

AFRH and CUA Agree On And Consummate Land Sale

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Mr. Tim Cox, AFRH Chief Operating Officer and Father David O'Connell, CUA President made the land sale official on May 1, 2004.



The Armed Forces Retirement Home and Catholic University of America toast the finalization of the land sale.

On Thursday, April 29, 2004, the Armed Forces Retirement Home (AFRH) sold a separate parcel of land to Catholic University of American (CUA) for \$22 million. The acreage which is commonly referred to as the "49 Acres" is located on the east side of North Capitol Street between AFRH and CUA. Total proceeds from the sale of the land was deposited in the Armed Forces Retirement Home's Trust Fund which directly supports the care and needs of the distinguished veterans who reside at AFRH. The CUA's decision to exercise their congressionally mandated right to purchase the 49 acres brought final closure to lengthy negotiations between the AFRH and CUA.

Mr. Tim Cox, AFRH Chief Operating Officer stated that he was "delighted that the settlement occurred and that he sincerely looks forward to participating in future partnerships with CUA that would benefit both the students of CUA and the veterans of AFRH."

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and length.

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



Rick Coleman, AFRH Acting Safety Officer (who also wears other hats), wrote a brief piece on the history of "The AFRH Communicator" and its predecessor, "The Bugler." The article had a surprisingly significant effect on me; perhaps more because of my relatively long association with Rick, and the battles we fought together pushing the Home into the 21st century, than with the actual content of the article itself.

Psychologists familiar with my type of reasoning, are almost unanimous in their assertion that an individual's personality is the sum total of his or her physiological and psychological content. Well, I'd like to tweak that notion even further by adding that one's personality (or character, if you will) also bears the conditioning of almost every person that individual has ever met! This sentiment was as unnerving to me as the discovery that my children didn't learn as much from what I said as they did from my behavior.

With this in mind, try to think of all the people you have ever met, the affect you have had on them and the effect they have had on you. Consider the potentially lasting impact of your talk and actions on others as you go about your daily routine. Will that part of you that your associates take with them be positive or negative?

I first became aware of these thoughts during the 1985 Holiday Season and wrote them down along with other emotions befitting the season. I then fashioned them into Holiday Greetings and passed copies to those who appeared to be in need of an uplifting message. The effect was truly amazing. Frowns turned to smiles. They began to enjoy the blessings and peace of the Season.

Enjoy your newspaper!

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers 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 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 20317.

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

AFRH NEWS

Message from the Chief Operating Officer



Message from the COO

Each year on the last Monday of the month of May our Nation takes time to remember the many soldiers, sailors, Marines and airmen who lost their lives while defending our country's freedom. This year, our Nation places increased emphasis on memorializing our veterans by dedicating the new WW II Memorial located on the Mall in Washington, DC.

The WW II Memorial not only recognizes those who lost their lives, but it also serves as a tribute to all service members who served during WW II. This Memorial Day every American owes each WW II veteran a great deal of gratitude for protecting our Nation during the war years of the 1940s. Within the AFRH community I join with each of our AFRH staff members to specifically thank residents who have served in WWII. We appreciate the personal sacrifices you made and we realize the impact that the events of WWII made on you and your families.

As a resident and veteran I want to make sure that you fully understand that our commitment to ensuring that the AFRH is available to all future generations has never been stronger. Through effective, efficient and economical programs and methods of service delivery, we feel we are well on our way in providing for the future needs of service members currently stationed on foreign soil throughout the world. The AFRH and its predecessor organizations, have long played a vital role in taking care of its distinguished residents. The AFRH, like the WWII Memorial, is also a tribute to all service members who fought to make our country great.

Tim Cox, COO



May 18, 2004 – AFRH-W hosted their monthly Birthday Recognition in the Scott Dining Hall. “Tim Cox, COO, was on hand to serve the birthday cake.”



AFRH NEWS

France To Honor AFRH-W Residents

“It is my great pleasure and a great honor to inform you that, by decision of the President of the French Republic, you have been chosen to be named Knight of the Legion of Honor, French (sic) most prestigious award.”

The foregoing excerpt is contained in letters dated May 6, 2004 to five AFRH residents and signed by the French Ambassador to the United States, Jean-David Levitte. The award by the French Government is in recognition of their participation in the liberation of France during World War II. Those residents accorded this distinction are: **Daniel Funk**, Baltimore, Maryland; **Pasquale Giudice**, Syracuse, New York; **Joseph Kuhar**, Greenwalt, Pennsylvania; **John**

Thomas, St. Louis, Missouri; and, **Charles Yoder**, Carnegie, Pennsylvania

These unique individuals are among a group of 100 Americans to be decorated in France on the occasion of the 60th anniversary of the Normandy landing. Prior to departing on a special flight from Washington DC on 3 June 2004, they are scheduled to attend a reception in their honor at the French Embassy in Washington, D.C.

The very congenial “Joe” Kuhar and his Battle of the Bulge experiences were featured in a 31 October 2002 profile article in the since renamed “Bugler.”

Comfortable Riding Ahead for Residents in Gulfport

Submitted by AFRH-G

The Home in Gulfport has just received its long awaited new bus. The bus will be used for long distance recreational trips, and has a 23 passenger capacity. It is a nice new International that is ADA compliant with state of the art wheel chair lift and tie-down capabilities. It came equipped with many amenities such as: four TV sets, VHS system for watching movies, CD/stereo system PA system, heavy duty suspension for a smooth ride, and luxurious seating with plenty of leg room. It was put on display at the monthly Dining Facility Patio cook out and received many positive comments from the residents and staff who checked it out.

Unfortunately, the bus was delivered with seats that didn't recline, but the manufacture has promised to deliver the reclining type seats and have them installed within the next three weeks.

Many residents are eagerly waiting to see what activities and travels will be scheduled by the MWR department utilizing the new bus.



AFRH-W NEWS

Office of the Deputy Director-Washington



As we come upon Memorial Day we also close up the much anticipated World War II (WWII) Memorial dedication ceremony. Our residents have already taken advantage of the memorial's opening by going to see it ahead of the actual ceremony events on Memorial Day weekend. However, the actual dedication ceremony will be quite an event, a major happening even by DC standards. The Public

Affairs Office was very proactive in obtaining 220 guest passes for our residents. By the time you read this, most if not all may already be taken. However, do not assume that no passes remain available. Contact the PAO at 3556 or 3043.

As a Home for so many WWII heroes, we are uniquely endowed to be an important part of the upcoming ceremony. Over

the last several weeks, media organizations have been interviewing some of our residents to help get the story out. I am regularly surprised to meet Residents who were at Pearl Harbor on December 7th, 1941 and participated in the fighting that day, or were present on a beach in Normandy on June 6th, 1944. Their experiences are simply priceless, irreplaceable, and the events about to unfold on Memorial Day weekend will showcase those accomplishments, the accomplishments of some of our most heroic residents. In this modern day and age of the War on Terrorism, the costs and pain of war are in plain view for all to see on the newscasts and newspapers. So it was over 60 years ago when the fate of the free world was held in the hands of the heroic men and women of that day. "Included among these men and women are, through good fortune, many current AFRH residents." To them we all owe a great debt of gratitude!

CAPT (s) Paul Soares

Office of the Deputy Director-Gulfport



"AN APPLE A DAY..." We have heard this old saying so often that many of us have actually stopped giving any thought to what it actually means or signify for our health. I am almost convinced, however, that almost everyone would unanimously agree that proper diet and exercise are good for us. Yet, despite this knowledge we continuously find

excuses not to exercise after eating that hearty high-fat meal with the calorie laden dessert afterwards. Apples and exercise are the furthest things from our minds. Fast forward months and a few years and now we've packed on the pounds and developed medical conditions that warrant a few doctor's visits along with some medications. Mind you, the various medications are not innocent cure-alls. We soon find out that insidiously, they too have become part of the problem with their known and unknown side-effects. Before we know it, we need another pill to counteract the side effects of the last one we were prescribed. Stopping the offending medication is not an option because it miraculously brought your cholesterol down or treated your depression...after all no one wants to go through withdrawals or risk having the cholesterol climb back up to dangerous levels. How did you find yourself in this pickle knowing a lot of these ailments are preventable with proper diet and exercise? OK, for the few that plead ignorance to the benefits of proper diet and exercise, this article is for you.

What is the best nutrition advice? It is following the Dietary Guidelines for Americans. These are seven guidelines for a healthful diet. By following these guidelines, you can enjoy better health and reduce your chances of getting certain diseases. These guidelines, developed by the U.S. Department of Agriculture and Health and Human Services, are the best and most up-to-date advice from nutrition scientists and are the basis of Federal nutrition policy.

They are as follows:

1. Eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for good health
2. Balance the food you eat with physical activity. Maintain or improve your weight to reduce your chances of having high blood pressure, heart disease, a stroke, certain cancers, and the most common kind of diabetes.
3. Choose a diet with plenty of grain products, vegetables, and fruits which provides needed vitamins, minerals, fiber, and complex carbohydrates, and can help you lower your intake of fat.
4. Choose a diet moderate in sugars. A diet with lots of sugars has too many calories and too few nutrients for most people and can contribute to tooth decay.
5. Choose a diet moderate in salt and sodium to help reduce your risk of high blood pressure
6. If you drink alcoholic beverages, do so in moderation. Alcoholic beverages supply calories, but little or no nutrients. Drinking alcohol is also the cause of many health problems and

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FROM THE TOP

APPLE

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accidents and can lead to addiction.

7. Choose a diet low in fat, saturated fat, and cholesterol to reduce your risk of heart attack and certain types of cancer and to help you maintain a healthy weight.

Combine the above dietary guidelines with a consistent exercise program and you will improve your health and might even be able to reduce the number of medications you are currently taking for chronic health problems. Regular *physical activity* can help the human body maintain, repair, and improve itself to an amazing degree. And most older people—even those with illnesses or disabilities—can take part in moderate exercise programs. People who exercise regularly may also be less apt to suffer fractures or other accidents. Exercise must become one of those things that you do without question, like bathing and brushing your teeth. Unless you are convinced of the benefits of exercise and the risks of unfitness, you will not succeed. Patience is essential. Don't try too much too soon and don't quit before you have a chance to experience the rewards of improved fitness. You can't gain in a few days or weeks what you have lost in years of sedentary living, but you can get it back if you persevere. And the prize is worth the price!

Some benefits of exercise are:

1. Strengthen your heart and lungs

2. Lower your blood pressure
3. Protect against the start of adult-onset diabetes
4. Strengthen your bones, slowing down the process of osteoporosis
5. Helps you move about more easily by keeping joints, tendons, and ligaments more flexible
6. Help you lose weight (when combined with the dietary guidelines above) or maintain ideal weight by burning calories and by helping to control your appetite
7. Improves your appearance and self confidence
8. Contributes to good mental health by keeping you socially active
9. Contributes to sleeping better
10. Promotes a sense of well-being
11. Helps to keep you "regular," and improves digestion

To get started, see your doctor especially if you are over 50, if you have a disease or disability, or if you are taking medications. Your doctor can evaluate your physical condition, help you decide which activity will suit you best, and check your progress after the exercise program is underway. Those with medical problems may have to avoid some kinds of exercise or adjust their level of activity. Vigorous exercise involves minimum health risks for persons in good health or those following doctor's advice. Far greater risks are presented by habitual inactivity and obesity. Begin by exercising slowly, especially if you have been inactive. The most benefi-

cial form of exercise is "aerobic" exercise that causes the heart and lungs to work at a higher rate continuously to supply oxygen to the muscles. Some examples of this are: brisk walking, swimming, jogging, bicycling, cross-country skiing and folk dancing. Many older people enjoy these exercises. But there are other possibilities, such as modified aerobic dancing, calisthenics, and yoga. It is very important to tailor your program to fit your own level of ability and special needs. If you exercise alone, tell someone of your plans in case you need assistance. Make your exercise period a routine part of your schedule. If you are convinced that regular exercise is not for you, try to stay active in other ways. Activities such as bowling, square dancing, fishing, nature walks, arts and crafts, card and table games, gardening, and community projects will not offer all the benefits of regular, moderate exercise, but they will help you remain actively involved in life, possibly adding years to your own.

Robert N. Butler, M.D., Director, National Institute on Aging said, "*If exercise could be packed into a pill, it would be the single most widely prescribed, and beneficial, medicine in the nation.*" Remember: It is up to you to take control of your life before it takes control of you and next time you have a choice...choose the apple over the cheesecake!

LTCOL Wendy VanDyke

Navy Terms

Every profession has its own jargon and the Navy is no exception. For the Navy, it's bulkhead, deck and overhead and not wall, floor, and ceiling. Some nautical terminology has found its way into every day use, and you will find the origins of this and Navy terminology below. More terminology will be added from time to time.

Fathom

Fathom was originally a land measuring term derived from the Anglo-Saxon word "faetm" meaning to embrace. In those days, most measurements were based on average size of parts of the body, such as the hand (horses are still measured this way) or the foot (that's why 12 inches are so named). A fathom is the average distance from fingertip to fingertip of the outstretched arms of a man — about six feet. Since a man stretches out his arms to embrace his sweetheart, Britain's Parliament declared that distance be called a "fathom" and it be a unit of measure. A fathom remains six feet. The word was also used to describe taking the measure or "to fathom" something. Today, of course, when one is trying to figure something out, they are trying to "fathom" it.

RESIDENT CORNER



Silver Spring Memorial Post 2562
11316 Fern Street
Wheaton, Maryland 20902

Letter to the Editor,

To the residents of the Armed Forces
Retirement Home of Washington, D. C.

We are taking the opportunity to invite you to visit us at Silver Spring Memorial VFW Post 2562 at 11316 Fern Street, Wheaton, MD (next door to Ferdinand's Restaurant). We are a very diversified progressive post with 650 members. We have a Ladies Auxiliary and a Men's Auxiliary. The Post Home has a front lounge as well as a kitchen and a ball room (also used for rentals for weddings, parties, etc.). We also have a pool/game room.

The post hosts other organizations that schedule monthly meetings such as the Wheaton Rescue Squad, Ernie Pyle DAV Chapter, Power Squadron, and more. A monthly newsletter is mailed to all members to keep them informed of our activities such as dinners, dances, karaoke, live bands, fundraisers for worthy causes, etc.

Please contact me, the Post Commander:
Tomas F. Bunting

[Home] 301-384-6562

[Post] 301-933-1588

or Post Quartermaster Joseph Coppinger
301-933-1588

We look forward to hearing from you and to meeting you.

Tomas F. Bunting
Post Commander

WELCOME HOME

NEW RESIDENTS AT AFRH-G

David Pruett
USN

George McGee
USN

Franklin Swiger, Sr.
USAF

Charles Bess, Jr.
USN

Dale Diederich
USAF

William Parker
USAF

Louis Motico
USA

John King, Sr.
USN

CENSUS: 588
*As of 5/21/04

NEW RESIDENTS AT AFRH-W

Alfred Paul
USAF

Francis McCabe
USA

James Owen
USAF & USMC

Robert Smith
USA

Robert Thompson
USAF

Lewis Leake
USA

Carroll Carter
USA

Robert Goss
USAF

Edward Humble
USA

Alfonso Nelson
USA

Ronald Miller
USA

John Pitts
USA

James McGavock
USN

Harvey Burns
USN

Kenneth McAlister
USAF

Ronald Doak
USAF

William Griffin
USA

Casey Kanalos
USAF

Carl Nelson
USA

Rudolf Staninger
USA

CENSUS: 1014
*As of 5/21/04

PARTNERSHIPS

USS Sumter Makes a Special Visit to Gulfport

Submitted by AFRH-G

On Thursday the 13th of May, the USS Sumter APA-52 held its annual reunion memorial service honoring fallen shipmates. The service was held at the Chapel on our campus with 45 attendees. The color guard from Naval Mobile Construction Battalion SEVEN, homeported at the Seabee base in Gulfport, presented the colors for the National anthem and the Pledge of Allegiance. LT Vaughn, a Chaplain from the Seabee base, offered the invocation, followed by Joe Diello, the coordinator for this year's event, who read selected poems and scripture to honor their fallen shipmates. LT Vaughn closed the ceremony with his thoughts and benediction.

The attendees were then briefed on the history of the Home and campus and ate lunch with the residents. They had a wonderful time talking with the residents and in some cases reminiscing. After lunch they departed with smiles upon their faces and promises to return when they come back to the Gulf Coast.



Armed Forces Inaugural Committee Visits AFRH-W



The Armed Forces Inaugural Committee (AFIC) is made up of all five services (Army, Navy, Air Force, Marine Corp and Coast Guard). As part of a team building exercise they toured the Washington campus and had lunch with the residents.



Ft. Jackson Retired Activities Day



Columbia, SC - Ft. Jackson held its annual Retired Activities Day (RAD) on April 24, 2004. All branches of the services host RADs at the majority of bases around the country. Retiree's and their family members receive information on Tricare, Delta Dental, Veterans Affairs, Association for the United States Army, Armed Forces Retirement Home, Military Order of the Purple Heart, Social Security and many more. Other services offered are blood pressure checks, Military ID renewal, and local banking service.

RADs provide the retiree with valuable information in a one day program. AFRH Salutes all Retired Activities Office for providing such a great service.

Left: Soldiers stationed at Ft. Jackson provided a look back at Army military history wearing different era uniforms. Sheila Abarr and Melvin Bryant of the Military Order of the Purple Heart (center) take time to visit and pose with the soldiers.

AFRH-G SPECIAL EVENTS

AFRH-GULFPORT PATIO COOKOUT



GULFPORT - May 6, 2004 – The Gulfport Campus held a patio cookout for the residents. It was a much better day than the one in April, which rained about two-thirds of the way through it. The menu was grilled Italian Sausage and Chicken Breasts, Coleslaw, red potatoes, and various sweets. Ralph Knowles provided music for those who wanted to dance. A good way to work off some of the wonderful food. Everyone enjoyed the afternoon and early evening and look forward to the next patio cookout in June. Photo #1 is of the Dining Service staff hard at work. Photo #2 is a resident enjoying an afternoon outside. Photo #3 is a group of the residents enjoying the afternoon.



AFRH-W SPECIAL EVENTS

David Hughes Scramble Kicks Off the Golf Season



Resident golfers gather around the clubhouse hoping for a hole-in-one or just a great round of golf.



THANK YOU! Long time golf course manager Charlie Layton receives a AFRH-W plaque for his service to all residents and associate members golfers.



- 1st Place: Ken Collier, Minora Nagaoka, Francis Keefe and Vincent Salazar
- 2nd Place: Joe Taylor, Daniel Tanner, Hugh Rowe and Richard Adams
- 3rd Place: H. Smith, Ray Storch, Logan and Morton Sanford

Left: Kennard Collier eyes his approach shot on the number seven green.

Right: Long time golfer Ray Storch finished up with perfect follow through.



Joe Taylor lines up his putt for birdie on the finishing hole of the Hughes Scramble.



Hobert Smith tees off of Number two with a perfect drive right down the center of the fairway.

COMMUNITY

A Doberman Named Hope

Submitted by AFRH-G

Twice A week a blue Doberman named "HOPE" comes calling on her many friends at the AFRH-Gulfport. She is well know as she travels through the hallways and floors, stopping often to get her ears scratched or to receive a loving pat or two from staff and residents alike. She likes to shake hands, especially when she can receive a treat or two, but mostly just likes to interact with the kind people, eagerly accepting embraces and kind words. Her soulful eyes tell a story of endurance through tough times, and she appreciates all the love and attention lavished on her at the Home. She especially enjoys going for walks with her close friends on the third floor ALU ward.

Hope has an unusual history. Briefly, she was a dog that was abused by her previous owner to the point of starvation. When the Jackson County Humane Society notified the Gulf Coast Doberman Rescue about her, she was hours away from death. The first couple of weeks were touch and go as to whether she would make it or not. In fact, that is how she got her name. A Hope and a prayer were all she had left at a chance for life. But, after several months of intensive care and treatment, she was finally available for adoption. Ralph Marshall, from AFRH-G Campus Operations took her home, and she joined his family 29 March 2003. "She has such a sweet disposition, I knew she would make

a great therapy dog, and sure enough, she has even surpassed my expectations. My other two dogs enjoy meeting and interacting with the staff and residents, but Hope is exceptional. Early in the morning after she wakes up and gets her personal business taken care of, she fidgets around the kitchen exit to the garage to see if the command "GO WORK?" is given. Once she hears that, she begins jumping all over the place, and pawing at the cabinet drawer where her collar and leash are stored". She is quite eager to get to the Home, and visit her friends.

Hope has visited local elementary schools, even as far away as Gonzales, LA, and delighted the children with her story, good manners, and her friendly nuzzles in response to outreaching small hands. A few months ago, she had the opportunity to visit the Washington Campus, and thanks to the efforts of Laura Fogarty, Hope accompanied Carol Driscoll on a tour through the King Health Center, greeting residents and making new friends.



Above: Ralph Marshall (owner) has a special place in his heart for a special friend named Hope.

Left: Hope relaxes in the grass just waiting for someone to greet.



WHY NOT?

By Ida Simpon (W)
I wanted to try diving
in the Olympics,
But they said
I wasn't quite in the
swim.

I wanted to run
and ride and jump,
But they accused me
of acting on a whim.

I'm thinking
of fighting and suing
them

So that next time
I'll have my foot in the
door.

Why shouldn't they let
me compete in the
Olympics?

After all,
I'm only 74!

TULIPS

By Leslea Pidgeon (W)
Rows and Rows of Tulips
Growing-
As Far As Eye Can See,
Red and Yellows
Pinks and Mixes-
A Glance of What Heaven
Must Be.

Monster Crane Proves It Can Carry the Load



On May 18th a three ton cooling tower was installed on the roof of the Scott Building. A 225 ton crane was utilized to remove the existing cooling tower as well as install the new system.



Military Life

Gung Ho!

Submitted by Ole Salt

When we left Espiritu Santo in our wake, we had no idea where we were headed.... We were ziggin' and zaggin' with half of our battle station manned, condition two.... We seemed to be headed northwest.... Most of us did not know that we had a few new people aboard.... We learned of them at daybreak the second day at sea.... It was so hot that sleep was next to impossible so a bunch of us were on deck having a cup of Jo and trying to catch a little breeze.... Suddenly from aft we heard a lot of shouting... YO ... YO... YO !!! We knew it had to be a marine muster (roll call) because we sailors had to answer "here" at muster.... Someone said what are those stupid Greens up to at this time of night? The sun wasn't up yet.... We started aft to see what was going on.... We cut through the casemates (casements) where our Marine Detachment slept, thinking no one would be there.... We were surprised to see and hear our Marines snoring away.... By that time we could hear men counting off at the top of their voices.... When we got aft to the fourth division part of the ship we saw a group, eighteen if I remember correctly, of Marines doing calisthenics.... They weren't just doing jumping jacks, they were getting with it.... We found out later that one was a Captain and two were Lieutenants.... It was impossible to tell who was who because they wore no insignia of rank and they were all doing the same exercise.... When their PT was over, they did some close order drill on the fourth divisions MANICURED teakwood deck.... When they finished the deck was a disaster.... The deck had been holy-stoned while we were in Lautoka.... For those of you who don't know what holy-stoning is, ask an old time sailor if you can find one still alive.... When the

First Lieutenant saw the deck, I heard that he almost blew a gasket.... Needless to say the Marine passengers did not do close order drill anymore but they still did PT before daybreak each morning.... They spent the rest of the day cleaning their weapons and sharpening the biggest bowie knives I had ever seen.... We had been told not to talk to them, that admonishment was not necessary because they wouldn't answer you if you did try to talk to them.... (at least that is what I was told by someone who tried to talk to one of them).... We had steamed three or four days in condition two when we joined up with another battle group.... This group had an Admiral so he was SOPA (Senior Officer Present Afloat) and we took orders from him.... He decided we should be in condition one, all battle stations manned at all times.... This meant feeding on station, a very dangerous undertaking.... Even though the food was prepared properly and served promptly, the heat we were operating in posed a great danger.

On the second day of condition one we received a message from the Flag ordering us back into condition two.... It seems that the Flag ship was down with food poisoning....

We continued on to our destination.... We still had not been told what our destination was but each morning we noticed that more ships had joined us.... This was not unusual because ships joined up and exchanged information and broke off and went their own way.... What was unusual was these did not break off and one morning there were three APAs inside the Destroyer screen and we had slowed so they could keep station.... It was beginning to look like an invasion was in the works, but where ?? We were to find out the next day....

At quarters the next morning we were informed that TARAWA was going to

be invaded by the troops on our APAs augmented by troops from from other APAs.... We were to soften the enemy with off-shore shelling.... We were dismissed from quarters and relieved the other half of the crew on station so they could go to quarters and receive the same information....

As my watch was being relieved, the ship's Boatswain told me to break out two cargo nets and get ready to rig them over the side on the port quarter.... ??? "Ours is not to reason why, ours is but to do or die" As we got the nets ready to go over the side.... One of the Marines told the Boatswain how he wanted the nets rigged and the Boatswain told me.... He also told me to rig a sea painter at the nets.... A sea painter is a line leading forward that a boat makes up to so that it can stay alongside while the ship is underway.... We figured that a boat from one of the APAs was going to come alongside and off load some troops.... We were surprised to see all of our Marine passengers in full battle gear lounging along side turret four.... Soon they started inflating two big rubber boats.... We were many miles from any land ??? What is going on? Just after sunset, the Marines, with our help, put the first boat in the water.... The ship had slowed and was turning to create a smooth sea.... The second boat which was attached to the first one with a shortline was also put in the water.... They no sooner hit the water, when the Marines went down those nets like they knew what they were doing.... As soon as they were all in the two boats, the boats were cast off and soon drifted aft.... We found out latter, the Marines were picked up by a destroyer and made the first landing on Betio Tarawa.... We don't know how many made it through the engagement but we do know in our hearts, that our former passengers did the Country and the Marines PROUD !!!!

DIRECTORS COFFEE TALK

Washington Residents Spend Time Getting to Know Each Other

Recently, AFRH Director, Capt. Ulmer initiated “Coffee With the Director” sessions on the Washington campus. These informal meetings enable residents to get to know each other, express their views and raise a number of issues.

The participants establish better relationships by virtue of common circumstances such as hometowns, branches of service and military assignments.

Many of the gathered residents also tell of their participation in famous historical events and add interesting perspectives to such stories.

Needless to say, these coffee sessions have turned out to be quite successful.



Left to right: Home residents James Barker, John Bednarz and Raymond Anderson enjoy learning about each other’s military careers and childhood. Capt. Ulmer takes a few notes on each resident throughout the social.



Two Armstrongs Makes it Right! Capt Ulmer far right listen to stories and events from Robert J. Armstrong and Robert D. Armstrong.



Ohio native Jeanne Beasley (far left) talks with Jerome Barvistskie, Archie Barnes, Barbara Copare, Donald Barnhard and Capt. Ulmer.



Grace Mueller (center) served in the US Army for 29 years. Edith Haslam (left) served in the US Navy while Marguerite Goughs served in the Women’s Army Corps.

A MUST READ

Campus Operations in Gulfport Names Upchurch “Employee of the Month”

Submitted by AFRH-G

Ms. Theresa Upchurch was selected as AFRH-G Campus Operations Employee of the month for May 2004. Her certificate reads:

I extend to you my personal thanks and sincere appreciation along with that of the staff of the Campus Operations Service, here at the Armed Forces Retirement Home-Gulfport, for the diligent efforts you have demonstrated daily in the managing of our front office and providing excellent customer service to all that you come into contact. Your superior accomplishment of



these duties has been invaluable to our over-all performance improvement, and to the quality of life provided to AFRH-G residents and staff. Your enthusiasm and outstanding talents are greatly appreciated.

Signed by the Chief of Campus Operations.

Congratulations Theresa!

Queen Garner Provided Support in a Big Way

Submitted by AFRH-W

Home resident Walter Cholmondeley has a lot to be thankful for this past year. Ms. Queen Garner played a big role in his opportunity to continue to live a happy and productive life.

Even though Walter utilizes his battery powered vehicle (BPV) in his daily life he often gets out of his BPV in the Scott Dining facility. On one of these occasions he lost his balance and began to fall. Queen was quick to react and caught Walter before serious injury could occur.

What is remarkable about this incident is the fact that Walter stands 6'2" and weighs in at 250 pounds. Even though he towers over Queen, size didn't matter on that occasion because "God was with me" said the dining facility employee.

Walter and the AFRH staff would like to thank Queen for making a difference at AFRH-W.



John Jansen Interviewed Live by Redskin Radio Host Larry Michaels in the Scott Theater



John Jansen speaks with AFRH-W residents after completing the live Redskin television show.



Ola Williams enjoys meeting Redskin John Jansen in the Scott Dining facility.



One Big Guy! John Jansen meets the walker of the Home and retired Marine William Abernathy.



Home residents Warren Helm and Terry Sawyer discuss the Redskin game plan with radio talk show host Larry Michaels (center).

VOLUNTEERS

Green House Volunteers' Hard Work Pays Off for Everyone to Enjoy

Submitted by AFRH-G

On the AFRH-G Campus, next to the Campus Operations building is one of AFRH-G's closely guarded secrets. "It's the green house, and its story is unique."

After years of neglect and very little usage, renovations were completed in 2003. New concrete sidewalks were installed by the Seabees and Campus Operation staff repaired the heating units and blower systems. The staff completely renovated the Carolina Cooling system, which is the main element used in controlling the moisture and humidity in the green house. Next, the exterior wall and ceiling panel exteriors were treated with a special coating that repels the Sun's UV rays and heat during periods of bright sunshine, and then lighten up to allow more light in during overcast days, (sort of like Transition lenses). Excess galley equipment, such as stainless steel tables, sink units and deep sink troughs, which were scheduled for disposal, were instead, transferred to the green house and made into some wonderful work stations. And most importantly, straightening up the interior layout, organizing tables with different plants, disposal of unused plants that had grown through the tables, through the floors and out under the walls of the green house, was accomplished.

Since the employee gardening position was done away with in 2002, this last function was accomplished by Suzuko Marshall, (wife of Campus Operations Chief, Ralph Marshall), Resident C. T. Reed (Charlie to all his friends), with assistance from Mr. Fred Williams, AFRH-G Contract Grounds Person.

A visit to the green house today will show you a well organized layout, bountiful plants maintained and watered regularly, and even plants owned and maintained by residents. Right outside the greenhouse south entrance are many resident gardens blooming with tomatoes, corn, green beans, squash, beets, onions and dill spice.

Heartfelt thanks to Suzuko for her many hours of volunteer work in the green house over the last three years, and thanks to Fred for his assistance. Sadly to say, Mr. Charlie Reed has since passed away. His smiling face, and his daily work in the green house are deeply appreciated. You can almost hear his jovial infectious laugh, every time you walk through this wonderful facility.



Above: Suzuko Marshall spends a lot of time tending to plants in the greenhouse.

Below: Several plants are housed in the greenhouse awaiting the planting season.



The greenhouse area provides a variety of plants and flowers as seen in this photo.



Fred Williams selects plants that will be displayed in Building 1.



Located outside the greenhouse is a resident garden area.

MAKING A DIFFERENCE

Hobbyists Enjoy Working With Their Hands

One of the popular activities at AFRH-W is the wood working shop equipped with both electric and hand tools. Our resident manager is Bud ???. He is well versed in woodworking and can teach these skills.

Thursday is Ladies day. Some of our female residents enjoy making wood projects such as shelves or whatnots. They come in handy for decorating rooms.

The experienced hobbyists make more elaborate items. They are very creative in the design and development. This is a hobby that many residents have done prior to coming to AFRH-W. We are grateful that the residents are able to pursue their hobby and artistic desires.



George Orwaski puts the finishing touches on the antique mailboxes.



Homer Rutherford prepares AFRH-W (Soldiers' Home) antique mailboxes.



PRESIDENTIAL CHAMPION AWARD:

Home resident Charles Felder received a bronze award from President George Bush. In recognition for his commitment to adopt and maintain a physically active and fit lifestyle. Congratulations!!!!

History – Bugler to Communicator

Submitted by Rick Coleman (W)

During the early years in the development of the Bugler we encountered numerous obstacles. Most of the obstacles had to do with the emerging technological advances that were surfacing in the real world and how we as an aspiring newspaper would find the resources to make the necessary upgrades to our fledgling newspaper.

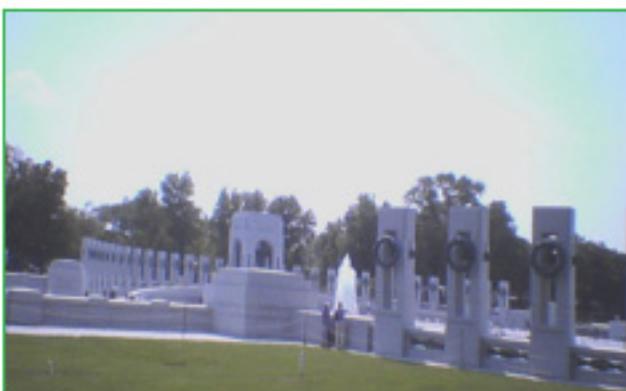
Howard Sweet, who was at the forefront in the development and enhancement of the Bugler devised a plan and identified the software/hardware that would be required to transition from an ineffective and costly contract to one that would be cost effective and done in-house. Howard came to me with his plan and I reviewed it and was convinced that this was the way to go. After trekking the process I approached the then Governor, LTGEN George McKee and gained his approval for the appropriation and expenditures of the funds required to purchase the software/hardware to effect the mission.

The constant evolution of the information technology arena required that Howard and I form a viable team to ensure the perpetuation of the newspaper and to further ensure that we stayed current with our operational requirements. This would require that Howard be vigilant in his pursuits and that I also stay in readiness to sell the ideas and convince the Director that upgrading of our methods of producing the paper were indeed fiscally responsible.

In the early years the producing of the paper required help and assistance from, group of dedicated individuals to ensure that the final product met with all of standards to assure a professionally produced newspaper. Our labor was not in vain as is witnessed by the evolution to the current Communicator. It is important to note that today's successes would not have been possible without the vision shared by those like, Howard Sweet, 'LTGEN George McKee, Kerri Childress and Rick Coleman' and who accepted the challenges of yesterday and prevailed.

[Editor's note: After seventeen years in the saddle as your editor I know this paper and it's traditions will survive. The many volunteers and dedicated employees Rick Coleman, Kerri Childress, Jean Schaefer, and their successors, Sheila Abarr, and Sheila Motley assure this.]

World War II Memorial Open To Public



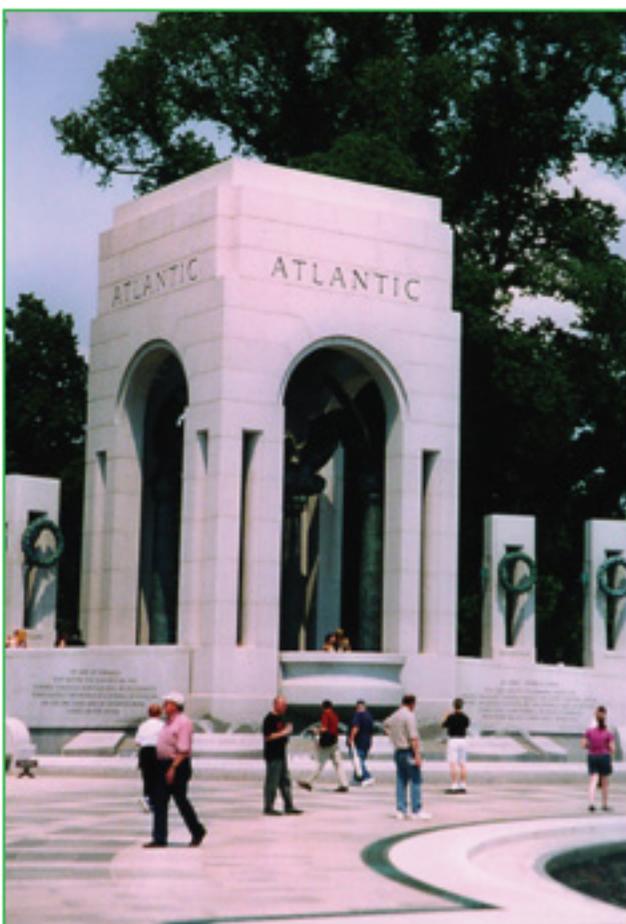
From a Distance! The World War II Memorial is a beautiful site and a long time in coming.



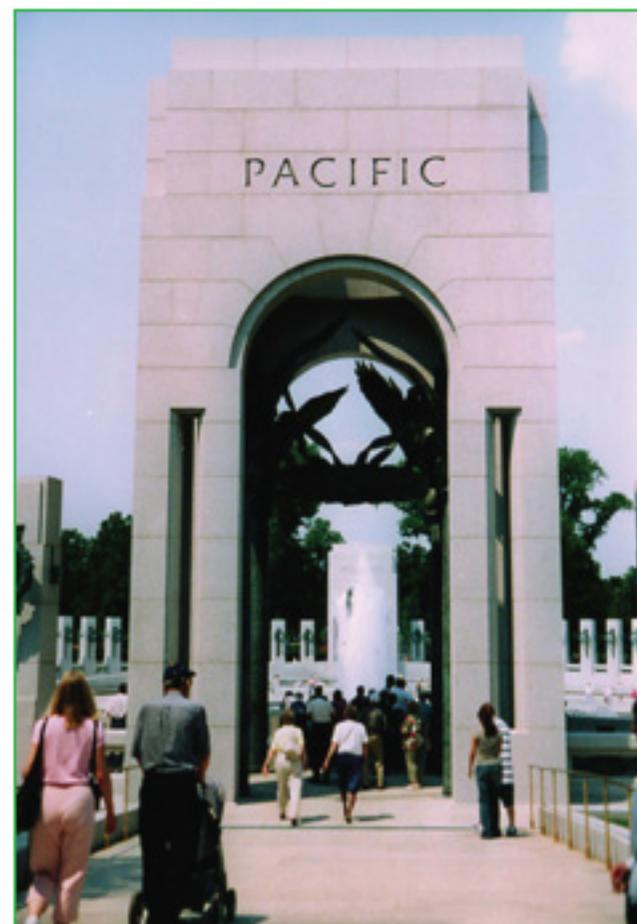
Warren Toogood strolls the Memorial with an AF Press photographer.



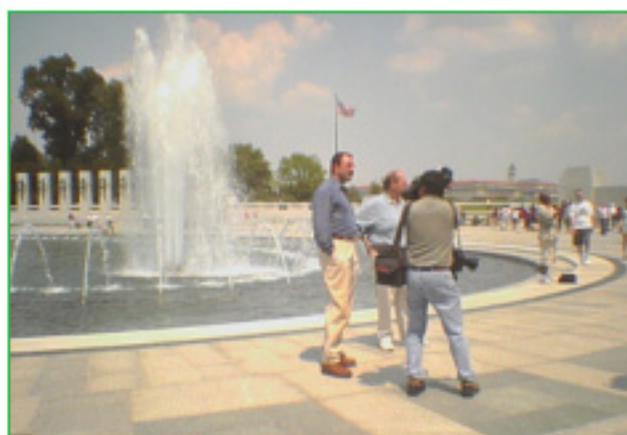
Robert Bradford meets a fellow WWII veteran during his recent visit to the Memorial.



AFRH
WOULD LIKE
TO THANK
ALL VETER-
ANS WHO
HAVE
SERVED
THIS GREAT
NATION!



Paul Bradford speaks about this WWII services to SSGT Melanie Streeter during a recent interview.



Residents had the pleasure of meeting Tom Selleck during the trip the WWII memorial.



Battle of Midway honored. Warren Toogood served in the Pacific during WWII.