defective section of detonating cord with its detonating caps. After making sure there were no traces of PETN in the threads of the nose warhead fitting I reattached the nose warhead. Feeling much better with this task behind me I called the crews back and they continued with the missile reassembly process.

The operation was concluded without further incident and thus we had, "Another Day on a 'Yesteryear' Nike-Ajax Missile Site."

Subject to Change (continued) from Page 8

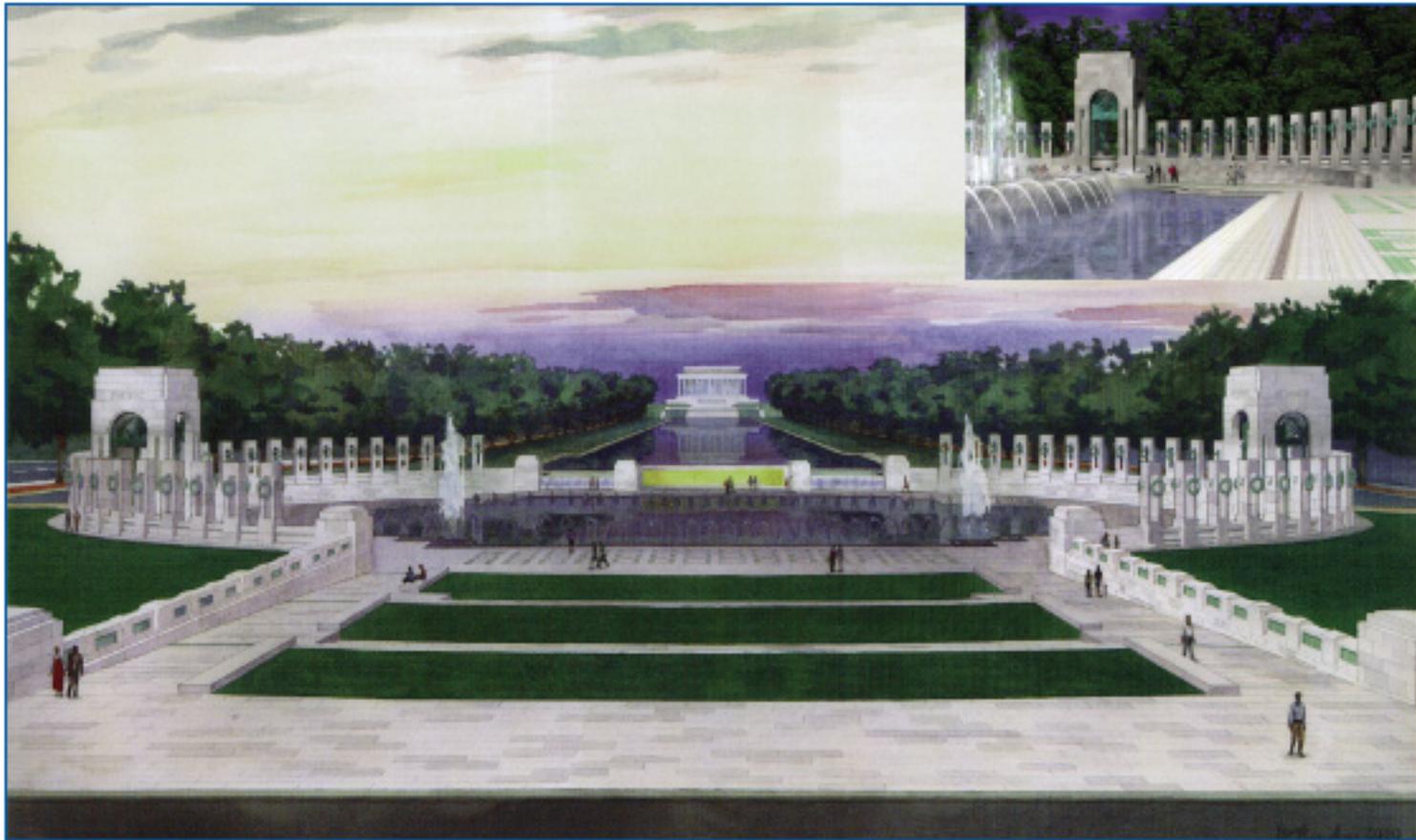
1998 when USSAH management proposed to develop properties, sell or lease, to fund the Home's operations. The Catholic Washington archdiocese pretended alarm that USSAH was selling what they did not own. Their politicians caused the Omnibus Bill of 1998 to be amended to prohibit the sale or lease of Home property to anyone but the Washington Archdiocese. Thus the 49 Acre debacle.

In 1849, two years before the Military Asylum was established, Frenchman Alphonse Karr stated, "The more things change, the more they stay the same." A case in point: prior to the Civil War the Home members, "inmates" (members or prisoners?) found the Old Orchard site off-limits, to prevent their taking apples from the vines. Residents, again 150 years after Senator Hale, see the Old Orchard site off-limits, occupied by the charter school's buildings, play ground and people. Critics who argue that the Home cannot operate a business legally, ignore the successful 100-year management of its farm.

On rereading the excerpt from the Armed Forces Retirement Act which states the authority of the Secretary of Defense to dispose of any property of the Retirement Home, we are pleased not to see a proviso, "under the direction of the Washington archdiocese." If residents were given a choice for a tenant-neighbor, it probably would be a symbiotic alliance with Walmart. Visits to Walmart are the most popular of the recreational bus destinations of Home residents. Walmart sites are often more than twenty-five miles from the Home and are in conjunction with Arundel or Potomac Mills or Fort Meade. If Walmart were located on grounds adjacent, accessible to residents on foot or battery powered carts, all of us would benefit.

As the nation's largest company, Walmart would gain an ideal location, a favorable market area, and even a site for national and international Walmart home office. It will be understood, of course, that in AFRH-W the "W" will continue to designate "Washington".

WORLD WAR II MEMORIAL



Artist's concept 2000, Final Architectural Design - The National World War II Memorial, Washington, DC - Rendering by Joe McKendry.

The inset at the upper right shows a View of Memorial Arch and Pillars from Plaza - Summer 2000. Rendering by Joowan Lee.

Nearly 59 years after the end of World War II, the National World War II Memorial will be dedicated in Washington, D.C., on Saturday, May 29, 2004.

The Memorial Day weekend celebration on the National Mall will culminate an 11-year effort to honor America's World War II generation. The memorial was authorized by Congress in 1993. Construction began in September 2001 after several years of fund raising and public hearings.

The official dedication celebration will span four days and will include a WWII-themed reunion exhibition on the National Mall staged in partnership with the Smithsonian Institution's Center for Folklife and Cultural Heritage, a service of celebration at the Washington National Cathedral, and an entertainment salute to WWII veterans from military performing units. Other related activities in cultural venues throughout the city are expected.