

Coast Guard volunteers donate their time and talent to veterans of AFRH-W

The Great Pond Project 2010

By Carolyn Weber

Recently the call went out for a 55 person Alpha Working Party to muster near the pond. It was answered by the hearty bunch from the Washington DC Coast Guard Chief Warrant Officers Association and the Chief Petty Officers Association. The CWOs, CPOs and military volunteers came together to help with the Annual Spring Pond Project.

What did the men and women accomplish you ask? In the roughly five hours that they were on our grounds they took care of quite a bit. One group completed the construction of a lovely arbor that soon will be covered in wonderful vines, refurbished and painted the shed and added custom doors. Another task involved dredging the pond edges to improve the overall appearance of the area, extending the rope handrail along the pond to enhance the ability to get around the pond, and reinforced the river rock along the pond and stairs creating a picturesque look.

In another part of the grounds, a group took on the challenging task of removing the rust and painting the metal entrance gates. A convenient storage area for garbage cans was built to provide a cleaner look for the area. As time was winding down the volunteers began to frame the screens for the gazebo.

The featured project for our amazing group of volunteers was the boardwalk



Active duty Coast Guard volunteers from the Washington DC Coast Guard Chief Warrant Officer's Association and the Chief Petty Officer's Association construct an arbor by the pond to enhance and beautify the setting.

access to the pond. The Veranda Composite Decking was selected for its durability and because it is an eco-friendly decking made from recycled wood mixed with polymers. Another reason this was selected was for the slip resistant surface for enhanced safety. The decking is also wide enough to allow two wheelchairs to pass comfortably. We felt this was important because with the changes the pond will become the place to go to relax and enjoy the outdoors.

We encourage you to visit the pond and see the work done by our volunteers. You may notice some things appear not fin-

ished. That is because some of the tasks will be completed when our Coast Guard volunteers return for Phase II in the fall.

Many thanks to our fabulous Coast Guard volunteers who dedicated their time, talent and skill toward another successful project on the grounds of the Armed Forces Retirement Home. A special thanks to CWO Lisa Evers who coordinated the Coast Guard efforts. If you would like to pitch in when our Coast Guard volunteers return on October 6th, stop by the Volunteer Services office and sign up. I am certain they would enjoy working side by side with you.

Finishing touches begin at AFRH-Gulfport



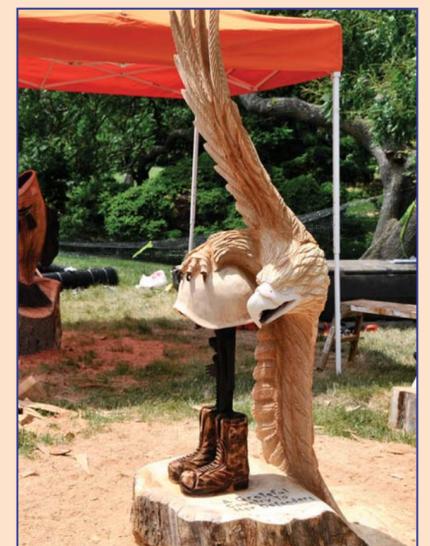
The view from the rooftop of Tower C looking south over the reflecting pool, Chapel and the southside of the property. Road work and landscaping continues on the outside as finish work continues inside. See page 5 for a complete AFRH-G update.

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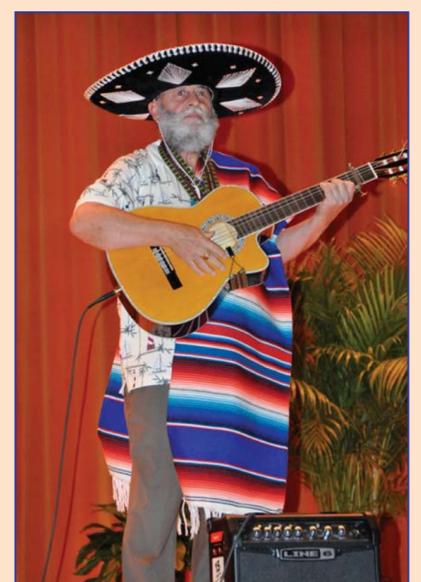
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Notes from the Resident Advisory Council



The month of May traditionally ends on Memorial Day, originally called Decoration Day. This is a day to remember those who have died in the service of our nation. It is for these

that those of us who have served owe much. They gave their all for us, can we do less than remember? Memorial Day also plays a part for the Residents of the home in that General John Logan, serving as the national commander of the Grand Army of the Republic, issued his General Order Number 11 to observe this date, is buried across the street in the US Soldiers' and Airmen's Home National Cemetery (USSAHNC).

The period around Memorial Day also signals the start of the travel season for those who still work, and their children who are out of school. No doubt some of your relatives will be visiting you at the home. This would be a good time to visit the USSAHNC and show your visitors' General Logan's burial place.

I hope you had a chance to enjoy the wood carving event held the 14th to the 16th of May. These wood carvers really did a fantastic job. Their work might still be on display but, if not, will return after being allowed to 'dry out' and then be seasoned properly. These objects will then be added to other items and displayed in what might be called an "open air" museum. The home is finding new ways of paying homage to those who have served their nation.

The Armed Forces Retirement Home Local Advisory Board met this month and your concerns relative to certain changes that have been proposed were addressed. In addition the Resident Advisory Council (RAC) continues to address other issues as they arise. Your Chairman continues to visit and advise the staff of resident concerns. Sometimes we win on an issue, sometimes we lose.

One thing to remember is that with so many Residents from all services, there are many issues that are addressed to the RAC that are taken care of or new procedures started and you never know that a change was made. This is the way I like to operate. Doing what needs to be done without favor or fear. Some people are happy with this method of operation, others not. But in the end, what matters is that the Resident of the Home is housed, fed, and allowed the freedom to engage in what they want to do, when they want to do it (within bounds of course), and that they know who to go to when they have a problem.

For those who took part in our annual Talent Show, I am sure that you did a good job. I say this as the deadline for this article is before the show itself. As we have a broad range of talent at the home, I am sure they did themselves proud. And if more "kudos" is needed they will be in this space next month.

The new Bowling Center should be in operation by the time this article comes out. Stop by and see how nice and "up to date" the place looks. The old is replaced by the new, another improvement for the benefit of the Residents of the home.

Well, that is about all I can think of at the present time. Just for your information I started this column at 0430 and it is now 0600 the 19th of May, 2010. There is, truthfully, no rest for the wicked.

Esker F McConnell
Chairman
Resident Advisory Council
Armed Forces Retirement
Home-Washington

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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!

SecNav Retiree Council visits AFRH-W



Members of the Secretary of the Navy's Retiree Council, in town for their annual meeting, made a stop at the AFRH-W on April 29 and received a briefing and tour and had dinner with the residents. This is the third year that the SecNav Retiree Council has made AFRH a part of their itinerary.

Get involved in your AFRH community

VOLUNTEER

Message from the Chief Operating Officer



Very few times in the history of our organization have we experienced such monumental changes taking place simultaneously at each of our AFRH locations. Just a very few short months from now, in October, Residents return to AFRH-Gulfport and the much anticipated brand new state-of-the-art Home. Then in January 2011, we will begin execution of the Scott

Project here at AFRH-W. Both events move forward with meticulous planning, consideration being given first and foremost to our Resident's needs.

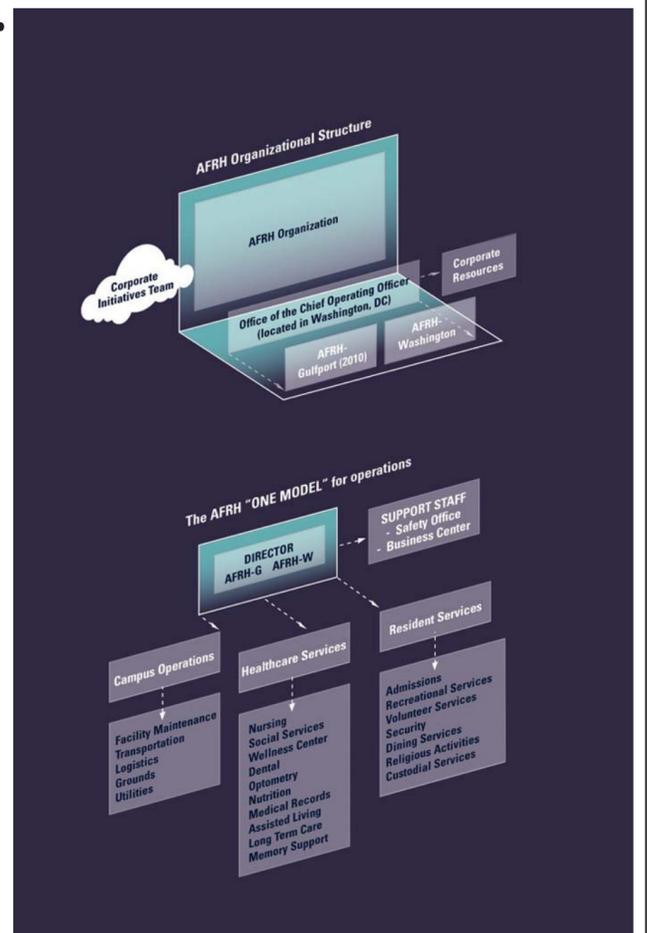
Here at AFRH, we operate under a contemporary "One Model" management structure with a corporate office that manages the two different locations (see diagram on right). This arrangement allows corporate to make strategic decisions, as well as communicate with Congress and constituents. Under the AFRH Organizational Structure, each Home has a Director that manages its facilities and makes operational decisions. Both Homes operate within the same core structure with a full line of services and amenities in three main areas: Campus Operations, Healthcare Services and Resident Service. Each Director also has staff to support the mission with a Safety Officer, Security Services,

and a Business Center and an advisory board that provides expert experience and knowledge of military and medical related concerns. The AFRH advisory board meets twice a year. We hosted our most recent AFRH Advisory Board on May 19. Board members were updated on the major projects underway at AFRH as well as the wide variety of other activities Residents are involved in each and every day.

Resident participation in Focus Group meetings continues to grow. This month, in addition to our two regularly scheduled Scott Project and Gulfport Stand Up Focus Group meetings, we also hosted Focus Group meetings on various subjects such as Battery Powered Vehicles (BPVs), and Smoking and on June 4 the discussion will be on Telephones. Resident participation is appreciated and encouraged. It is our way of getting Resident input and suggestions and at the same time gaining an understanding of Resident concerns.

I hope that everyone took advantage of the unique opportunity we had here at AFRH-W on the weekend of May 14-16 to observe master wood carvers at work (see page 4). The pieces they built were very well done and our Residents enjoyed being able to watch the artists create these patriotic pieces in place. It was quite a treat. The finished artwork has been moved for now to an area for drying. The final destination for the art is undecided but we know it will be displayed in a prominent location for all to see and enjoy and treasure for years to come. A special thank you to the three very talented men that volunteered their time and talent for the veterans of AFRH.

Timothy Cox



Questions & Answers about AFRH-Gulfport

Q-Will there be a Gulfport Resident Advisory Committee (RAC)?

A-An Interim Gulfport RAC has been selected and will function at AFRH-W regarding decisions affecting residents before the move to Gulfport. Once those residents move to Gulfport, they will continue as the interim RAC.

Q-How do I know I am on the delayed entry list?

A- PAO is constantly in touch with those on the delayed entry list. If you have not received any correspondence in the last few months, you might not be on the list. Call 1-800-422-9988.

Q-If I am on the delayed entry list, do I have to do anything?

A-You must get a medical exam including a PPD (TB test) and a new functional assessment submitted and dated no earlier than August 2010. PAO will notify those on the list and post new deadlines for the application review.

Q-What are the priorities for moving into Gulfport?

A-See Fact Sheet 17A posted on www.afrh.gov.

Priority 1 includes Category 1A and Category 1B.

Category 1A includes former Gulfport residents who have resided continuously at the AFRH-W.

Category 1B includes former Gulfport residents who have resided intermittently at the AFRH-W.

Priority 2 called "Delayed Re-Entry" are former Gulfport residents who currently do not live at AFRH-W.

Priority 3 are formerly approved applicants for admission with a valid reporting date to Gulfport and who subsequently chose to live at AFRH-W.

Priority 4 is the waiting list and AFRH-W transfers prioritized by approval date.

Q-How can I confirm which priority I am?

A-Call Greg Moore at AFRH PAO at 202-730-3206.

Q-Does a former Gulfport resident need to reapply?

A-Former Gulfport residents must submit new medical exams and functional assessments. Information is available from Greg Moore at 800-422-8980.

Q-Will I be required to carry my own former military and medical information with me?

A-Any information that AFRH has on a resident will be transferred automatically.

However, each resident approved for admittance should obtain all medical files from ANY providers other than AFRH, particularly VA, to take copies with them in hand.

Military information will transfer. Please take any current prescriptions and medical documents that you might need on the trip.

Q-Are there any guest rooms at AFRH-G?

A-No.

Q-May I have a guest stay in my room?

A-Yes. The AFRH rules will apply in Gulfport as they do in Washington regarding signing in guests. Gulfport may make its own policy.

Q-What are the resident user fees?

A-Resident fees are the same for both AFRH-G and AFRH-W and will not change except for cost of living increases.

Q-How do I know what my report date is?

A-PAO/Marketing will set the reporting dates. Reporting date letters will be mailed beginning in August 2010.

Q-If I show up early, am I allowed to come on the campus?

A-Facility access will be limited to residents with current report dates and staff. Security will control access at the gate.

Q-How will I know what my transportation arrangements are?

A-AFRH will send you a questionnaire before the reporting date to ask your preferences.

Q-Will the building open in phases?

A-The first resident will not move in until the entire building is totally completed. AFRH will populate the Independent Living quarters first. Assisted Living, Long Term Care and Memory Support residents will be considered on a case by case basis. And as IL residents will "age in place," their care will be expanded as needed up to Long Term Care.

Q-Can I move in early?

A-All residents will move into Gulfport according to official report dates assigned by PAO/Marketing. No early arrivals will be processed. If you arrive early, you will not have access to the site until your report date.

Q-What about access to the Gulfport campus between January and October 2010?

A-As of 2010, there is no access at all due to construction requirements. All traffic will be stopped at the gate.

Q-How many residents will move in at a time?

A-Currently, we anticipate 100 residents will move in each week beginning the first week in October 2010 starting with Priority 1a and 1b. Each move will consist of 50 residents

who will be serviced and moved in completely before the next 50 will be moved.

Q-If I move on October 1, when will my household goods arrive?

A-The plan is that moving will take 3 days if you use AFRH provided transportation. You will be at AFRH-G one night and the next day we plan to deliver your household goods. Note that movement of household goods will be undertaken separately (by a moving company) and not on the same AFRH provided transportation that carries residents.

Q-Will AFRH pay for moves?

A-Yes, for Priority 1 only residents. AFRH will provide bus transportation for residents as well as shipment of household goods.

Q-Can I use a private mover?

A-Yes. This will be at a resident's expense and the government is not responsible for that move or those items.

Q-Are there any restrictions on household goods that can be moved?

A-Yes, AFRH will not move certain items that are restricted by moving companies. The Interim Gulfport RAC will consult with AFRH and set a poundage limit.

Q-Do I need to bring furniture for my room?

A-All rooms are fully furnished (Full or Single Bed [150 twin beds are available and the rest are Full], Night Stand, Love Seat, Chair (not recliner but not straight back), Armoire, Dresser, table/lamp by love seat, table and two chairs in kitchenette, small refrigerator). If you want a microwave, you must furnish it yourself. Currently, the decision is to have a double bed in each room. However, if you have a hospital bed or medical furniture requirement, this will be considered on a case by case basis. Contact Sheila Abarr in PAO/Marketing. Special items such as a recliner may be shipped.

Q-Do I have the option to replace the Gulfport provided furniture with my own furniture?

A-Please personalize your room. All AFRH furniture must remain in the rooms. You can purchase additional items, but it is best to wait until you move in to purchase anything additional. AFRH staff will work with individuals to avoid having to put items in storage.

Q-Can I mount a large screen TV on my wall in my unit?

A-Not with anything that damages the walls. Think of your room like military quarters. You move in and when you leave, it must be like you got it when you moved in.

Q-Is there a limit to the number of boxes I

can move?

A-Most likely there will be a limit. The Interim Gulfport RAC will provide guidelines with AFRH.

Q-Is there a weight limit for shipping?

A-Still to be determined, but about 1,000 pounds is estimated as of March 2010. The weight of medical aides such as BPVs or electric wheelchairs does not count against the weight allowance.

Q-May I pay to ship more weight than is allowed?

A-Yes.

Q-Can I pack my own items ahead of time?

A- If you want to. However, remember if you pack your own items, you take the risk. If the company packs your belongings, they take the risk.

Q-Are my personal effects insured during shipping?

A-All your boxes are insured by the government as part of your shipment. You will be present when your belongings are packed and also when they are unpacked. If you ship items on your own, you are responsible (and insure them yourself).

Q-Will there be beds provided for taller people?

A-Certain residents may have medical reasons or because of their height that require special beds. The Interim Gulfport RAC will work with AFRH to try to meet needs of residents.

Q-What will be provided for my balcony?

A- AFRH will not provide furniture. However, residents will be able to have certain items on the balcony as determined by the Interim Gulfport RAC.

Q-What can go on my balcony? Can I store personal items there?

A-AFRH directives address what can be kept on the balcony and how residents must upkeep the balconies. For example, the directive already states no barbecue grills are allowed.

Q-Where can I store the personal and furniture items that don't fit into my new quarters?

A-Each resident room has one storage unit-48 cubic feet of storage in the lower level of the building. Anything that does not fit in that space or other requirements will necessitate having to arrange private storage-either where you are living before coming to Gulfport or in the Gulfport local area.

More Q & A to follow in next month's Communicator

Wood sculptures created to honor our Armed Forces

Carving competition hosted by AFRH honors our country's veterans

By Wildred "Mac" McCarty

Comments from a grateful AFRH resident about our new arrivals -

The Eagles Have Landed

On May 14, 15 and 16, three patriotic professional wood sculpture artists voluntarily created three magnificent wood sculptures at the AFRH-W to honor the Armed Forces.



Wilfred "Mac" McCarty points to one of the wood sculptures being done by Mike Bohlmer.



Carver Jason Emmons from St. Croix, Indiana, puts the finishing touches on a viewing bench with twin Eagles. He inscribed "USA Armed Forces" on the bench.

wood sculptures at the AFRH-W to honor the Armed Forces.

Artist Mark Colp from Lakeport, California created a magnificent Eagle in flight. The feathers in the wings are so delicate it takes your breath away. At the foot of the Eagle is a GI helmet, what looks like a M16 rifle and a pair of combat boots. The scripture reads, "A Grateful Country to her defenders." Artist Mark Colp also created a fun sculpture of a very realistic fish jumping out of the water escaping from our fish pond.

Artist Mike Bohlmer from Marengo, Illinois, created a huge Eagle with the US flag draped across it. Its inscription reads, "Proclaim Liberty Through All The Land." I am told this is the same inscription found on our Liberty Bell in Philadelphia. Mike Bohlmer's fun sculpture is a bear with a bowling ball enroute to the Bowling Alley.

Artist Jason Emmons from St Croix, Indiana, created a unique memorial of a viewing bench with twin Eagles on each side and on its back Eagle with saying USA Armed Forces. Jason Emmons fun sculpture is a cute baby bear with

golf club and golf ball out to play golf.

The artists were very friendly and kind to us senior citizens residents with all our questions. Jason Emmons said he liked to work in pine. He has three children and the 13 year old is getting interested in wood carving. Emmons has been a professional carver for eight years. He showed me a photo of a life sized St. Francis statue he did for a ladies garden. I think a couple of them have their own studios in their hometowns.

It was a joy for us residents to see these magnificent Eagles come alive out of tree trunks and after working in the hot sun for hours creating tributes to the Armed Forces they polished up the wood chips from their endeavors True patriotic gentlemen.

Get your cameras out.

Without treatment I am told the sculptures will last for eight years but with treatment, which they are going to do, they will last a lifetime.

Residents enjoy 'Poetry on the Green'

Christine Baldwin
AFRH-W Librarian

On a sunny, warm May 6th evening, a group of poetry lovers enjoyed severable memorable poems, read by other residents and staff members outside the famous Lincoln Cottage. There were 15 readers, who covered everything from Lincoln to Santa Claus.

Fitz Fitzpatrick started with the reading of all three verses of the "National Anthem." This was followed by Naomi Plummer's captivating "The Master is Coming." Jon Hess stirred our memories with "In School Days," while Esker McConnell brought the Lincoln poem "My Childhood Home." Anthony Demartino amazed us with his lovely British accent in the reciting of "Gunga Din." "The Boy Who Didn't Believe in Santa Claus" had everyone

laughing, while Michele Bailey's "My Treasure- For Mom" left a tear in their eyes.

Next, Warren Helm read several inspirational passages from the Bible. With an original composition dedicated to his wife, Luis Lopez read "She." Christine Baldwin read a poem/song that had been suggested by a resident called "I Saw the Lord." We returned to a military



Jim Riordan reads during the Poetry on the Green event.

theme with Jim Riordan's "Marine." Two original poems, "Imagery" and "A New Day" were read by Elliott Bronfman. Another humorous poem was done by George Smith called "The Old Rail Fence." Hugh Wingo read a graceful poem called "Beatitudes of the Aged" and Paul Grimes ended the reading with "My Madonna." Afterward, everyone enjoyed the music by Billy Ray White and light refreshments. A truly wonderful evening!



Poetry lovers gathered on the lawn of the Lincoln Cottage and took turns reading and sharing their favorite poems.

Let the games begin

The AFRH-W 2010 Senior Olympic games will be held on Thursday, June 3rd The Senior Olympic Parade begins at 8:30 a.m. in front of the Sheridan building. All events are scheduled to begin at 9 a.m. and will continue until 3 p.m. Events include: Bike Race, Bowling, Fast Walk, Fast Walk Relay, Shot Put/Disc Toss, 30 yard Dash, Basketball Hot Shot, 9-Hole Golf, Iron Man/Iron Woman, Exerstrider Pole Walking Race, Pool Tournament, and Tug of War.

BPV's Olympic games will take place on Friday, June 4th in front of the Sheridan Building (events to be announced) starting at 9 a.m. The cookout will be held behind the Scott building at 11:30 a.m. The Olympic Awards Ceremony will follow at 12:30 p.m. Please wear your Olympic shirts. All residents participating in the Olympics can pick up your shirts in Sheridan building, room 1010 on Thursday, June 3rd at 7 a.m. Come and join our healthful, fun Senior Olympic Games! Employees are encouraged to come out and cheer the residents on.

27th Annual DC Golden Olympics

By Jerry Carter, Recreation Services

The Department of Parks and Recreation District of Columbia hosted the 27th Annual Golden Olympics May 3rd- 7th, 2010. The following AFRH-W residents participated : Nelson Jamison, Willa Farrell, Ed "Walking Man" Crump, Pete Hudson, James Vancil, Mimi Rivkin, and Richard Heinrich.

Lets congratulate all of our Golden Olympians! The final results:

Ed "Walking Man" Crump 1500 meter walk age group 75-79 - **Gold medal**

Richard Heinrich singles bowling age group 70-74, score 622, **Gold Medal**

Pete Hudson singles bowling, age group 70-74, score 561, **Silver Medal**

Mimi Rivkin womans single bowling, score 471, **Gold Medal**

Willa Farrell, womans singles bowling, score 371, **Silver Medal**

Pete Hudson & Willa Farrell, mixed doubles bowling, score 936- **Gold Medal**

Jim Vancil & Mimi Rivkin, mixed doubles bowling, score 875- **Gold Medal**

Nelson Jamison 18 Holes Golf, age group 65-70, **Gold Medal** & Chipping contest -**Silver Medal**

Jim Vancil six **Gold Medals** age group 90-94, following events - singles bowling, doubles bowling, softball throw, 50 meter dash, 100 meter dash, and mile "fun" walk.

Many of the Gold Medal winners qualified for the Nationals Golden Olympics in Houston, TX. This event will take place in June 2011.



Gold and Silver Medal Award Winner Jim Vancil

From the AFRH-G Director

I can not believe I have been on board for two months now; time has flown. Thanks to all AFRH Residents and Staff for the warm welcome and willingness to help a newcomer find his way around the beautiful Washington, D. C. campus. It is a very exciting time for my family and me as well as the AFRH family as we ready the Gulfport location for your return.



The building is coming along nicely,

with flooring in almost all areas completed, equipment in the main kitchen being installed and finishing work in progress in the residential areas. The swimming pool and reflecting pool are only lacking their finish coats and the indoor recreation areas are complete and awaiting furniture and fixtures.

As you may have heard, Regina Floyd will be returning as the Director of Nursing Services, Mary Kay Gominger will become the Supervisor of Admissions and I have selected a Chief of Resident Services. Master Chief Fairbanks will be joining us full time in the near future as the Ombudsman and we are currently interviewing for Chief of Campus Operations, Chief of Healthcare Services and Supervisory Security Officer.

I plan to make decisions on these positions in the next few weeks.

Jacobs Engineering is working with us to begin training staff on the various systems in the building. The contract for facilities maintenance was awarded this month and the contractor will have people in place to begin training.

In sum, the building is coming together nicely and will be a great new home for you on the Gulf Coast. The staff is slowly coming together but will hit the ground running making sure that systems are in place that will meet your needs when you report this fall. Best Regards,

Richard C. Heath
Director



A photo taken from the west side of Tower C.

Gulfport Update

By Steven C. Smith, GSA

With 96% 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

- Roadway bottom course being installed (45%)
- Irrigation System - ongoing (75%)
- Front entrance circle drive (30%)
- Reflecting Pool (60%)
- Guard Shelter at front entrance (65%)
- Pool Locker Room (85%)

Finishes:

- Install wood trim (75%)
- Cabinets (80%)
- Installing Mirrors Level 1
- Installing Floor Finishes (88%)
- Painting (90%)
- Installing bath accessories and fire extinguisher cabinets

Exterior:

- Install Pediguard at balconies

Equipment:

- Bowling Alley (95%)

Mechanical:

- Fixtures and trim out levels, Tower D
- Air duct and pipe testing to continue as required
- Commissioned items:

Electrical:

- Install lights and devices (90%)
- Commissioning and testing of systems
- Beach Access (Pedestrian Overpass)
- North side ramp under construction (5%)

Chapel:

- Final landscaping started (80%)
- Punchlist items
- Substantial completion received Feb. 2010



The east end of the Boardwalk.



The lobby on the first floor.

Construction continues on the pedestrian bridge on the north side of Hwy 90.



Pedestrian bridge construction on the south side of Hwy 90 begins.



Frank Broussard of Yates Construction checks equipment in the kitchen.

Air Force volunteers enjoy a day of getting to know AFRH residents

Story and photos by Aletha Frost
AFDW Public Affairs

Air Force District of Washington -- A day of serving and giving back to others is how nine Air Force District of Washington Airmen spent May 7 at the Armed Forces Retirement Home in Washington D.C.

Volunteers from AFDW assisted in setting up for the May cookout and ensuring that the 85 residents were served hamburgers, hot dogs and all the trimmings for a fun afternoon.

"The residents enjoy seeing the servicemembers and volunteers come out and assist them," said Ms.

Volunteers from Air Force District of Washington have a group photo taken in front of the water fountain at King Health Center during their visit to the AFRH on May 7. The group spent the day helping with the May cookout.



Amanda Jensema, recreation therapist at the AFRH. "Seeing servicemembers in uniform remind the residents that they are not forgotten."

The volunteers and residents enjoyed socializing.

"Each resident wanted to share a piece of their life and history with us," said Senior Airman Tiffany Miles. Airman Miles found Mr. Francis McAleer fascinating. McAleer a Philadelphia native enlisted in the Navy in 1939 as a boatswain's mate and eventually changed his rate and retired

as a hospital corpsman.

"He shared many of his military experiences and was just excited to tell me about his life," said Airman Miles.

When asked how long he has been a resident of AFRH, McAleer quickly responded "too long" jokingly. McAleer also had shared memories of a performance by the College of the Ozarks choir and how his heart was filled to see the residents smile during the show.

"Volunteers are always welcome and truly appreciated by residents," said Jensema. "There are always events, activities and other areas that volunteers can assist residents at AFRH."

"Since our last visit at the AFRH, we enjoyed and learned a lot from our retirees," said Master Sgt. Rica Taylor, AFDW Knowledge Operations Center, Flight Chief. "It's good to give back to our veterans and volunteering our time to the AFRH is a life changing experience."



Air Force District of Washington's Senior Airmen Tiffany Miles and Carlton Dixon, both Knowledge Operators, prepare picnic tables for the May Cookout for residents at the AFRH Washington, D.C., held on May 7, 2010.

Notes from the Auto Hobby Shop

Follow a few guidelines and save yourself \$\$\$

By Henri Gibson
Auto Hobby Shop Volunteer

In 1986 I retired from the Army and was looking for a job that I would enjoy, would pay me a decent salary, and not have to work very hard. A friend of mine who was selling new cars suggested that I try it for a while just to see if it was for me. So I gave myself six months to see if I could be a success. Well after 20 years in the business, I have no regrets. I loved selling, interacting with customers and talking to mechanics.

Most of my knowledge about cars come from talking and dealing with mechanics. They taught me how to keep my car looking and running good, and the benefits of preventive maintenance. So let's talk about preventive maintenance. When you buy a new car it comes with an Owners Manual. This book holds a wealth of information on your car least of which is called the maintenance schedule. This schedule is the factory suggested intervals for maintenance. However every new car dealership that I worked for always included a supplemental

maintenance schedule that was nothing more than a way for the dealership to enhance it's bottom line - i.e.. make more money. They did this by cutting in half the factory maintenance schedule. Let's say that the factory maintenance schedule called for only an oil and filter change at 7,000 miles, the dealership schedule called for the same service at 3,500 miles and then added unnecessary additional services that did nothing for the vehicle but did add more cost to your bill and profit



for the dealer.

So what's a consumer to do? Read and follow the Factory Owner's Manual. This should be your guide. Follow it and save yourself a lot of money. If you go to the dealer for maintenance, tell them what you want done and only those things listed in the Factory Owner's Manual, don't let them tell you. The Owner's Manual also tells you to check certain things on your car monthly to catch small problems before they become big ones later on and please check all driving, turn signal and brake lights regularly for proper operation. Having a blown out light

can cause an accident and or a nice traffic ticket.

According to Henri Gibson, an Auto Hobby Shop volunteer, consumers can save money by following maintenance schedule outlined in the Factory Owner's Manual.

Army Birthday Celebrations

June 11th
DIA (Bolling AFB)

June 14th
Pentagon

If you want to attend either of these events, contact Greg Moore at ext. 3206 or at the PAO, Sherman room 303.

Computer News

COMPUTER WORKSHOP:

Sunday, June 6 at 1 p.m. in the Computer Lab, G211. "You Can Find It on the Internet Too!" This workshop will show you how to safely experience online social networking such as Facebook; as well as finding events, old friends or classmates, clubs, etc. Intermediate level, must know the basics of internet searching. Sign up at the Scott Library. Only 10 spaces available.

COMPUTER LAB:

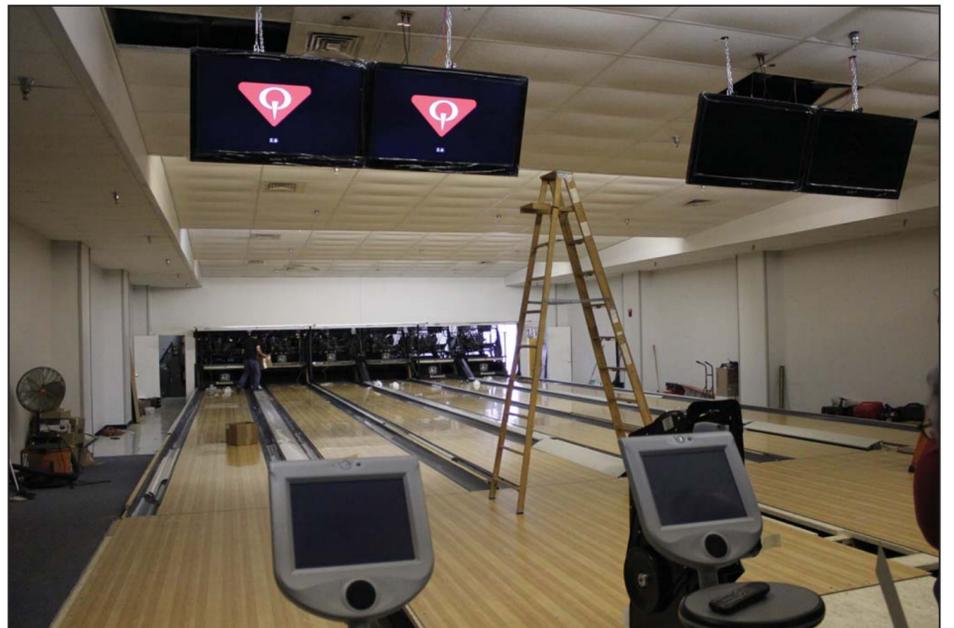
Come and refresh your newly learned (or your forgotten rusty) computer skills every Tuesday and Thursday from 1-3 p.m. Do you have questions about: Single Click? Double Click? Right Mouse Button Click? Select? Drag? Drag and Drop? Cut? Copy? Paste? Browsers? Search Engines? Word Processors? Spreadsheets? Or any other computer questions? If so, this is the class for you! Get the answers to all your computer questions. Sign up in the Library.

AFRH-W Bowling Center updated

By Justin Seffens
Chief, Campus Operations

The Bowling Alley is coming along nicely. The replacement of the lanes, scoring system, ball returns, and other equipment is almost complete. The new scoring system is the latest system on the market. It is touch screen system with an abundance of options and auxiliary games. The six new 42" TVs not only provide information on the bowler's game results, but are equipped with a cable connection that allows them to be utilized as a standard TV. The new bowling lanes are within 1/64 of an inch of level along the entire length of the lanes, which makes it legal to play Pro Tournaments on them.

That was Phase One. Phase Two, which will be in July or August, will include new painting, flooring, furniture, trim, ball racks, and some other minor upgrades. We hope the bowling alley will be an example of what is to come with the new Scott Project.



The Bowling Center now has new lanes, scoring system and other equipment. Phase Two, which will begin later this summer, will include new paint, flooring, furniture, trim, ball racks and other upgrades.

Bowling Column

By Ed Crump

I first of all regret that last month's column was unable to get published due to a mixup of some sort in which the column got lost in the shuffle somehow. So in this month's column I will try to combine last month's column and this month's column into one. That way nobody will get left out.

The story of the last two months in the bowling shootout goes to none other than 94 year old Jim Vancil who was Bowler of the month for March. The way he won it was incredible. I've never seen anyone win bowler of the month in my 27 months running the shootout like he did. Going into the final week of the month Jim didn't have one single point for the month. Ernie Eldredge was leading with eight points while Willa Farrell had seven and I had five. So my thought going into that final week was that one of us was going to be bowler of the month for March. What are the odds of anyone winning without a single point going into the final week? Jim Vancil proved it can be done and beat the odds. He started the day with a 212 game. After a slow start in the second game he still managed to roll a 159 which was seven pins above his average. Then he roared back in the third game to finish with a 190 game which gave him a 559 series which is his highest ever in the shootout. His previous high series was a 526 which he did back in April of 2009. So at the end of the day he accumulated nine points to edge out Ernie Eldredge by one point for bowler of the month in March. He accumulated his nine points from winning first place which was worth five points. Then he accumulated his final four points from what we call bonus points. Anytime you roll a game of at least 50 points over your average you get a bonus point and that 216 game he rolled the first game was 62 pins over his average and so he earned one bonus point for that game. He earned another bonus point by rolling a series of at least 75 pins over his average and the 559 series he rolled was 109 pins over his average and so he earned one more bonus point. He got his final two bonus points by winning both high game handicap for the month with a 262 and high series handicap for the month with a 209. So he could do no wrong that day and for someone 94

years old like Jim is makes it just that much more incredible. What he did that final week of the month to win bowler of the month for March. It was his second bowler of the month honors since we started it in January of 2008. He won back in May of 2008. He just proved one thing to all of us in the bowling shootout and that is you never give up. We all are so happy for him and his performance that final week of the month will go down as one of the greatest ever. It was just an honor to watch him put on a performance like he did. Congratulations Jim. I'm proud of you. Keep it up.

Henri Gibson won his first bowler of the month honors in April when he had his best day on the final week of the month. He rolled games of 184-188-211 for an outstanding 583 series beating his previous high series of 549 which he did in August of last year. In that 211 game he didn't have an open frame. Going into that final week he had only three points for the month and trailed both Ralph Wineland and Charlie Gammon by six points for bowler of the month. By the time the day was over he accumulated 10 points on that final day to end up with 13 points. He got five points first of all by winning the shootout that day and then he got the other five points from bonus points. He got one point for bowling a game of at least 50 pins over his average with that 211 game and earned another point by having a series of at least 75 pins over his average with that 583 series. The last three points were as a result of having high series scratch for the month as well as high series handicap for the month with a 748 which is the second highest ever in the shootout since January 2008 when I started keeping stats. Ralph Wineland still holds the record of 760 which he bowled in February of last year. Henri Gibson's final point that day was the result of tying Bob Schonerr for high game handicap for the month with a 266. So the last two bowler of the month honors have been won with outstanding bowler of the final week of the month by Jim Vancil in March when he accumulated nine points and now in April by Henri Gibson with his 10 points that final week. So both men earned that honor. So I congratulate both men on their outstanding bowling that final week of the month. That is what makes the bowling shootout what it is. The key is earning these bonus points which both men did and the main reason they got bowler of the month.

Charlie Gammon continues to be on top for the bowler of the year thru April with 29 points while Ralph Wineland who won bowler of the year last year has 22 points. Henri Gibson has moved into third place with 20 points.

Some of the other outstanding performances in the bowling shootout during March and April were by Eugene Allison who had a 601 series in March with games of 200-201-200. He's the first one to bowl three 200 games in one week in the shootout since Ralph Wineland rolled games of 208-234-214 for a 655 series in February of last year which is still the highest in the shootout. The 601 series by Eugene Allison was his second 600 series and his first since December of 2008 when he had a 626. Smokey Prussman had an outstanding month of April when he averaged 177 for 15 games which included a 232 game which was one pin less than his highest game of 233 which he rolled last July. Ten of his 15 games in April were 172 or better. Then there's Jim Vancil who had one of his most consistent months in April when he averaged 159 for 15 games. Twelve of his games were 154 or better with 170 being high game. So that's what you call consistent bowling for a 94 year old person. That's not too shabby. Bob Schonerr rolled his highest game ever in the shootout back in March when he rolled a 211 game to beat his previous high game of 201 back in April of 2009. What was odd about that game is every first ball he threw was a nine count or better which is known as a 300 no tap game you don't see often from a bowler who averages in the 140s.

Next month of course is the annual Geico Tournament set for June 21-22-28-29. To be eligible to bowl in this tournament you must first bowl 12 games in the shootout to establish an average. With only three weeks left before the tournament anybody planning to bowl in this tournament is probably too late to bowl in it if you haven't bowled the minimum 12 games yet. We presently have 19 bowlers eligible to bowl in the tournament and hopefully all will be able to bowl. Deadline to sign up is June 20 at 4 p.m. in the Bowling Center. Pete Hudson will be back to defend his title. I'm looking forward to a great tournament with new lanes and scoring devices in place from the renovations that were done earlier this month. Even if you're not bowling in the tournament, come down and watch the action. There are three weeks left in the Tuesday night singles league and Charlie Gammon is currently in first place with 40 points while Phyllis Bradford has 38 points and Mimi Rivkin has 37. The league will finish up after the bowling center reopens after renovations.

Due to the renovation of the Bowling Center there will be no bowler of the month in May.

From the history books Cemeteries and Lodges

By an Act to Establish and Protect National Cemeteries, approved February 22, 1867, the Secretary of War was directed to have every national cemetery enclosed with a good and substantial stone or iron fence, to mark each grave with a small headstone or block, to appoint superintendents, and to provide adequate housing facilities for the superintendents.

The same 1867 Act led to a construction effort that

resulted in lodges being constructed in most national cemeteries. They were built of various materials (brick, frame, ashlar, and coursed stone) from a prototypical design by Quartermaster General Montgomery

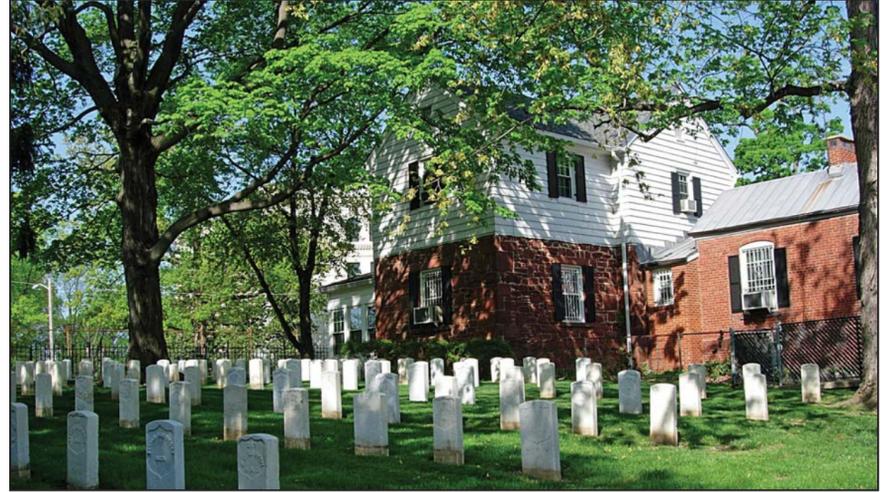
C. Meigs. The Meigs lodges were of late Victorian Second Empire design with mansard roof, a story and a half over a basement in an inverted L-shape. The first floor contained the superintendent's office and two personal rooms. Sleeping quarters were located on the upper floor. Kitchens were originally in separate structures, but kitchen additions have been added over the years. Most roofs were mansard and

many had decorative fish scale or hexagonal slate with patterns formed by variations in color. Patterns included the "U.S." initials. Building materials were chosen partly by what was locally available.

The Meigs Lodge located at the USSAH National Cemetery was built in 1870 and has undergone as many as five renovations through the years. A major renovation took place in 1946 in which the half second story was replaced with a full story.



An photograph of the U.S. Soldiers' and Airmen's Home National Cemetery taken in the late 1800s.



A recent photo of the grave markers and Superintendent's housing at the U.S. Soldiers' and Airmen's Home National Cemetery.

Looking for a few good volunteers

BUNCO: Two Sundays a month from noon – 3 p.m. Volunteers needed to set up, put out refreshments and pick up money the Friday before the game.

PAL: Must enjoy dogs! PAL Liaison needed for dog visits. Meet and greet the dogs and their owners. 1st Sunday and 3rd Saturday of the month available.

Bingo Callers: Let your voice be heard! We are looking for Bingo Callers to help with the Wednesday and Saturday games at 1 p.m.

Ice Cream Servers: Servers are needed to help serve ice cream after Bingo (2:30 – 3:30 p.m.) on the last Wednesday of each month.

Thrift Shop: A great opportunity! The Thrift Shop is seeking volunteers to help in the store on Thursdays from 1 – 4 p.m. and Fridays from 8:30 – 11:30 a.m.

Saturday Evening Movie Projectionist: Easy as using your own DVD player! A volunteer is needed to run the Saturday evening movies. Please consider helping us

out. The Saturday movies may be cancelled in the near future in the event we can't find someone.

Auto Hobby Shop: The Auto Hobby Shop is looking for volunteers. The Shop is open Monday – Friday, 9:00 – 11:30 a.m. and Monday, Wednesday and Friday, 1–3 p.m.

Clothing Store: Volunteers are needed to help in the Scott and LaGarde Clothing Stores in the morning.

Volunteer Today: If you would like to get involved within your community; please contact Carolyn Weber at ext. 3410 or stop by the Volunteer office, Sheridan building, room 1004. Please consider some of the available positions below...and ask about our stipend program!

Talent is in abundance at AFRH-W Variety Show

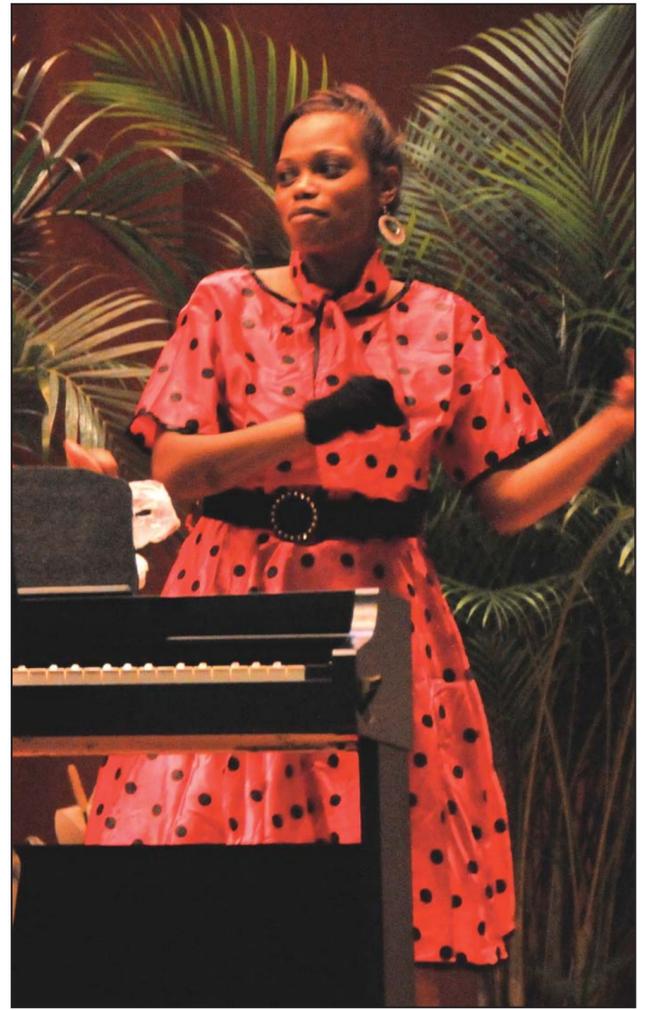
By Nicole Chappell

On Friday, May 21st AFRH celebrated our very first Amateur Variety Show in the Scott Theatre. Bernice Goldstein welcomed our guests with music before the show. The evening began with a military tribute from our very own AFRH Kazoo Marching Band. Following, several musical selections were performed by Louis Lopez, Patrick Goldsworthy "Goldie," Warren Helm and Francis Ward "Bag Pipe Man." In addition, a wonderful poem "Going to the Poor House," read by Catherine Dietch, Phyllis Bradford and weeping friend Bette Lakatos.

The highlight of the show was "We Need Toilet Paper," and "Catch that Chicken," two very funny skits written by Barbara Folk and Sally Manning. "La Cucaracha" was performed by Louis Lopez and dancers Mike Longwell, Williams Woods "Bill" and Jim Riordan. "The Lollipop" song featured Carol Mitchell, Sarah Kenan, Peter Dounis, Elliott Bronfman, and Paul Root from King Health Center. Beyonce's "Single Ladies" was performed by Shamimere Payne. Also a wonderful per-

formance by The Blue Divas Cheerleaders and The Washington DC Hooter's featuring Marion Ritchie was well received as they entertained us with "The Hula Hoop Pro Skit."

In conclusion, this year's event was very special because of the residents and staff participation. A special thanks to all participants and volunteers: Susan Chubb, Ruby Bloomer, Reggie Ragland, Jesse James, Michele Bailey, Mike Longwell, Louis Lopez, Marie Townsend, Warren Helm, Alice Garrymore, Phyllis Bradford, Williams Woods, Billy White, Catherine Dietch, Francis Ward, Bernice Goldstein, Patrick Goldsworthy, Marion Ritchie, Jerry Carter, Carolyn Weber, Carol Mitchell, Sarah Kenan, Fred Hornsby, Liz Garris, Chris Baldwin, Bette Lakatos, Peter Dounis, Elliott Bronfman, Paul Root, The Blue Divas, The DC Hooters Girl, Barbara Folk and Sally Manning. Barbara and Sally also made all of the costumes featured in this year's Variety Show. Also a special thanks to Laura Fogarty, Charles Dickerson and Timothy Cox for their attendance and participation.

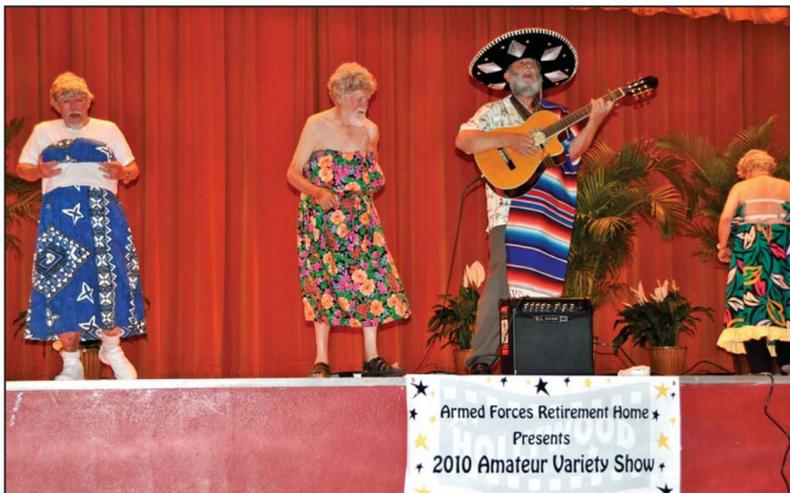


Nicole Chappell of Recreation Services performs during the Variety Show.



From left - Alice Garrymore, Engelina Kuhn and Christine Baldwin show off their unique talents in the Variety Show held on Friday, May 21.

Louis Lopez plays a guitar, while Jim Riordan (center), and Mike Longwell do a dance.



Fred Hornsby from Food Services takes part in the "No More Chicken" skit.



Mike Longwell (left) participates in a skit with Marie Townsend (next to skeleton) and William Wood.



Marion Ritchie twirls the hula hoop during the Variety Show held on Friday, May 21.