

Cherry Blossom 10-mile race no problem for AFRH veteran runner

By Mary Kay Gominger

AFRH resident Curtis Young was one of among 15,000 runners that participated in this year's Washington DC Cherry Blossom Ten Mile event, which was held on Sunday, April 10. Curtis finished the race with a time of 1:56:16.

"I trained very carefully for this race," Curtis said. "I felt good and recovered fast. It was a good run."

Curtis grew up in Radford, Va. He has been involved in sporting events of one kind or another all of his life. In his youth he played basketball and baseball but, in addition to running, he's also played racquetball, tennis and now he's an avid golfer. He joined the Air Force in 1950. Eighteen years later, the Air Force began physical fitness testing and that's when Curtis began getting serious about running.

"Once I saw the benefits of running and how it improved my overall health, I was sold," the 30-year Air Force veteran

said. And he's been running ever since.

On most days you can see Curtis running along the AFRH's sidewalks as he normally logs in about 20 miles a week. In preparing for this 10-mile race, he upped his mileage to 35 miles per week.

"I did five miles a day to get ready for this race and I slowly increased my miles until I could do 10," Curtis said. "I take off one day a week too, to let my body rest. That's important."

Curtis has lived at the AFRH for the past three years.

This was the 38th year for the Washington DC Cherry Blossom Ten Mile Run. It is the city's only event with an international reputation that draws the world's finest road runners. This year's purse totalled \$45,000, the largest in the event's history.

The annual event is sponsored by the Credit Union and the proceeds go to the Children's Miracle Network.



Curtis Young is photographed after the Cherry Blossom 10 mile race on April 10. His time was 1:56:16. Curtis enjoys helping other residents with fitness tips and classes. He can be found most days in the Fitness Center.

Echo National Chainsaw Carving Team to take Centerstage at AFRH-W May 14-16, 2010

Special carving is being done "In honor of all service men and women around the world."

Washington, DC – (April 2010)

The AFRH-W will host a patriotic chainsaw carving challenge on May 14-16, 2010. This widely anticipated event is co-hosted by ECHO Outdoor Power Equipment who is sending three members of its renowned National Carving Team to participate during this three-day event. It will be a memorable outdoor event featuring Mark Colp (Lakeport, CA), Mike Bihlmaier (Marengo, IL) and Jason Emmons (St. Croix, IN), three of the top chainsaw carvers in the United States.

"This is a great way to celebrate Armed Forces week on the historic grounds of the Washington, DC campus," said David Watkins, AFRH-W Director. "And, it is a perfect opportunity to bring the active duty, military organizations and our distinguished residents together and honor their service."

Justin Seffens, Chief, Campus Operations said, "This is a first time an event of this type has been held at AFRH-W. It is an honor and privilege to host the ECHO Carving Team who will be making history of their own through a skillful craft with a patriotic flare."

ABOUT ECHO CARVING TEAM

The ECHO Carving Team will be competing against each other for the "People's Choice" category, while developing sculptures which will be placed on permanent display on AFRH-W grounds. All three are full time professional carvers who make their livelihoods from chainsaw sculpting. They are both commission artists and competition carvers, contracted by ECHO to

serve as ambassadors for the brand and to showcase their art.

So what's a competition carver? A chain saw artist could work on a commissioned piece for months in his studio. The challenge of a high level competition is to carve extremely well against the clock, while bringing out a personal interpretation of a pre-

chosen theme. ECHO has dubbed this type of chain saw carving "Full Throttle Art." The sculpture themes the ECHO Carving Team will carve on AFRH-W grounds will be pre-chosen by residents, who will then vote for their favorite sculpture.

You can read more about the carving team at www.echo-usa/carvingteam.

Historic display added to AFRH-W grounds



Found tucked away in an old warehouse

The 12-pounder gun, Model 1841, required eight horses to pull the mounted gun and lumber. At the outbreak of the Civil War, draught animals were in short supply, so the Army put most of these very heavy weapons in fixed fortifications, and used lighter weapons, which only required six horses in the field.

There were about 71 of this model produced between the two founders, Ames and Alger, with the vast majority coming from Ames. A number of these guns were rifled, experimentally, around 1860, but those were never issued for service.

The only documented service of these guns during the Civil War was with the 13th Indiana. The 12 pounder M1841's are not known to have fired in anger during the Civil War. A number of them were taken to Mexico during the Mexican War in 1846-48.

Fewer than 30 of these guns, from either maker, are known to be in existence as of 2010.

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So here we are another month has passed into history. All of us have gotten another month older. One sees in these progression things that we have to remember. Several of those things

have to do with our health.

Yes, as one ages things happen that one does not want to happen, but we are largely unable to affect these changes. Yes we can exercise more, we can eat wiser, and we can take our medication just like it says on the bottles. But for the most part as we age the only thing that we can do is accept these changes, manage them, and sit around with other residents and talk about these changes. And, of course, remember the "good-old-days" when all of us were younger and were able to jump over large buildings in a single bound. Yes, we were: "Supermen" (or Women) in our youth. But like, in all things, change comes like the changing of night into day. Regardless of where we are, who we are, what we do, change happens.

Many people look upon change as a "four-letter" word. But change is going to happen and once we get over that bump in the road, the changes that are coming can be managed and we can get on with life.

And so too are the changes in the way we the residents will live in the future. For example, the new Gulfport facility replaces the old home at that location. Changes occur at that place in that everything will be new so that only certain things will not work correctly. Things that used to be at that location will no longer be there but will either have gone away or have changed in the way they work. This is change that will have to be managed.

Another example of changes that are coming and that will have to be managed are the changes to be caused by a proposed change in the way the residents receive towels, bedding for their rooms and personal items. In order to manage these changes focus groups are going to be held to ensure that resident views are taken into account prior to the changes being made. It is very important that if you are concerned about these changes that you make an effort to attend these focus groups and let your input be heard. Dates and times for these groups will be announced and you are encouraged to attend these meetings. Your views are important and need to be heard.

Well, there is another opportunity to give back to our home. It is going to be on the 6th of May at 6 p.m. in front of the Lincoln Cottage, yes, another POETRY ON THE GREEN. I hope that many of you will attend and that some of you will offer to read your poetry for the other residents. I know that many residents have much to offer in this area so continue to make me proud of what you have and can still do.

I now need to remind those who will be remaining in Washington that the work of the Resident Advisory Council will continue even as the former residents of the Gulfport home return to that place. Some of the current members of the RAC will leave and will need to be replaced. Would you consider taking their place? What service can you perform to make this place better in the future? I know that as one ages, they feel that their usefulness to others appears to not be wanted. Please be assured that, regardless of age YOU have much still to offer not only here but yes, even the community outside the gates of this place.

I want to thank Mr. John Miller for taking care of the meeting for last month. I had to attend a 49th year reunion for my High School Class in Needles, California. It was a very enjoyable meeting so much so that they have invited me back next year to speak at the 50th Reunion. How could I refuse?

Esker McConnell

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the AFRH Communicator staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



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

Eligibility:

Military veterans from each service branch can live at AFRH.

The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer), are eligible to become residents of the Retirement Home:

Veterans with 20 or more years of active duty service and are at least 60 years old, or

Veterans unable to earn a livelihood due to a service-connected disability, or

Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or

Female veterans who served prior to 1948.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH,

PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Become a resident today!

History revisited

The French Maginot Line



The entrance to Ouvrage Schoenenbourg along the Maginot Line in Alsace. The Maginot Line was a concrete and steel defensive line built from the 1930s to 1940s by France.

On Thursday March 25th, residents were treated to a slide show and discussion about the World War II phenomena of the French Maginot Line. Tim Ketchum, who also brings his restored jeeps to our Antique Car Show every year, was the presenter. He introduced his topic with a short film on the history of the famous line and then followed up with his recent trips to this site. Residents were able to add to the discussion with their insights and questions, making this a very entertaining program.

Message from the Chief Operating Officer



We had a very busy month here at the AFRH with Residents spending more time outdoors enjoying the beautiful spring weather, special visitors to the campus, trip planning and we are one month closer to the much anticipated opening of the Gulfport facility in October and beginning the execution of the Scott Project.

It is always so gratifying to see active duty military members on our campus interacting with our Residents, taking time out of their busy schedules to connect with their senior comrades, the ones that went before them and helped make the military the advanced force it is today. This bond is a part of our proud military heritage and helps to distinguish us from all other similar organizations.

We kicked off the month with a musical performance by the U.S. Army School of Music on April 1. On April 18, nine football players from the Naval Academy came in for a tour and lunch with the Residents. Then on April 21, the Master Chief Petty Officer of the Navy Rick West visited the Home and sat in on the monthly Resident Advisory Council meeting and then had lunch with the Residents. Also on April 21, a group 25 Defense Information School (DINFOS) students, active duty enlisted from all branches of the service, toured the Home. Wrapping up the month on April 28 was a group of volunteers from the Coast Guard. They spent the day at the pond, getting the area cleaned up to make it a more enjoyable site for our Residents. We appreciate all of the volunteers, especially the active duty military that so generously support our Residents.

Next month, on May 14-16, we are hosting a wood carving competition. Three very talented wood carvers will be donating their time and talent to create a piece of art that will be prominently displayed on our grounds. The details of this event are noted on Page 1. The theme of the artwork

produced from the carvings will be selected by our Residents. We look forward to hosting this group and watching them create artwork and I hope that everyone will come out to take part in this exciting event.

On June 21, seven of our Korean War veterans will be traveling to Korea. The trip will be sponsored in full by the Korean War Veterans Association to commemorate the 60th anniversary of the start of the Korean War.

We also had two special visitors to our campus this month, our new director in Gulfport, Mr. Richard Heath, was here earlier this month as was the new Ombudsman for the AFRH Gulfport facility, Command Master Chief (CMDM) Jim Fairbanks. We look forward to working with them both as Gulfport gears up. I was in Gulfport a few weeks ago for a site visit and the amount of work our general contractor has accomplished to date is truly commendable. The project continues on schedule. Major components are in place, now

comes the finish work, landscaping and the installation of FF&E (furniture, fixtures and equipment). There is a full update on the project on Page 8 and on the website, www.afrh.gov.

The Scott Project is tracking on schedule as well. As soon as the Gulfport Residents vacate their rooms and relocate to the new facility in October, we will start clearing out the Scott building in preparation for its demolition. There are diagrams on Pages 4 and 5 to help you in identifying where services are located now, where they will be in transition and their final location once the project is complete. This information is also posted at the Post Office in the Sheridan. All services that we provide now will continue seamlessly during this transition time.

Attendance at the monthly Resident Focus Group meetings for the Gulfport Stand Up and the Scott Project continues to grow. It is a great way to share information and receive feedback from our Residents.

It is an exciting time to be a part of the AFRH.

Timothy Cox



POW speaks of his time in captivity

On April 9, former Navy pilot Charles P. Zuhoski visited the AFRH-W and spoke about the 5 years and 8 months he spent in a Vietnamese prison camp. Commissioned in March 1965 and designated a Naval Aviator in August 1966, his first aviation assignment was with the VF 111 Sundowners where he flew the F-8C Crusader, a single seat fighter. In July 1967, on a combat escort mission over North Vietnam, his aircraft was hit by a surface to air missile, compelling him to eject in close vicinity of Hanoi, where he was captured. His account of his time as a POW was riveting and the residents enjoyed his presentation.



Master Chief Petty Officer of the Navy - Rick West speaks with Edyth Jackman during his visit to the AFRH on April 21. Edyth recently celebrated her 100th birthday.



Naval Academy Football team - Harry Jaek stops by to speak to two football players from the Naval Academy. Nine members of the team visited the AFRH on Sunday, April 18.

From the Director

We had a beautiful example set before us this last month. Two married couples who made their home at the AFRH each lost a spouse. I was at a meeting recently and heard the Medical staff at LaGarde speak of the great love, devotion and faithfulness the husbands showed their wives. Both of these couples had been married for more than 60 years. As the wives were in their last days, the staff was greatly affected by the beauty and tenderness of these men who remained committed to their wives.

Several years ago, Paul Simon and Art Garfunkel enchanted us all with the song of a poor boy that went to New York on a dream and fell victim to the harsh life of the city. Penniless, with only strangers as friends, he spent his days "laying low, seeking out the poorer quarters where the



ragged people go, looking for the places only they would know."

It's easy to picture this young lad, dirty face and worn clothes, looking for work and finding none. He trudges the sidewalks and battles the cold, and dreams of going somewhere "where the New York City winters aren't bleeding me, leading me home." He entertains thoughts of quitting. Going home. Giving up - something he never thought he would do.

But just when he picks up the towel to throw it into the ring he encounters a boxer. Remember these words? In the clearing stands a boxer and a fighter by his trade, and he carries a reminder of every blow that laid him down or cut him till he cried out in his anger and his shame, 'I am leaving, I am leaving!' but the fighter still remains.

"The fighter still remains." There is something magnetic in that phrase. Those who can remain like the boxer are a rare breed. I don't necessarily mean win, I just mean remain. Hang in there. Finish. Stick to it until it is done. But unfortunately; very few of us do that. Our human tendency is to quit too soon. Our human tendency is to stop before we cross the finish line. Our inability to finish what we start is seen in the smallest of things: A partly mowed lawn, a half-read book, letters begun but never completed, an abandoned diet, or a car

up on blocks.

Or, it shows up in life's most painful areas: an abandoned child, a cold faith, a job hopper, a wrecked marriage, or an unsettled world.

Am I touching some painful sores? Any chance I'm addressing someone who is considering giving up? If I am, I want to encourage you to remain.

Are you close to quitting? Please don't do it. Are you discouraged as a parent? Hang in there. Are you weary with doing good? Do just a little more. Are you pessimistic about your job? Roll up your sleeves and go at it again. No communication in your friendships? Give it one more shot. Is your day framed with sorrow and disappointment? Is your health scaring you? Are your tomorrows turning into never? Is hope a forgotten word?

Remember, a finisher is not one with no wounds or weariness. Quite to the contrary, he, like the boxer, is scarred and bloody; Mother Teresa is credited with saying, "God didn't call us to be successful, just faithful." The fighter is pierced and full of pain. But he remains.

Thank you, Paul Simon. Thank you for encouraging us to remain, to endure, and in the end, to finish.

David Watkins

Scott Project

Building our community around the needs of our residents

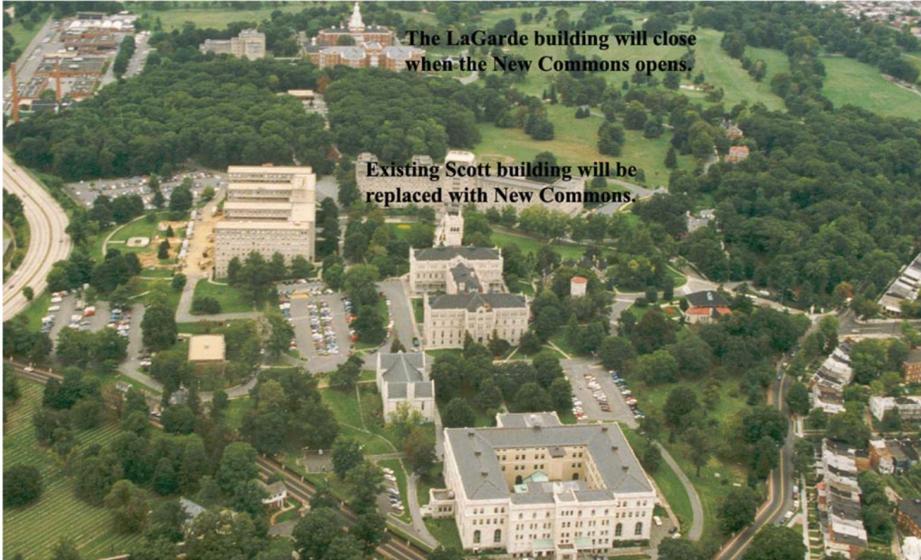
The Washington community (AFRH-W) has endured difficult challenges in the past 10 years including the provision of emergency housing for the displaced Gulfport residents, changes in resident population expectations and deterioration of the Scott Residence. With the Scott Project, AFRH-W is moving forward to reduce the footprint in order to bring all levels of care and services into closer proximity for easy resident access.

Recently, AFRH continued fulfilling its vision “to actively nurture the Health and Wellness

Philosophy of Aging” by reshaping and improving its operations through the Scott Project. A major objective to be achieved with the Scott Project is having the ability to allow our residents to age in place where they are comfortable in their surroundings. Now, residents must travel relatively long distances to attend to their daily needs such as checking mail, dining, hobby areas and such. Also, standards of healthcare have evolved, energy requirements have grown and, most recently, costs have fluctuated dramatically, especially in energy.

Within the Scott Project there are many major ele-

ments: moving Assisted Living (AL) residents from the Scott Building to LaGarde; residents moving out of Sheridan and Scott who chose to move to the new Gulfport home; all Scott residents eventually moving to Sheridan; demolition of the Scott Building; construction of a new facility to house common functions and a new healthcare center; and opening of the new facility; closure of LaGarde; and eventually the renovation of AL rooms and Independent Living (IL) rooms in Sheridan.



WASHINGTON SCOTT PROJECT

Questions and Answers

Q: What is the Scott Project?

A-The Scott Project is a comprehensive multi-phase project to make needed capital improvements to the AFRH-Washington community facilities. Starting in FY09, this project is phased over several years.

Q-Why did AFRH decide not to renovate, but to tear down the circa 1950s Scott Building?

A-After extensive analysis, it was determined that renovation was not feasible, due to the many obstacles associated with this massive, aging structure (e.g., inadequate room heights for healthcare functions, oversized and inefficient commons spaces, and unachievable energy conservation goals). Also, the excessive costs associated with a total renovation were not as economical as new construction.

Q-What are the potential cost savings of this new building? How are these savings achieved?

A-GSA believes potential cost savings are associated with new construction. Because disclosure of this information may be a potential negotiating point among contract bidders, it would be inappropriate to discuss until after the contracts are awarded.

Q-How is the Scott Project funded?

A-The Scott Project is funded totally from the AFRH Trust Fund.

Q-What name will the new building be given?

A-The working name for the new building is the Commons. No final determination has been made yet.

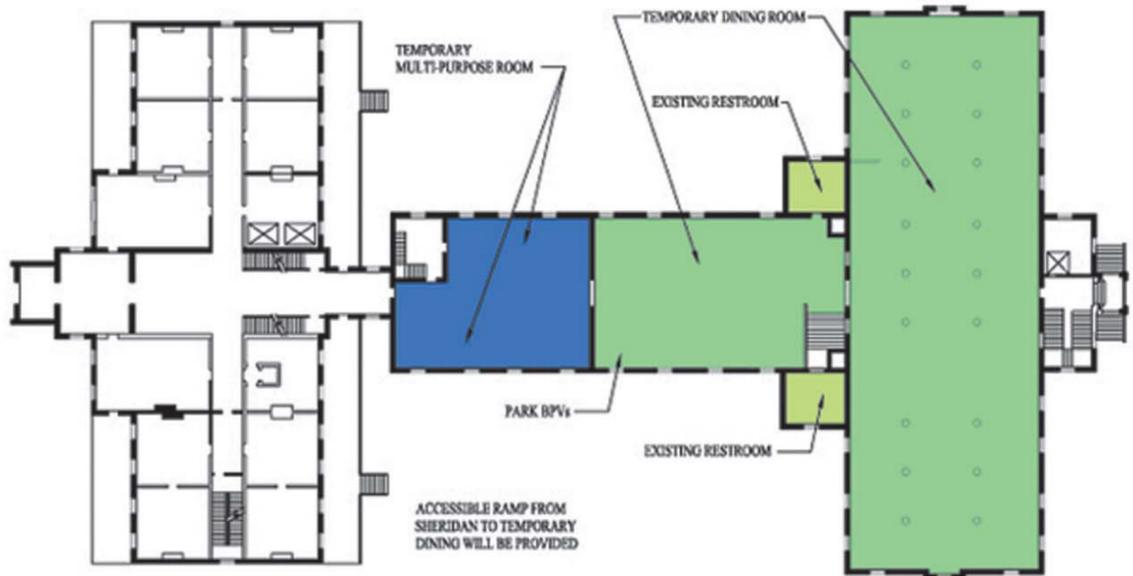
Q-What will the new building look like?

A-Currently the final design concept is a four story facility. Some part of the building will be below the natural sloping grade as you look toward the Capitol.

Q-What will the new facilities have in the way of spaces and/or accommodations?

A-The anticipated new building, with a combined area of 170,000 square feet, will have an area referred to as the Commons which will have services such as dining and the Wellness Center and various offices for support staff. The building will also accommodate our Long Term Care (LTC) and Memory Support (MS) residents which will be in closer proximity to the Independent Living (IL) and Assisted Living (AL) residents instead of the current setup where they are housed in the remote LaGarde Building.

SHERMAN
FIRST FLOOR ANNEX AND NORTH
PROGRAM SPACE LOCATIONS DURING TRANSITION PERIOD OF THE SCOTT PROJECT
APRIL 22, 2010



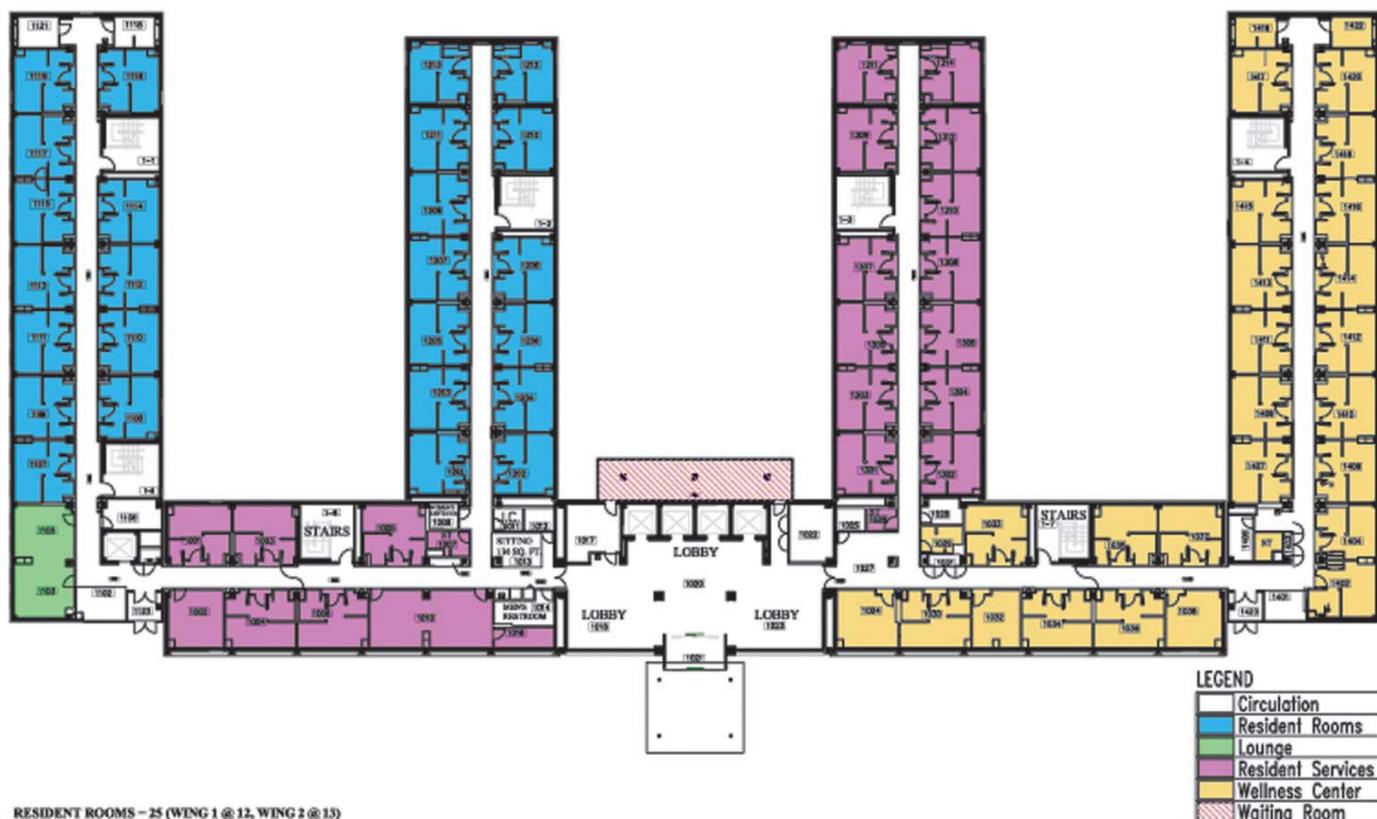
SHERMAN
GROUND FLOOR
PROGRAM SPACE LOCATIONS DURING TRANSITION PERIOD OF THE SCOTT PROJECT
APRIL 22, 2010



LEGEND

Resident Services
Resident Spaces
Campus Operations

SHERIDAN
FIRST FLOOR
PROGRAM SPACE LOCATIONS DURING TRANSITION PERIOD OF THE SCOTT PROJECT
APRIL 22, 2010



LEGEND

Circulation
Resident Rooms
Lounge
Resident Services
Wellness Center
Waiting Room

RESIDENT ROOMS - 25 (WING 1 @ 12, WING 2 @ 13)

Wood carvers to donate time, skill for veterans

THE CARVERS

MARK COLP

Carving competitively since 1998 (carving since 1981).

ECHO Carving Series Championship

Appearances:

2005: 3rd Place

2006: 5th Place

2007: 2nd Place

Hometown: Lakeport, Calif.

Birthday: Apr. 20

Occupation: Professional carver

Carving is my life's work.

To Mark Colp, who does all his carving and finishing work in his studio in Lakeport, Calif., chain saw carving is his life's work. "It's all I do. I've never filled out a job application in my life. I started carving in 1981, after graduating from high school." Colp refers to his studio as "the Bat Cave" and says it serves as his workshop and his hideout.

Colp got the itch to become a chain saw carver by watching his father and brothers do it, and training with them. "When I'm carving, I enjoy seeing people happy with the finished piece. I love doing something that makes people happy."

MIKE BIHLMAIER

Carving competitively since 2001.

ECHO Carving Series Championship

Appearances:

2005: 5th Place

2007: 6th Place

Hometown: Marengo, Ill.

Occupation: Repair machinist for 25 years

Carving is a labor of love

To Mike Bihlmaier, who does all his carving and finishing work on his driveway and in his garage at home in Marengo, Ill., chain saw carving is a labor of love, not a job.

"I don't have to carve for a living," said the easy-going Bihlmaier. "I do it out

of love for the craft. It's an addiction." At some point in the near future, he plans on building his own workshop.

Inspired to become a chain saw carver after seeing carving competitions at various fairs, Bihlmaier says he has always been drawn to carving. He started out competing in snow sculpting competitions in Illinois, got hooked on large sculpture and gradually progressed to tree carving. He became a full time professional carver in 2008.

"When I'm not physically carving, I'm creating, drawing and doing research for pieces I'm working on," Bihlmaier said.

JASON EMMONS

Carving competitively since 2002

ECHO Carving Series Championship

Appearances:

2006: 6th Place

2007: 7th Place

2009: 1st place

Hometown: Branchville, Ind.

Occupation: Professional carver

Carving is a full-time job

To Jason Emmons, chain saw carving is a full-time job. Carving orders have been coming through his St. Croix, Ind., studio - called Bear Hollow - on a steady basis for more than eight years.

Originally from Indianapolis, the open-minded and energetic Emmons calls Branchville, Ind., his home now. According to Emmons, his wife inspired him to become a chain saw carver. "My wife's family runs a saw mill and I worked there as a lumber inspector for 10 years," he says. "I've seen carvers at a lot of timber industry events and shows, and my wife really encouraged me to pursue the opportunity."

To Emmons, carving is more of an art form than a skill. "To be competitive at carving, you need to be an artist; although it can be taught to a craftsman." Emmons says his carving skills were self-taught, adding that he has read a few books on carving, too.

Carving Schedule for AFRH Washington

Friday, May 14

9 a.m. Each carver draws a main piece theme (submitted by residents) from the barrel
9:15 Wood lottery (this method assigns a log to each carver)
10 "Blocking" - carvers use their largest saws to check integrity of log to fit their intended design. Large chunks of unnecessary wood to the design are removed.

10:30 - 12 Initial carves - important phase to determine if wood can handle intended design

12 - 1 Lunch

1 - 3 Mark Colp and Mike Bihlmaier continue to carve main their pieces while Jason Emmons demonstrates a "quick carve"

3 - 3:30 Break

3:30 - 5 Carving on main pieces continues

Saturday, May 15

9am - 12 Carvers continue working on main pieces

12 - 1 Lunch

1 - 3 Mark Colp and Jason Emmons carve their main pieces while Mike Bihlmaier demonstrates his 'quick carve' technique

3 - 3:30 Break

3:30 - 5 Carving on main pieces continues

Sunday, May 16

9 - 12 Carvers continue working on main pieces

12 - 1 Lunch

1 - 3 Jason Emmons and Mike Bihlmaier carve main pieces while Mark Colp demonstrates his 'quick carve' technique

3 - 4:30 Final touches applied to sculptures

4:30 - 5 People's choice award announced & sculptures dedicated to park

Former WAVE Reaches the Century Mark

By Sarah Kenan

On April 2 the residents and staff of the AFRH celebrated Mrs. Edyth Jackman's 100th birthday with a grand party. She was born in Oklahoma 1910. Her son who traveled all the way from Alaska and daughter who is from Massachusetts were in attendance. Also ladies who knew her when she was in Gulfport came down from the Sheridan and Scott buildings and presented her with cards and presents. Swing and Big Band music was played which Ms. Jackman said was her favorite music. Recreation staff served an assortment of cakes and strawberry ice cream, jellybeans, nuts and punch. Many residents and staff congratulated Ms. Jackman and her family on this joyful day. Mrs. Jackman served in the Navy for four years and was one of the first Waves in the country.



Edyth Jackman on April 2 at her 100th birthday party.

Poetry on the Green

By Christine Baldwin, Librarian

Come One, Come All and read or recite your favorite poem at the Third Annual Poetry on the Green! It will take place on the green behind the Lincoln Cottage (in front of the Scott Building) on Thursday, May 6 at 6 p.m. If you are interested in participating, sign up at the Scott Library.

For more information, call Christine at ext 3319.

See you then!!!!

NOTES FROM THE AUTO HOBBY SHOP

Spring showers call for checking of wiper blades

By Henri Gibson

Before I begin I would like to thank all of you who took the time to give me so much positive feedback on my articles. It really makes me feel good to know that so many of you are reading the column and using the tips I write about. Ok so on to my next subject.

Now its spring and summer is right around the corner but with spring comes rain and sometimes lots of it. So nothing is worse than driving somewhere and it starts to rain and you turn on the wipers and they don't wipe the windshield clear or you see strips of rubber dangling from the wiper arm or you hear a scraping noise as the wipers swipe across the window. All bad signs and all could be prevented with just a little checking once a month, and replacing when scheduled (usually once a year). When replacing always replace both sides at the same time.

Ok, now lets do some checking. Wiper assemblies come in three parts. The arm, the blade and last the rubber insert that goes on the blade. The arm is the part that attaches to the body of the car and holds the blade and insert. The

arm should be tight with no free play (wiggle them back and forth) if loose tighten them up with a wrench (if you can't tighten the arm the whole assembly needs to be replaced). Next check the blade see if any parts are broken and if the rubber insert is in place, and now the most important part the rubber insert. If it's not missing rub your fingers along its entire length. The rubber should be soft and flexible not hard and brittle without any tears. If the rubber needs to be replaced it is not necessary to buy a whole wiper assembly. You can buy just the rubber insert, or the blades and insert combination. Buying just the insert is the cheapest way to go (\$2-5 each side), but require some work to do it right. Next expensive and easiest is replacing the blade and insert combo (\$5-10 each side). The most expensive is replacing is the whole assembly (\$20-30 each side). Replacing the whole assembly is never necessary unless some major damage has been done to the wiper arm.

Last month when I went to buy some wiper inserts at the auto parts store all I could find were the whole assembly at \$23 each or the blade/insert combo at \$6 each. Well one can't blame the parts store, there is more money to be made up-selling the customer, but I don't like to up-sold so I went to AAFES auto store at Bolling AFB and found just the inserts (\$1.95 each). Also Walmart sells just the inserts. So save some money and buy just the inserts, or the blade/insert combo and install them yourself. If you don't feel comfortable checking the wipers yourself come by the Auto Hobby

Shop and we can check them for you. Then if needed go buy the blade/combo set at an Auto Parts store or AAFES Auto Shop and they will install them for you, or bring them to Auto Hobby shop and we will help you install them.

Well bye for now see you next month!!!! If there is any subject you would like for me to cover, just stop by the Auto Hobby Shop and let me know.



Time for a check up - At least once a year replace windshield wiper blades. With just a little checking, you can save yourself some money too. Read how.

Exerstriding

Get more benefits from your walk

By Mary Kay Gominger

Do you want to exercise smarter, not harder and get more results? Do you want to have more fun and get more fit in less time? If so, a new class being offered by Rec Services beginning next month is for you. It's called Exerstriding and it's safe, effective and easy to learn.



Curtis Young demonstrates how to use the walking poles to gain the most benefit.

Exerstriding is walking with the use of two poles which in effect puts to use all of the body's major muscles in a sustained aerobic exercise. Unlike running and other half body exercise, your heart will work to pump blood to every major muscle in your body, simultaneously improving overall vascular fitness and gradually increasing muscle strength and endurance.

"We will start classes in May," Jerry said. "We expect a lot of interest in this new class."

Fitness enthusiast Curtis Young, a regular at the Fitness Center, is excited about the new class being offered to residents.

"We have received 12 sets of poles," Curtis said. "Once people try them, I think the class will catch on. They are easy to use."

Exerstriding is easy to learn. If you can walk, you can learn to Exerstride in just minutes. In terms of how the arms and legs move, walking and Exerstriding are very similar. Exerstriding improves aerobic, muscle, joint, bone and lymph function. The synergistic nature of Exerstriding makes it an extremely efficient means to accomplish more in less time, with little risk of injury and maximum benefits to an individual's physical function.



Resident walking enthusiasts, led by Curtis Young, give the walking poles a try outside after the classroom session.

If you would like to see firsthand the benefits of Exerstriding, sign up for classes in the Fitness Center. Jerry Carter and Curtis

Young can answer any questions you may have about physical fitness and exercise classes offered to residents.

News from King Health Center

Texas Hold-em Night

By Carol Mitchell

On Tuesday, March 23 residents of the King Health Center enjoyed a night at the Recreation Therapy Texas Hold-em Challenge. Two tables of nine each and a crowd of cheering fans gathered to play and watch the action! Residents were given \$200+ in chips to start with and the top two chip holders from each table advanced onto the final table.

Resident William Palmer took 2nd place and the big winner of the night taking 1st place was Resident Johnnie Cargo.



Johnnie Cargo receives his winnings from Carol Mitchell during the Texas Hold-Em Night held at King Health Center.

Recreation Therapy in KHC

Spring Cookout: Friday, May 7 at 11:30 outside by the fountain join us for an old fashion cookout. We will be serving home made hamburgers and hot dogs with all the trimmings. Come and meet your friends and enjoy the good weather!

Sensory Stimulation Group: Every Tuesday at 10 a.m. in the Recreation Center. This program is for our residents who don't often get off the units. It's designed to provide music and intellectual stimulation and enjoyment.

Fun & Fitness: Every Tuesday at 2 p.m. in the Recreation Center. This activity is for resident's who need some stretching and range-of-movement exercises. All are invited.

Steve's Travel Club: Each Wednesday at 1:30 p.m. in the Recreation Center we take a video tour of a state or country. Join us as we travel the world but don't worry, we'll be back in time for dinner! All are invited.

KHC Friday Socials: Each Friday at 1:30 in the Recreation Center, we end our week with a fun time of music, jokes, quiz questions and refreshments. All are invited.

Cooking It Up Good

By Sarah Kenan

On Wednesday March 31st Assisted Living residents gathered in their dayroom to whip up some gourmet buttermilk blueberry pancakes. Our first cooking project was to fry up some delicious maple sausages and thick cut cured bacon. James Taylor was busy separating the bacon to put onto the grill. Elliott Bronfman was measuring out the dry ingredients to mix in the bowl.

After mixing the dry ingredients, Pete Dounis was measuring the buttermilk to put in and mix in the bowl. Soon the sausage and bacon were done and we were ready to add the last ingredients for our pancake batter, blueberries. While the pancakes were sizzling on the grill, the residents were watching the Nutcracker ballet. Soon the pancakes were ready for everyone to enjoy and they were delicious. Everyone had at least two helpings and was served with iced tea to drink.



Sarah Kenan and Elliott Bronfman mix up buttermilk blueberry pancakes.

College of The Ozarks

By Carol Mitchell

Residents of the King Health Center were treated to a visit from the College of The Ozarks choir students. Eighty students came all the way from Point Lookout, Missouri, to tour and perform at various locations throughout the Washington, D.C. area. Group Travel Planners included AFRH-W King Health Center as one of the students sites to visit. Residents truly enjoyed individual friendly visits, receiving cards, and a special singing performance. At the end of their performance resident Francis McAleer provided a heartfelt thanks to the students for giving their time to the veterans of the Armed Forces Retirement Home - Washington.



Choir students from Point Lookout, Missouri, performed at King Health Center earlier this month and visited with the residents. The group of 80 students brought their beautiful singing voices along with cards and smiles for the residents.

Fresh Grown Vegetables

The garden at King Health Center has fresh vegetables beginning to sprout up. Residents of KHC enjoy spending time outside tending to their garden.



Gulfport Update

By Steven C. Smith, GSA

With 92% of the construction complete, hundreds of activities continue simultaneously to wrap up the project. Here are a list of some of the major activities:

Site

Complete roadway grading
Final grading SW quadrant
Irrigation System - ongoing (55%)
Front entrance circle drive
Reflecting Pool (30%)
Guard Shelter at front entrance
Excavation and dewatering for foundation
Pour foundation Pool Locker Room (80%)

Finishes:

Install wood trim
Cabinets at Level 1
Installing Mirrors Level 1
Installing Floor Finishes (80%)
Painting (80%)
Installing bath accessories and fire extinguisher cabinets

Exterior:

Planting green roofs
Install Pediguard at balconies
Equipment:

Audio/Visual rough-in
Bowling Alley (80%)

Mechanical:

Fixtures and trim out levels, Tower C and level 2
Tower C penthouse rough-ins continue
Air duct and pipe testing to continue as required
Commissioned items:

Electrical:

Install lights and devices (70%)
Commissioning and testing of systems
Beach Access (Pedestrian Overpass)
North side ramp under construction (40%)

Chapel:

Final landscaping started
Substantial completion received Feb. 2010



The pedestrian bridge over Hwy 90, north side.



The southeast quadrant of the building. The road leads to the newly installed loading dock.



An aerial view from the top of Tower A.



The country kitchen in the Long Term Care area.



AFRH-Gulfport's new director, Richard Heath, tests out the newly installed bowling equipment in the Bowling Center.



A craftsman sands the terrazzo floors in the main lobby.