



Mr. Les Brownlee, Acting Secretary of the Army and Paul Wolfowitz join several U.S Army soldiers in the traditional cutting ceremony at the Pentagon.

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AFRH-W Residents Participate in the 229th Army Birthday Celebration

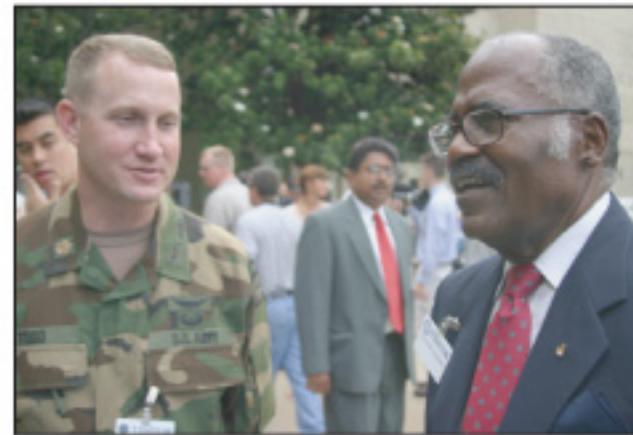


Proud To Be Serving! Injured soldiers hospitalized at WRAMC joined in during the ceremony.

On June 14, 2004, several AFRH-W residents who served in the U.S. Army participated in the 229th Army Birthday Celebration held in the courtyard at the Pentagon.

The U.S. Army has fought in ten wars, from the Revolution War up through the current war on Terrorism and the Freedom of Iraq.

“The Army birthday is a celebration of U.S. Army history, tradition and service to the nation.”



Arthur Albritton speaks about his 20 years of service in the Army with service members at the Pentagon.

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-W Editors Column



Hi Fellow Residents:

Usually, I'm the last person to generate an article for this publication, perhaps because I like to review all of the submissions before starting my column.

Many of you have approached me from time to time and told me how much you appreciated my brief offering of "wisdom." Well, this time I have another thought for you to ponder. It may be a stretch, but it is based on lessons I have learned from life itself, as opposed to conclusions derived from test tube analysis... and, possibly, perceptions versus empirical reality.

My current thoughts deal with scarcity versus abundance - or more colloquially expressed, "feast or famine." I am talking about our apparent ability to cause the perceived or actual outcome of such circumstances. How many times have you heard the adage, "Be careful what you wish for"? Well, my experience has been that one can bring about an event if it is the attention of his or her focused thoughts. If such is the case, then it could be reasoned plausibly that we are often to blame for many things we wished into existence but now cause our discontent. (I told you it might be a stretch.)

This thought certainly applies to the production of this publication, and it is not unusual for our collective staff to occasionally focus its attention on the lack of available writers. Know what then happens? The collective, focused brainwave produces a dearth of writers ... every time!

If two people or more people on earth come together and agree on any desire, it will eventually become their reality. So, let's agree that there will be an abundance of writers on the Gulfport and Washington campuses to service "The Communicator."

Enjoy your World War II Memorial Dedication issue!

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 20011.

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

AFRH NEWS

Message from the Chief Operating Officer



Over the past few weeks an increased number of residents have personally taken the time to let me know that they are very happy to be residents of the Home, that they recognize the positive changes that are being made, and that they are 'on board' with these changes. Does this mean we have reached perfection? No. But it does mean that many of the residents

acknowledge our efforts and feel we are moving in the right direction. I was particularly encouraged by a conversation I had with an AFRH-Washington resident who is residing at the Home for a second time. He stated that he felt the way the Home is being managed today is completely different from how he remembered it was managed during his first stay at the Home, definitely feels today's Home is an improvement.

I sincerely appreciate the support of the residents, and as I have stated before, my staff and I are totally committed to ensuring residents receive the best care and services we can provide. This is a challenge and a commitment we take seriously and a goal we strive to achieve on a daily basis.

Residents who have questions or concerns regarding our care and services are encouraged to take the time to better familiarize themselves with our service delivery models and to gain a better understanding of our policies and procedures. My staff and I are available to discuss issues of concern with any resident who requests guidance and/or additional clarification. We will also continue to communicate with the resident through All Hands Meetings, articles posted in the Communicator and one-on-one meetings.

I encourage each resident to make a special effort this summer to take advantage of one or more of the available services and activities: see a movie, take a bus trip, go bowling, volunteer for a special activity, or just take an evening stroll. Life is what you make it. These activities are sponsored for your personal enjoyment. Have a Great Summer!

Timothy Cox,
Chief Operating Officer

"American Legion Opens AFRH-W Post"



American Legion – Left to right: Dennis Kurre – DC National Committeeman; Fred McClellan, RAC; John Grimes, RAC; Wade Hadsky – Assistant Director, Membership, National HQ Indianapolis IN; and Paul Hasz, DC Department Vice Commander.

On June 7, 2004 the Armed Forces Retirement Home-Washington entered into a joint venture with the American Legion by establishing a Chapter of the American Legion, Post No. 70 The John F. Kennedy Post No. 70 at AFRH adopted the motto "Still Serving America" as they continue their service to the community and the nation as a whole. Veterans' involvement in the local community creates a feeling of camaraderie amongst themselves and those they serve." "The American Legion is the nation's largest and one of the most respected organizations of wartime veterans."



Left to right: Robert Cooper speaks with Charles Abel (OSD) and Tim Cox during the recent Fine Arts Exhibition.



AFRH NEWS

Office of the Director



The last several months leading to the dedication of the World War II Memorial and various celebratory events will forever stand as a highlight in the chronicles of America. "Those serving must have had implicit trust in God's faithful care and protection because YOU were willing to brave the times of danger for the good of others." For whatever individual reason, a record number of remarkable young men and women proclaimed a confidence to your calling at which we marvel this day. The poor, rich, urban, rural, educated, not as well educated set aside their individual struggles, hopes and dreams to help others maintain their allegiance to their chosen sovereignty. We can never have enough time for the recall of personal sacrifices and contributions. There are many reasons that I implore your continuance of sharing the life and times of your

experiences. Many of you were a stone's throw from each other in a far away land under austere and perilous conditions. Maybe you are familiar with the operation and successes of various units deployed. Perhaps other loved ones or acquaintances were among the Home Residents. This expressed familiarity and recall serves as an introduction for some and reunion for others. More often than not, it becomes an avenue to conversational dialogue. Greeting every resident, continuously recognizing faces, referring to Residents, staff, and volunteers by name, obtaining personal updates, "small talk," can lead to a genuine purpose for us in someone else's life. Our unconditional acknowledgement, respect and consideration for our neighbor are ties that bind. Those ties link our community and will help to sustain us emotionally and strengthen us psychologically to persevere through the physical challenges of time. As each of us adds new nurturing relationships to our lives, we find that our Home flourishes.

CAPT Jerald Ulmer

AFRH-W Personnel Excellence Awards

The Mission of the Armed Forces Retirement Home is to fulfill our Nation's commitment to provide care through a comprehensive range of services for America's Armed Forces Veterans. We support our residents' independence, dignity, distinction, heritage, and future of continued life-enriching experiences. Together, the AFRH family of residents and staff create a place of caring and continual learning. We are committed to providing the best housing and support services possible and creating a true community of accomplished, independent residents who are free to explore their talents, pursue their interest, and follow their dreams.

CAMPUS OPERATIONS

ALLEN DAVIS
ANNA DOCKERY
DONNA SMITH
JERRY WESSEL
JOHN REMY
KURT KUHN
TED BECHTOL

HEALTH CARE SERVICES

THURNELL OUTLAW
ELIZABETH WEATHINGTON

THANK YOU FOR YOUR SERVICE TO THE RESIDENTS AT AFRH-W!

RESIDENT SERVICES

ED UNDERWOOD
JEAN MOORE
JOYCE SANDIDGE
MELODIE MENKE
RICK LANGFORD
TONYA BROWN
WILLIE MORRIS

AFRH NEWS

Office of the Deputy Director-Washington



Excellence as a Journey: How many times have we said or thought, "If I could just get that done, just finish this part." We do this to pursue the end,..., the finish,?, to get closure which we all need from time to time. However, there is never full closure when it comes to improvement, it is and must be continuous, the world will always continue to improve around us. We have moved forward with

several improvements and changes which I will discuss below.

Our transportation system was transferred to a private contractor on January 23rd, 2004 per the economic analysis performed through the Streamlined Study. Outsourcing to the private sector was shown to be less expensive. We also could not afford to buy new buses which were desperately needed. The arrival of Martz Gray/Gold Line resulted in a dramatic improvement in the quality of buses for all our transportation needs from recreation trips, the on-campus shuttle, to the Walter Reed/Veteran's Affairs (WR/VA) hospital runs. The Martz buses were newer and better. On February 23rd, 2004, after reviewing ridership surveys for the WR/VA runs, we adjusted the schedule. Specifically, we eliminated the large 55 passenger buses which had problems with getting in close for drop-offs and also tended to run over curbs and lawns creating damage. We had a much lower passenger count per run than expected, the smaller 28 passenger Martz bus could handle the passenger loads at a lower cost with better service. We have continued to review the ridership surveys since then and are prepared to make a 2nd round of changes to the bus schedule in the very near future to be announced via the weekly bulletin and the Channel 6 TV. First we will simply switch buses around so the green and white bus (commonly referred to by it's make - Freightliner) will run all day and the red and white bus will only run the _ day route. We can do this because we now know the smaller, 22 passenger green and white bus can handle the largest passenger counts expected per trip which typically are no larger than 15 passengers at one time. The green and white bus is also the quickest to load with electric wheelchairs and battery powered vehicles and can carry the most wheelchairs at one time, 6 to 7. Since AFRH actually owns the green and white bus and we only pay Martz to operate and maintain it, we will also save money as a result of this change. In addition, we will also alter the _ day bus schedule so that it will arrive at the VA on or around 07:55 AM during weekdays. This will allow Residents to make earlier appointments at the VA than we currently do. This is a needed improvement for many of our Residents. Another improvement is the posting of large, plastic signs with the current Bus Schedule in the Scott Lobby. The new signs will be much easier to read and help everyone to know the schedule.

Recent problems with Martz's performance were addressed

by Senior AFRH management to the owners of Martz this past week via an actual meeting. We pressed our concerns and Martz owners have committed to trying to keep the same drivers from day to day and will do everything in their power to provide AFRH with any drivers that we specifically request by name on a permanent basis. If you see a driver whose customer service impresses you, then provide his name to Resident Services or the Office of the Directorate and we will work towards keeping him here on a more permanent basis.

We are also welcoming new staff members to AFRH-W, starting with Mr. David Rouse who heads up the Campus Ops Directorate. David has an extensive Facilities Management background and comes to us from the Navy's Recreation Station, Solomon's Island Complex and has also had prior tours at the U.S. Naval Academy and other Naval activities. In the coming month of July our new Safety Officer will also be coming onboard behind the recently departed Mr. Kurt Kuhn, more to follow on that next month!

Wish everyone a Happy 4th of July celebration, enjoy the fireworks and celebration, and last but not least, remember our troops overseas defending our great nation today as all of you did in years past!

CAPT (s) Paul Soares

229th Army Birthday Ceremony Held in the Scott Theater



Guest speaker Richard Gallant from the Military Order of Purple Heart Foundation along with Specialist Newman, Wilfred Scott, and Capt (s) Paul Soares make the traditional cut into the U.S. Army birthday cake.

VOLUNTEERING

Key Volunteers Had a Touch of Color



Edna Ast broke out her work gloves and helped plant flowers along with AFRH staff, residents and volunteers.



Just like kids! AFRH staff got down in the dirt and on hands and knees to plant flowers this past month.



Volunteer Coordinator Melodie Menke and AFRH Budget Analyst Judy Mayfield help plant several hundred flowers.



Home resident George Lynch makes a big impact when he breaks up the ground for planting.



Operation Flower Bed! Several employees lent a helping hand in planting flowers in the Home flower gardens.



Tim Cox, COO worked along-side staff and residents to beautify the AFRH-W campus.

RESIDENT CORNER

WELCOME HOME

NEW RESIDENTS AT AFRH-G

Helen L. Austin	Navy
James E. Warrick	Navy
Harold T. Alexander	Army
Verlin W. Booty	Air Force
Gerald G. Sullivan	Navy
Collis Turner	Army
Robert J. Belsha	Navy
Carl E. Bennett, Jr.,	USMC
Charles K. Petty,	Army
Bradford D. Smith	Navy
James C. Pulliam	Navy
Jerry L. Lugar	Air Force

CENSUS: 584
As of June 25, 2004

NEW RESIDENTS AT AFRH-W

Carl R. Nelson	Army
Casey Kanalos	Air Force
William Griffin	Army
Ronald Doak	Air Force
Kenneth McAlister	Air Force
James McGavock	Navy
John Pitts	Army
Ronald Miller	Army
Alfonso Nelson	Army
Edward Humble	Army
Robert Goss	Air Force
Carrol Carter	Army
Lewis Leake	Army
Robert Thompson	Air Force
Robert Smith	Army
James McOwen	Air Force & USMC
Francis McCabe	Army
Alfred Paul	Air Force
Nettie James	Army
John Gambos	Navy
Edward Petry	Air Force & Navy
George Campbell	Air Force & Army
Lewis Oliver	Army
John Harvey	Navy
Norwood Edmundson	USMC
Doyle Smith	Army
Byron Mathis	Navy
Lawrence Mahoney	Army, Navy & USMC
Clarence Murray	Navy
Clayton, Kowaleski	Air Force
Ernest Venison	Army
Benjamin Weakley	Army
Herbert Outlaw	Navy
Troy Slater	Navy
Leroy Cogle	Navy
Paul Caple	Air Force
John Valentine	Navy
Lyle Webster	Navy
Gentile Bufalini	Army & Air Force

CENSUS: 1015
As of June 25, 2004

*Welcome to the
Armed Forces Retirement Home*

Coffee time is anytime!
Twenty-four Seven
in the Capitol Cafe
Ground Floor Scott Bldg



RESIDENT SERVICES

Admissions and Administration

By Chuck Dickerson (W)

We are glad you chose AFRH-W.

Each member of our team is here to provide you with outstanding service.

Let us assist you.

Come join our welcoming team as a tour guide or sponsor.

Our residents are number one.

Meet others

Enjoy your stay here at the AFRH-W.

The Admissions Office could also be called the “welcoming office”. Our team welcomes everyone; prospective residents, newly admitted residents, and our current residents. We’re here to offer assistance to you.

You become our number one priority from the moment of your first contact. Our office receives the “800” calls and other inquiries. We send out informational application packets, set up tours and assists with your questions throughout the admission process. We also coordinate the approval process of your application.

Ours is a very exciting and busy office. We really enjoy hearing from prospective residents from all over the country, and even from outside of the US. We’ve recently had calls from retiree’s living in Japan, Germany and Australia! To maximize personal contact with you from the very beginning, each of our four team members is set up to answer inquiry calls, both on our local lines, and on the 800 line.

We welcome you to come and visit us. Most of those who come to visit say that our campus is truly an amazing place. You will find beautiful acreage consisting of rolling hills and wooded areas carved out of the city and amenities that exceed expectations. Our campus offers you an opportunity for a vital and fulfilling life. As a resident on campus, you may engage in classes, artistic pursuits, fitness and wellness activities, fishing in one of our ponds, golfing on our 9-hole course, gardening, and participate at our woodworking and auto shops. Our library is a beautiful setting for reading, researching and for borrowing books, videos and audio selections. There are numerous other things happening on campus, and all that the District of Columbia metro area has to offer off campus. Come and visit, have a tour, and stay for one or two nights. You owe it to yourself to see what is available here for you.



Left to right: The Admissions and Administration team is made up of Louis Brown, Rebecca Perry and Theressa William and Chuck Dickerson (seated). Not in picture is Sherry Artis.

The day you come in as a new resident, our team will help you to choose a room, process your paperwork and connect you with your resident sponsor. We coordinate your in-processing with the other departments. Most of your “moving-in” chores are handled through our office. Your pre-registration with Walter Reed and the VA Medical Center are handled here for you. This is your contact point for ordering either telephone service or cable TV service. Want to ride on the DC Metro Bus at a reduced rate? We have the applications here. Any administrative issues that you need handled such as document

notarization or faxing you might have will be cheerfully taken care of by our team.

Twice a month a New Resident Orientation is hosted by our team. This is an opportunity for you to meet some of the AFRH managers and to have questions answered. Of course, we are here to help you with any issues that come up before and after the orientation. We supply you with the names and numbers you need for services and with information on how to get the most out of your new life at AFRH. Even after you are settled, we are here to assist you.

We are the location for general administrative issues for our current residents; people come to our offices on a daily basis with a variety of requests. Your requests are important to us and we want you to receive the best of service from our team. Emergency contacts are updated annually and as necessary. We handle requests for room changes and lost keys. Transfers and departures are also processed by our team. We do our best to provide outstanding customer service to everyone who comes to us for assistance.

The Admissions office is staffed by Becky Perry, Admissions Officer, Theressa Williams, Information Receptionist and Sherry Artis and Louise Brown, Contact Representatives. We are here between 7:30 a.m. and 4:00 p.m. We love our face to face contact, but we need to take time with the paperwork that each of our contacts generates. Our door is always open to our prospective residents needing information and tours, and those who are being processed in. We are also available to assist should any emergency arise.

A BIT OF HISTORY

Memorial Day Tradition

By Ray Colvard (W)

According to Colonel Paul R. Goode's history of the Home, "In 1886, at the request of his wife, Senator John A. Logan was buried in the Home cemetery and the next year the Grand Army of the Republic erected an arch there in his memory. Senator Logan, a general officer in the Civil War, later Commander of the Grand Army of the Republic, will live in fame as the founder of Memorial Day, first observed in 1868."

Whether General Henry P. McCain, Governor of the Home, 1929 to 1936, started or continued Memorial Day celebrations in the early 1930's is conjecture. His orders suggest that he assumed, for himself, the responsibility for arrangements. For several parades, his orders were, "First Call" at 0845 and "Assembly" at 0900." The formation was in column of fours in front of the Scott Building, now Sherman South, in the order:

- 1st. Band, in front of Stanley Hall
- 2nd. J. J. Astor Camp, United Spanish War Veterans
- 3rd. General Adna R. Chaffee Cantonment, No. 7, Indian War Veterans
- 4th. General Hawkins Garrison No. 17, Army and Navy Union
- 5th. All other members of the Home who desire to join in

When formed, the column was marched to the site of the tomb of General Logan. One assumes the Band led the formation through the Home's Cemetery gate and entered the cemetery via the Rock Creek Church Road entrance.

The program at the tomb, according to Orders of the Day, was conducted by the Junior-Vice Commander, District of Columbia, United Spanish War Veterans:

Hymn: "Nearer My God to Thee",
The Soldiers' Home Band

Presentation of Colors: Presiding Officer, D.C. United Spanish War Veterans

Invocation: Chaplain, United States Soldiers' Home

Remarks by the Presiding Officer:
"Americanism"

Order Establishing Memorial Day:

Mrs. Mary Logan Tucker, Daughter of
General John A. Logan

Morning prayer: "Ave Maria"
Soldiers' Home Band

Lincoln's Gettysburg Address:
William I. Jenkins

Address: Congressman Hamilton
Fish of New York

"America" Soldiers' Home Band
Benediction: Chaplain, United
States Soldiers' Home

"Taps": An original arrangement by
Comrade S. M. Zimmermann, Bandmaster,
the Soldiers' Home Band.

After the ceremonies at the tomb, Assembly was sounded and the column returned to the Home in reverse order, excepting the band led. The formation was halted on the road south of the "Old Scott" Building and the Flag was raised from half-staff after the firing of a salute. The columns were dismissed, not later than 1130. One recalls that at the time, 1930s, the Mess Hall was in what is now the Grant Building.

Senator Logan's political power base was Commander of the Grand Army of the Republic, an organization formed in 1866 to support veterans of the Union army of the Civil War. The GAR became a powerful lobbying organization and semi-official arm of the Republican Party. It claimed as many as 400,000 members.

In 1882 soldiers who had died in previous wars were honored as well. In the northern United States it was designated a public holiday. President Richard Nixon declared Memorial Day a Federal holiday on the last Monday in May.

For many Americans the significance of Memorial Day is that it is the beginning of summer with a three-day weekend to spend at the beach, in the mountains or shopping. One can envision a national recognition of the meaning of Memorial Day: the graves of service men and women in the Rose Garden of the White House and on the Capitol lawn, to be seen the other 364 days of the year.

Another Yesteryear Day At A Nike Ajax Guided Missile Site

By M. R. Relgub

Dedicated to my comrades who participated in these "yesteryear" guided missile adventures

"Hot Alerts" are serious business at U.S. Armed Forces Missile sites because, by definition, they represent potentially grave dangers to America. For this reason, missile site crews undergo constant training to ensure that they are fully prepared to cope with these and other types of hostile military events.

This non-ending quest for military superiority has resulted in vastly improved missile operations during the past half century, but certain similarities, procedures and experiences endure to the present day. Such an event occurred on a particular day in 1954, when the Fire Control Officer and his crew received a "hot alert" while on duty at a Nike Ajax Missile Site inside Selfridge Air Force Base, Michigan.

Fighter jets were "scrambling" off the runway, so the missile crew knew that the alert was indeed hot... and not a drill. "Look at that," exclaimed the Acquisition Radar (ACQ) Operator as he pointed to a large blip on the radar screen. He then attempted to "acquire" the target -- a procedure in which electronic cross hairs are superimposed on the blip, to enable the Target Tracking Radar (TTR) Operator to lock on.

The procedure was unsuccessful. As soon as the TTR operator would get the target gated, the speed meter would peg and the target would leave the gate. The operator could not lock on; the target was moving too fast! After "walking" across the 180,000-yard coverage of the ACQ screen in 10 sweeps, the target disappeared.

Shortly thereafter, the Fire Control Officer received a call from Sector Control, asking if he had picked up anything unusual. Hedging, out of curiosity, he replied "uh... like what?" Sector informed him of what another ACQ operator in the sector had observed. Inasmuch as the information was similar to what he had witnessed, the Fire Control Officer admitted, "Well, as a matter of fact, we did see something," and he proceeded to tell Sector Control of what transpired locally.

Eventually filing a UFO Report, the officer estimated the speed of the object to be in excess of 14,000 miles per hour. He also became convinced, more than ever, that UFOs do exist. However, he probably never guessed that, 50 years later, his experience would be replicated over and over again at missile sites around the world.

LIBERATION OF FRANCE

Legion of Honor Medal Presented to Five AFRH-Washington Residents



Joseph Kuhar (Greenwalt, Pa), Daniel Funk (Baltimore, Md), Charles Yoder (Carnegie, Pa), John Thomas (St. Louis, Mo) and Pasquale Giudice (Syracuse, Italy) traveled to France during the 60th Anniversary of D-Day.



E-6, Chief Damage Control, Pasquale Giudice – Northern France battles and campaigns.



Pvt. Daniel Funk, U. S. Army, Northern France and Normandy battles and campaigns.



PFC Charles Yoder, United States Northern France battle and campaigns.



THE DAY THE
TIMBERWOLVES
CROSSED THE
RHINE RIVER,
REARMEINEN,
GERMANY.
JDT, AGE 21
104th INFANTRY DIVISION

T/5 John D. Thomas, U. S. Army, Northern France Battles and campaigns



T/4 Joseph Kuhar, United States Army, Northern France battkes and campaigns.



Top: Several elite military performances were held throughout the week.

Bottom: Charles Yoder received the Legion of Honor medal during a pinning ceremony.



AFRH-W residents received the Legion of Honor, during an international ceremony at Arronanches in the presences of fifteen heads of state, fellow veterans and family members.

Approximately one hundred American veterans received this award in France on the occasion of the 60th Anniversary of the Normandy landing. The French government presented these awards in recognition for participation in the liberation of France during World War II.



Top: Daniel Funk chats with military service members from France. **Bottom:** Overlooking the beaches at Normandy.



Top and bottom: Colleville-sur-Mer cemetery in France.



COASTAL VIEW

CAMPUS OPERATIONS SPONSORS CABANA CARIBBEAN CARNIVAL LUNCHEON

Submitted by AFRH-G

The employees of Campus Operations held a Cabana Caribbean Carnival at the facility Cabana this month, inviting all the home's employees out for a wonderful luncheon of Caribbean Cuisine. The natural elegance of the Cabana really blended well with the Caribbean theme.

Employees brought many home made dishes from Curry rice to Jerked chicken and pork, all with fantastic flavorings of the islands. Door prizes were awarded. A good time and an excellent was had by all and the great camaraderie was an enriching experience.



Bonnie Riggs, Rhea Schneiders, Jerry Williamson, Larry Russell, Leo Pinnette, LtCol VanDyke and Larry Slaton get ready to dig into some delicious food.



Shelda Jones awaits the arrival of residents and staff.

The Big One That Didn't Get Away!

I know you are not going to believe this but I have a fish story to tell. On Saturday morning, the 29th of May, I put my boat in at Gulfport, about 3 miles west of the home, and about 6 a.m. I was on my way. I anchored out about two hundred meters off shore in front of Moses Pier in Gulfport and by about 7 a.m., I had caught several small trout and other small fish. They were really eating up my live shrimp bait and so to extend my bait I cut up one of the smaller fish and began fishing with the fresh cut bait. I caught two more white trout with this bait and on the third cast I had another bite. At first I thought it was another trout but soon I learned different. Whatever I had on my line it was headed out to sea. I would reel in a little and then out to sea it would go. I then reasoned it to be a large stingray but after about 15 minutes of fighting I learned better. "Big Red" finally broke the top of the water and so the battle continued for another 15 minutes or more. Reel in, let the line out, and under the boat "Big Red" would swim. In that I was using light tackle with 12 lb line and a #2 hook I had to keep a very light drag and sort of let him tire himself out. Anyway he finally gave up, my net was too small and so I "boated" him with a gaff. "Big Red" weighed in at 32 lb. and was 44 inches long. I have the picture of me and "Big Red".

This is a true "Sea Story" from an Army Sergeant.

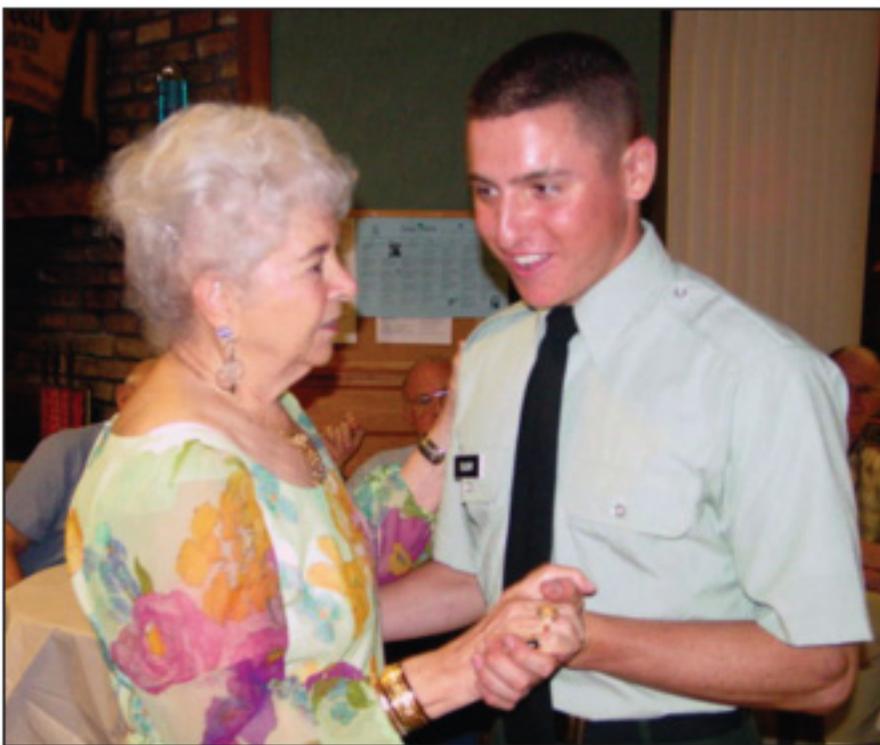


05/29/04
Gulfport, MS
Charley Pye
Redfish
32 lb./44 inches

AFRH-G Celebrates 229th Army Birthday



Left: Captain Ulmer helps resident Virginia Keenan and Jessica Henry (youngest) cut the cake.
Right: SSG Lynette Joyner visits with Fredrick Douglas.



Left: Gigi Malone still loves to dance and shows this young man a few dance steps.
Right: ISG Broughton had the honor of dancing with Marion Wolke during the celebration.



Left: Residents and Charlie Company 169th Battalion glide across the dance floor in the Gulfport ballroom.
Right: Ken Schneider enjoys dancing with one of the Charlie Company students.



WWII Memorial Dedication & Memorial Day Celebrations



The many faces of the World War II veteran! Residents from Gulfport, MS and Washington, DC were on the Mall during the the dedication on Saturday, May 29, 2004.

Top left: James Webster and John Tuggle enjoy the entertainment before the dedication ceremony.

Top center: Peter Setcoski cools off under a shade tree.

Top right: Joseph Montgomery stands in remembrance of all fallen WWII veterans.

Left: Daniel Funk wore his Army uniform on this special occasion.

Below: Senator Kerry and thousands of veterans were on hand for this special occasion.



Washington Residents Enjoy Events on the Mall



Top left: AFRH-W residents participated in the Washington, DC Memorial Day Parade.

Top right: George Lynch and William Abernathy both retired Marines poses with Young Marine Casey Scott from Mason Neck, Va.

Left: William Abernathy (center) and George Lynch (right) spoke with several WWII veterans while working the AFRH booth on the mall.

AFRH-W Residents Visit White House and Arlington National Cemetery on Memorial Day

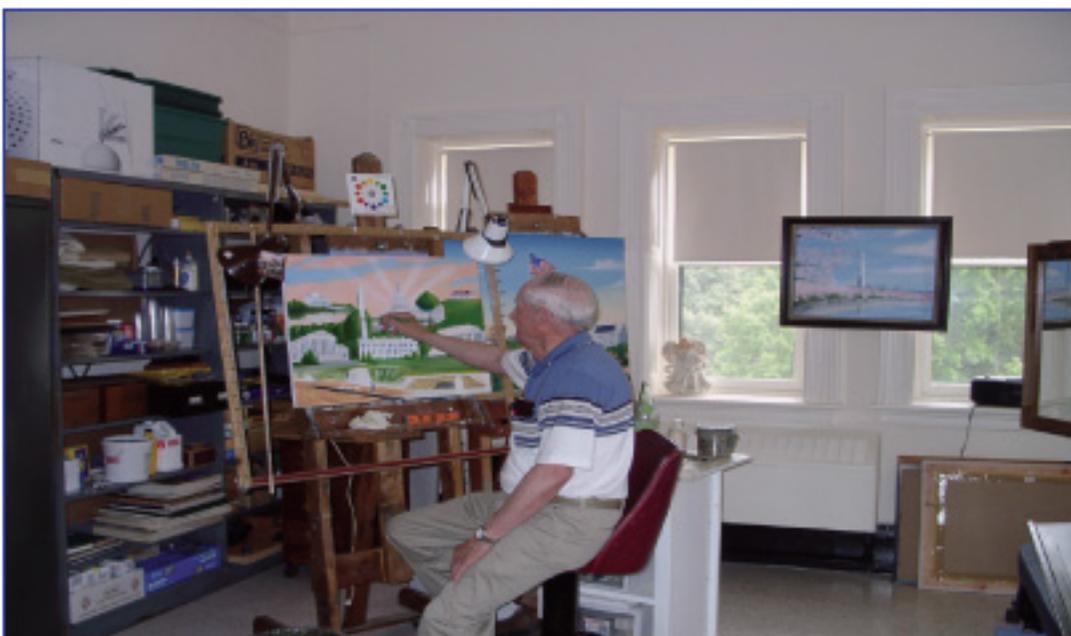
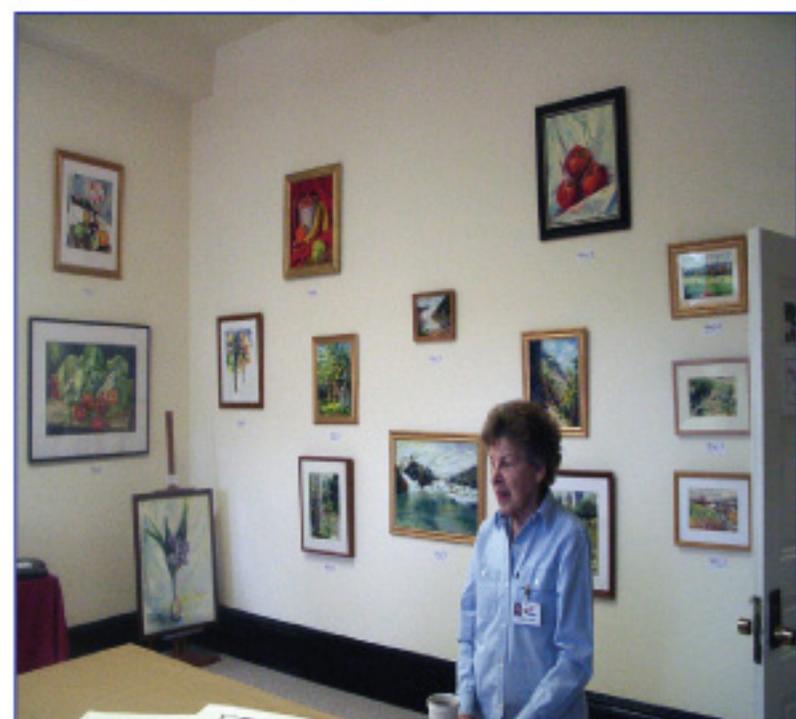
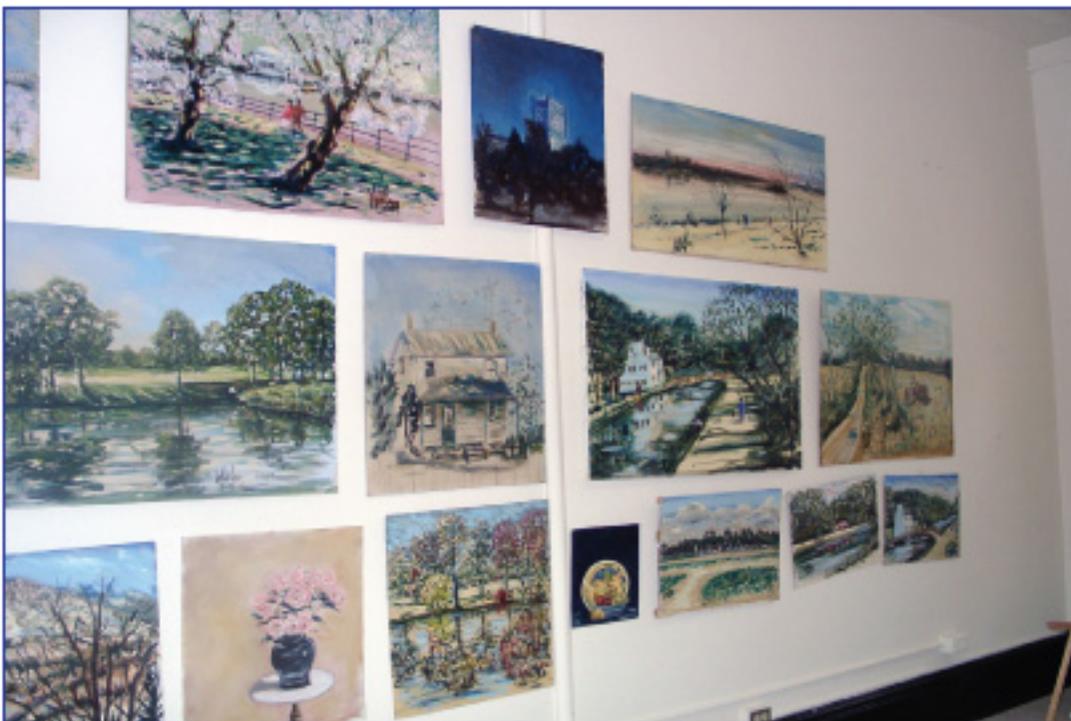


Charles Bronson (left), William Abernathy (center) and Paul Bradford (right) had breakfast at the White House with President Bush and other guest including the Secretary of State Colin Powell.



Several hundred Americans gathered at Arlington National Cemetery for the Memorial Day service.

FINE ARTS EXHIBITION



By Mimi Rivkin and Melodie Menke (W)

On May 28th the Art Exhibit of the AFRH-W Artist Colony was a new and exciting all day experience. It was evident the moment you stepped into the elevator, and glided up to the 3rd floor of the Sherman Building. This was no ordinary elevator but an environment of underwater mural scenes of calming blue water with bright fish and sea creatures created by Warren Helm.

Once on the 3rd floor, you could leisurely stroll the “galleries”, enjoying works of art; then go into the individual studios and talk to the artists about their work, “How long they have been creating?”, “Where they get their inspiration?” and of course negotiating a price to buy an original piece of artwork! The art displayed held such a wide range from Napoleon Thompson’s charming landscape interpretations to Warren Helm’s “West Bank” studio, full of landscapes and portraits in all sizes. From Anthony Hedgepeth’s dynamic, self taught style of realism to Ed Woessner’s literally covered studio from floor to ceiling with his eclectic artwork. And Lee Corkill’s bold and dimensional abstract painting was a show stealer. John Bednarz’s experimental “burlap caricatures” complemented his fine paintings. Mike Martinez showed a series of immensely popular, colorful Dupont Circle scenes. Kenard Collier (KC) displayed his extraordinary “Scrap Mettle” wall sculpture series; and his unique “falling bricks” series had everyone contemplating the meaning of life. Mimi Rivkin’s breathtaking water colors and beautiful portraits had people lined up to talk with her. George Demontfort-Proksa set up a striking display of his impressionistic landscapes and a “quizzical” self-portrait.

The new artists in the Colony, Goldie Goldstein, Alice Garrymore, and John Roberts, presented original drawings and paintings- and the compliments rolled in. They are busy creating their “body of work” for the next show.

Red Cooper photographed the event for the artists and our publications. William Westfall designed and printed the elegant invitations. In fact a number of other hobbyists in the Colony pitched in to help set up the show.

After your art-shopping spree, you could take a break and have a light snack of cheese and crackers and glass of wine served by Martha Williams. Then you suddenly spotted something you didn’t notice the first time and you are off again.

Watch for the date and mark your calendars for the next Artist Colony Art Show. The creative soul within you will be glad you did!



ON THE GREEN

Pro Tips From the Putting Green to the Tee



Matt Kayson explains perfect balance with the putter during a recent clinic.



In the Hole! Dave Anderson is hoping to bring this putt home.



Richard Adams makes perfect contact with the ball with this fine stroke.



Left: Head Pro Matt Kayson works with Bob Lavender on his putting grip.



Right: Residents learn to read the green during Matt's clinic on putting.



Left: Emil Byke lines up for a perfect putt on the practice green.



Left: Residents and staff are all smiles after practicing in a recent putting contest.

NCOA Sponsors Pro-Resident Day

By Laura Fogarty (W)

As each spring approaches, golfers look forward to getting out in the fresh air and enjoying the beautiful greenery displayed on the AFRH golf course. This time of year also marks the traditional annual NCOA Pro Resident Golf Tournament and Clinic for residents and employees. April 20, 2004 marked this year's event. The weather cooperated this year and everyone did well. The clinic was conducted on schedule as Mr. Quinn Sullivan, Head Golf Manager at Springfield Country Club and other golf professionals from local country clubs gave pointers ranging from driving the ball, having a proper stance to how to hold the club properly for a better shot. Several questions were asked from the residents as they enjoyed the clinic.

Twelve teams participated in this year's event. The winning team consisted of Pro, Brian Moloney, Emil Byke, Grant Call and Jerry Wessel. The closest to the Pin went to Grant Call, the longest drives in 3 age categories went to Hobert Smith, Joe Taylor and Rich Mansell and door prizes were given out to Terry Sawyer, Raymond Whitlow and Tony Morton.

A special thank you is given to Mr. Richard Schneider, Executive Director and the NCOA National Defense Foundation for their sponsorship each year for this event. The sponsorship afforded us the opportunity to provide wonderful prizes to the top 3 winning teams, special categories and all participants received participation gifts. NCOA has been a long time supporter of the AFRH and is always looking for ways to provide service to our veterans. Thank you NCOA and Richard Schneider for your support.



Richard Schneider from the Non-Commissioned Officers Association was on hand for this tournament that means so much to the residents of AFRH-W.



Thank you! Quinn Sullivan, Matt Kayson, look on as Tim Cox presents a plaque to Richard Schneider for NCOA support.



Matt & Quinn pose with the 1st place team! Jerry Wessel, Brian Maloney, Emil Byke and Grant Call.



Volunteer Coordinator Melodie Menke (center) rest on the bench with Rick Langford, Carol Mitchel, and Glen Brown.



Club professionals from the metro area make this a memorable day on the links.



Perfect form: Quinn Sullivan demonstrates swing technique during the clinic.

ON THE MOVE

The Fabulous Five Enjoy Swimming

By Laura Fogarty (W)

It's official, On April 21, 2004 Catholic University of America and the AFRH-W signed a partnering agreement. This partnership benefits, residents, employees and their accompanying guests. This agreement pertains to the CUA pool and the AFRH golf course.

The fabulous five, as I call them took their first plunge into the pool on Wednesday, April 28, 2004. With excitement and eagerness to get into the pool Ruby Bloomer, Jack Peterson, Frank Nelson, Marguerite Peterson and Frank Migala, with towels in hand got into the van. The swimming experience was great and the staff at the pool was very friendly. The fabulous five and some others went swimming a few more times until the University school year came to a close in mid May. Swimming at CUA will resume again in September if not sooner once the summer pool maintenance is complete.

In the interim period, residents have been enjoying the swimming at the Adelphi Recreation Pool in Maryland. The bus takes residents every Wednesday departing

at 10:00 a.m. from in front of the Sheridan building and leaves from the pool 12:00 noon. You will be back in time to eat lunch in the dining hall. There is a \$2.00 charge for entrance into the pool and it is well worth it. This pool is an outdoor handicapped accessible facility. You can sunbathe in the sun, read a book or take a nap in the shady area.

Sign ups for swimming trips take place in the Leisure and Wellness Office, Sheridan building, room 1010.

Residents may also go on their own to this pool anytime during the hours of operation. When going on your own you



Splash Down for residents and guest! Left to right: Marguerite Peterson, Frank Peterson, Ruby Bloom, Eric Anderson and Ed Blaha with his guest enjoy a day of fun.

will need to use the #245 as your membership number.

For more information stop by the Wellness Center or the Leisure and Wellness office.

Hooter Girls Return

Hooters Girls visit AFRH-W Back by Popular Demand!

On Tuesday, June 8, 04 the residents were treated to a visit from the Hooter girls-DC restaurant. The girls received a warm welcome from the residents and they participated in fun-filled



Fitness Day Celebration at the AFRH-W.

games of bowling with other residents. Everyone had a good time and enjoyed the refreshments and prizes. National Senior Health and

Free Yoga Classes

Yoga classes will begin on Wednesday, July 7, 04 in the Fitness Center at 9:00am. Classes will be held on Wednesdays and Fridays. Tibet style---15 minutes / instructor Gene Hill Jr India style---20 minutes/instructor Martin Cody

Learn to stretch, relax, breathe to reduce stress easily. Bring a large towel for floor exercises. Register before July 7. Classes are small/ 4 to 6 students only.

A FASCINATING READ

The French-German Arms Race

Part 1

By Ludwig Olson (W)

Europe was in a state of turmoil during the 1880's. France was still smarting from its defeat by Prussia during the Franco-Prussian War of 1870-71, and felt it was necessary to get revenge. Prussia and other German states had been united to form a strong German Government, but feared a possible attack by France. The situation was tense.

In 1878, the French Navy adopted the Kropatschek rifle, a caliber 11 mm bolt-action repeater with a tubular magazine under the barrel. It was designed by Alfred von Kropatschek, an Austrian artillery officer, and produced by the Austrian Arms Co. in Steyr, Austria. As adopted by the French, it was called Gras-Kropatschek because its bolt mechanism was similar to that of the Gras single-shot rifle developed by Captain (later General) Basile Gras of the French Army. The tubular magazine under the barrel was patented in 1849 by Walter Hunt, an American.

Two models of Gras-Kropatschek 11 mm repeaters were tested by the French Army. The Model 1884 was essentially similar to the Model 1878 adopted by the French Navy, but the Model 1885 had an improved breech action and two-piece stock.

Studies by the Commission of Repeating Arms were continued until January, 1886, when General Boulanger,

the impulsive French War Minister, ordered that a rifle be available for test by May 1 of that year. A new commission, headed by General Tramond, initiated a crash program to execute the mission. Colonel Gras suggested that an 8 mm rifle, with the action and tubular magazine of the Olson-Arms Race-12.

Model 1885 Gras-Kropatschek, be tested. That was approved by the commission, which also decided that a locking system with dual-opposed lugs on the bolt head should be used.

The most important decision of the commission was that the cartridge for the new rifle would be loaded with smokeless powder. This revolutionary new propellant was developed by Paul Vieille, a brilliant French scientist, and introduced in 1884. In addition to producing very little smoke, it fouled bores much less than black powder did. Its high energy made possible a considerable increase in muzzle velocity that aided penetration and flatness of trajectory. The reduced smoke also lessened the chance of revealing troop positions.

Both rifle and cartridge were ready in time to meet the deadline, and were adopted in 1887. The official designation was Rifle Model 1886, later changed to Model 1886M93 after a few modifications were made. However, the term "Lebel rifle" was more commonly used. Colonel Nicolas Lebel was a popular member of the com-

mission, but he made only a relatively small contribution by helping to develop the metal-jacketed bullet for the 8 mm cartridge. Captain Desaleux designed the fat-bodied rimmed case, apparently inspired by the 11 mm Gras cartridge.

The Lebel was produced on American machinery at three arsenals: Châtellerault, Saint Etienne, and Tulle. It was well made from excellent materials on the interchangeable parts system.

Cartridges fed from the eight-round tubular magazine were tilted upward by the carrier housed in the receiver. Loading the magazine Olson-Arms Race-13.

was slow since it was necessary to insert cartridges singly. There was also a shift in the rifle's balance as rounds were fed rearward.

Despite the above drawbacks, the Lebel proved to be a strong, serviceable, and effective military arm during World War I and even into the 1930's. It was a faithful friend of the French poilu, the Foreign legionnaire, and native troops from French colonies.

There is no doubt that the Lebel and its smokeless-powder cartridge had a great impact on arms development.

Part II of this article will tell what steps the Germans took to deal with the above French developments.



French Model 1886M93 8 mm rifle commonly called the Lebel.

RESIDENT VIEW

An Art Exhibition at AFRH-W

by Dewitt H. Evans (W)

Like a precious pearl in an ocean of sparkling diamonds on the campus of the Armed Forces Retirement Home, Washington, D.C., the Art and Hobby Studios recently presented its Annual Exhibition. From 10:00 a.m., to 3:00 p.m., Friday, May 28th, 2004, the Exhibition took place on the 3rd floor, north, of the Sherman Building.

Accompanied by Tim Cox, Esq. Chief Operating Officer, Armed Forces Retirement Home, Washington, DC & Gulfport, Ms, several high-ranking dignitaries from the Department of Defense, honored guest, patrons, friends, browsers, "gallery-goes" and welcomed visitors were hosted by numerous resident artists. An enthusiastic audience of more than 50 guests attended the event.

With an outpouring of emotions from the talented and gifted artists, a rare collection of portraits, prints and drawings flooded the spaces of the Sherman Building. Almost 100 images lined the walls of the Sherman 3rd floor. There were 20 images on the north wall of the artist colony. Nineteen images were on the south wall and twenty-one images lined the east wall of the Sherman 3rd floor.

George Washington, our Founding Father. Our American Flag the Stars and Stripes, Old Glory and the Star Spangled Banner waved its glory throughout the halls of the Art and Hobby Studios on the 3 floor, north, of Sherman. The Washington Monument. The Jefferson Memorial, Cherry Blossoms and other historical landmarks were in the collection.

Surrounded by thirteen original stars, a bold, grand Eagle with lightning and thunder in its sharp talons adorned a 4' X 5' canvas of textile fabric on the wall. The classic Army Recruiting Poster vintage, Uncle Sam with two stern eyes, a top hat, thin pursed lips, red bow-tie, blue striped jacket, white shirt, pointed index finger and the all too familiar phrase: I WANT YOU! beckoned us on to glory.

A portrait of a native Indian adorned

the west wall of the Sherman. A buffalo. A bull, the beasts of the field roamed the walls of the Art and Hobby Studios. Images of City Streets and Union Square, Manhattan, were on display. Landscapes, seascapes, snowcapped mountains, and rippling streams filled the walls. Bouquets of flowers worthy of Dr. Pan gloss' Arcadian Garden were in the exhibition. Enticing fruit and other still life portraits were in full artistic bloom during the Exhibition.

Sunday's Best. A Clown. A "pop" star. Serenading and a Multicultural portraiture were effectively showcased during the Exhibition. High Renaissance, Modern Art, Postmodern Art, Abstract, Cubist, Expressionist, avant garde and "pop" art were well represented. A quartet of unique Spanish paintings bearing a pronounced Spanish leitmotif in spectacular design was also on display. A stunning portraiture of a Biblical figure graced the west wall of the Studio.

Beyond the walls, within the studios of each Artist were treasure troves of fine art paintings as eloquent as those in the Exhibition. It is a tribute to each artist that none of their dazzling masterpieces were 'dumbed-down'. Does da Vinci _dumb-down_ Giotto? Michelangelo...da Vinci?

Plans for the big event were made long before the 'artfest' took place. We outlined a course of action. We put into motion a blueprint for the success of the event. Under the Chief Recreational Officer, a meeting of Resident Artists was conducted by one of the Artists. Sanctioned by the Chief Operating Officer, we packaged and presented the Exhibition with a cool, deft, uncanny aplomb and dispatch.

The decor of the Art and Hobby Studios spoke volumes. A 5' X 5' announcement on red, black and white lettered paper giving directions to the Exhibition was posted on the east entrance of Sherman.

Bouquets of flowers worthy of the Arcadian Gardens were in the Exhibition. There were flowers in a basket, in a vase and on the tables situated in the Sherman. The interior of the elevator was freshly

painted with an aquarium motif: blue green, black, white and turquoise colors with emerald tones and hues. A mermaid here. A jellyfish there. A snorkel diver over thereabouts, jollying in the surf of the 'aquarium'.

Sarah Figgers, a visiting tourist from faraway Quincy, Florida, voiced her delight in attending the event. "I like Art," she replied to a question as to her assessment of the event. She spoke of the talented musician in Studio #322 whose scrapbook on music she had observed: "He's quite talented," she said.

For five golden hours, the 'world of art' held sway on the 3rd floor of the Sherman Building, AFRH-Washington.

FORBIDDEN FRUIT

By George Lynch (W)

What is the lure of forbidden fruit,
Why is its' taste a delight?
Is it the danger that lurks everywhere...
in the morning, the noon, and the night?

Why do the words-won't and don't
evoke a response in the opposite?
I will cross that bridge-I will take
that chance,
and really care not who knows it!

There are those who arrange their
lives on a schedule,
they follow the lines of a pattern.
But others accept the challenge of a dare,
and reach for the moon and Saturn.

What of these acceptor of the
rules of danger,
as they roam the whole world through?
You'll never meet one a stranger-
but, rather a blueprint of YOU!

RESIDENT PROFILE

Bringing Home the Gold - Joe Montgomery, Jr. Wins Two Senior Olympics Events

By Brian Tarallo (AFRH)

One AFRH-W resident wasn't satisfied with the idea of just watching the upcoming Summer Olympics on TV. On May 12, Joe Montgomery, Jr., a Marine Corps sergeant during World War II and Korea, competed and won gold medals in both Senior Olympic events in which he competed.

At eighty years of age, Mr. Montgomery won gold medals in both the fifty yard dash and the one-hundred yard dash in the 80-to-85-year-old category. He would have competed in the two-hundred yard dash and the standing broad jump, but he overexerted himself during his last exercise session before the events and was unable to compete. This was not his first time in the Senior Olympics; in 1994 he won gold medals in the four-hundred meter run, the standing broad jump, the fifty yard dash, and the fun walk. He plans to compete again next year, and he hopes to win the gold in the fifty, one-hundred, and two-hundred yard dash as well the standing broad jump, and works out in the on-campus exercise room three days a week using the treadmill and a calorie-burning program to stay in shape.

Mr. Montgomery attributes his success to his long interest in dance. "I was a dancer, never a drinker. Most men had to get high to dance; the rhythm made me dance," he proclaims. Mr. Montgomery danced at the Savoy Ballroom in Harlem, which was billed as the world's most beau-

tiful ballroom and gave rise to many jazz dance crazes of the 20s and 30s, including the Lindy Hop. Mr. Montgomery has studied dance with Stan Kelly, a ballroom dance instructor with forty years of experience and dancer on the weekly Channel 5 TV show "Capitol Caravan," and at Arthur Murray Dance Studios.

He also carefully watches his diet: "I'm a person who believes you are what you eat and drink. In the 1950s, I went to a class on preventative health. This is how I got on vitamins. I'm a strong believer in vitamin C, vitamin E, garlic, and parsley." Mr. Montgomery heard about the Senior Olympics from a church member who competes in the tennis event and he decided to compete.

Mr. Montgomery first came to the AFRH-W campus in 1992 as a cab driver. He was giving Ms. Naomi Plumber, a resident of the Home, a ride from Union Station to campus, which Ms. Plumber described as "like a country club." She went on to describe the requisites for admission to the home, and told Mr. Montgomery that based on his service with the Marines, he stood a good chance for admission. As soon as he had dropped off Ms. Plumber at the Sheridan building, Mr. Montgomery found himself filling out admissions papers. A week later he was admitted and the next day he moved in to the home.

Mr. Montgomery was one of the first blacks in the Marine Corps. Under segrega-



Great Job! Joe Montgomery, Jr. seen here with his two gold medals from the Senior Olympic games.

tion, he was trained at Montford Point after he was drafted in 1944, rather than at Camp Lejeune in North Carolina. He served during World War II and Korea, and spent two and a half years in Guam.

The Senior Olympics are held every May in Washington, D.C., for D.C. residents above 55 years of age, and are coordinated by the Ft. Stevens Recreation Center. For more information about the Senior Olympics, call (202) 541-3754.

Eleventh Annual National Senior Health & Fitness Day

By Jerry Carter (W)

Wednesday, May 26, 2004 marked the 11th Annual National Senior Health and Fitness Day Program at AFRH-W. Senior Community Centers, retirement home and other senior facilities joined together on this day to celebrate and promote senior fitness, wellness and healthy lifestyles.

Over 158 residents took the initiative to exercise in some manner. Activities like walking, working out in the fitness center, bowling and golfing were the popu-

lar activities of the day. Nine walkers participated in the 1 3/4 mile organized walk/run which is held each year.

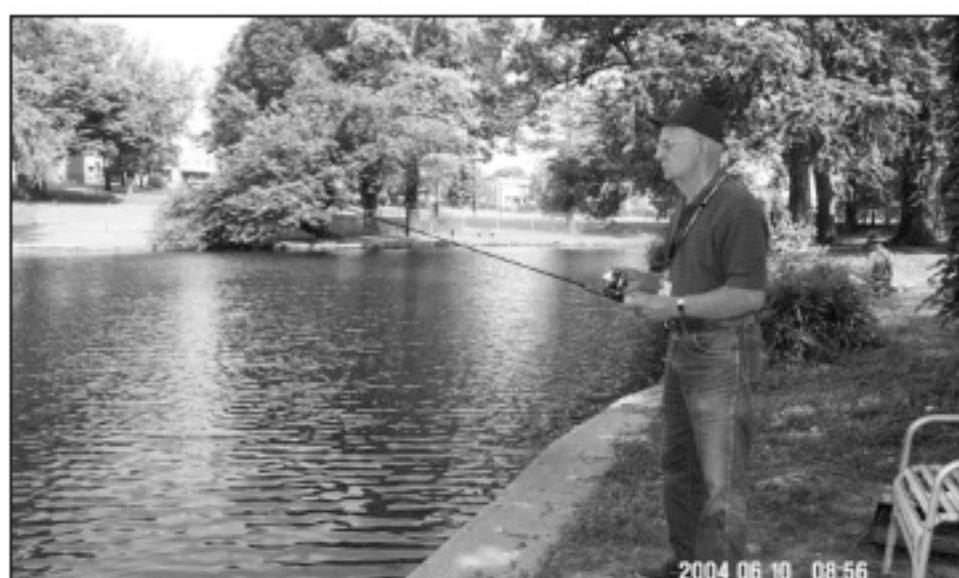
Golf pro Matt Kayson directed a putt putt contest at the golf course and residents were awarded prizes for their participation. Robin Nistle led residents thru a high energy packed jazzercise workout in the Scott Theater. Every resident who participated in the Health and Fitness Day events received a gift.



FISHING TIME



Nettie James was just as excited with the first fish she caught all the way up to number 84.



Farris Dozier watches his line very close to hook the perfect bass during the competition.



Harry Kaminski shows off the catch of the day.

By Jeffery Anderson (W)

On Thursday, June 10, 2004, the 10th Annual AFRH-W Fishing Rodeo was held. This was an event that grew out of an idea of residents Harry Merryweather and Marion Sandelo, who spend many hours taking care of the AFRH-W ponds.

The event ran from 7:00am till 11:00am, and then a wonderful lunch was served by the Dining Hall staff, which of course included fish and hush-puppies. There were four categories of competition in the Rodeo, Longest Fish, Heaviest Fish, Most Fish Caught, and the Smallest Fish.

The winners of each category received Tackle Boxes for their hard work and skillful angling.

Longest Fish - Harry Kiminski, (23" Catfish)
 Heaviest Fish - Harry Kaminski, (5lb 6oz Catfish)
 Most fish caught - Nettie James, (84 Bluegills)
 Smallest Fish Caught - C. Redmond, (5.5 inches)

The rodeo was an enjoyable and fun filled event for the fishermen and fisherwomen who participated and the residents who came for the wonderful meal that was served.



Norman Dent works with his reel to make sure he is ready for the big catch.



Ready to Catch the Big One! David Anderson watches his line ready to snag a big fish during the competition.



William Doulon fished on the west side of the ponds hoping to hook a good size bass.

RECREATION

King Health Care (KHC) Intergenerational Bowling League

By Carol Mitchell, Recreational Therapy (W)

The “KHC Intergenerational Bowling League” with the 8th grade students from Bethesda, Md Norwood Middle School has come to another exciting year’s end. The league which is held at the AFRH-W Sheridan Bowling Center began three years ago and has become a big hit with the students and residents of KHC alike! Residents and students are paired together and bowl as league partners once a month for the entire school year. The students and residents are able to interact with each other enabling them to form a bond of friendship and respect. Students find out that the KHC residents know how to have fun and can teach them a thing or two about bowling, history, and life. KHC Recreational Therapists Jeffery Anderson and myself coordinate the program, work with the residents and students on bowling rules, regulations, etiquette, how to utilize adaptive equipment, and ultimately how to have a great time no matter how old you are!



Left: William Madlung steps out his approach during the league.

Right: Sue Gill works with Merl Heaton on his grip.

Bottom left: William Mouser shows off perfect form on the lanes.

Bottom right: Robert Mason (right) gets to know one of the students from Norwood.



Resident Bill Seely (W) Sheds the Pounds

People are seeing a lot less of Bill Seely nowadays, literally!

Bill lost 106 pounds in the past year utilizing the Fitness Center. His story is an inspiration to anyone at any age looking to get fit and start living a healthier lifestyle.

Bill’s highest weight was 359 lbs; he suffered from sleep apnea and it was affecting his quality of life. Bill’s doctor at Walter Reed Medical Center said losing weight would be beneficial. “Hearing it from a doctor helped but I knew I had to find the initiative and will power within me.” Bill’s high energy is contagious; he is a daily regular in the Fitness Center and is always ready to lend an encouraging word to others. Bill begins his day with a 5:30

a.m. workout; with a self-taught routine that includes a minimum of 1600 ab crunches and 70 pound shoulder pulls. But the 6’2’ 61 year old Army Retiree does not have a walking regime, as Bill says “I was an infantryman for many years, I don’t do walks anymore.” Bill also changed his eating habits, eating smaller regular meals, having a salad lunch 2 times a week, but Sunday is his free day to have a big meal with dessert. Bill has a goal to lose another 30 pounds, if he puts his mind to it, he can achieve it. We know we will be seeing less of Bill Seely.



ON THE MOVE

Splash Party for Residents and Family Members in Gulfport



John Ellison enjoys swimming with his grandson Daniel Hessler (foreground) while Shelda Ann, Callie and Lenny Edwards enjoy splashing around in the pool.



Residents George Gallagher and Floyd Astinki sit back and enjoy a few drinks while getting a great tan and exercise at the pool.

Gulfport Opens New Business Center



Left: LtCol Van-Dyke, Lela Hartley, Terre Lee and Hal Finnegan are all smiles with the grand opening of the business center.

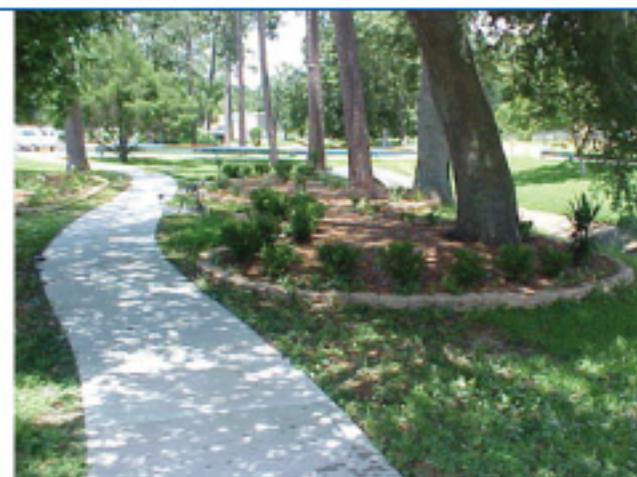
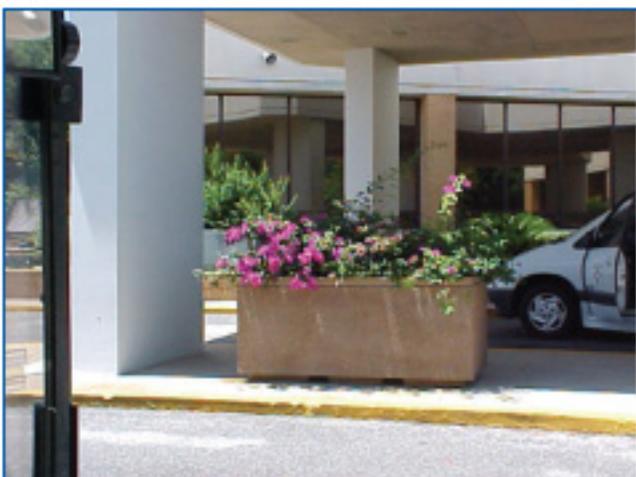
Right: Staff and residents enjoy food and a look at the new business center.



On June 17, an Open House was held for residents and staff, sponsored by the AFRH-G Business Center. Since the Business Center is a new division, this event was held to help familiarize residents and staff with services the Center provides and its location in Bldg. 1.

Many Residents and staff participated and enjoyed an array of refreshments. Deputy Director, Lt Col Wendy Van Dyke and the Business Center staff (Ms. Lela Hartley, Mr. Hal Finnegan, and Ms. Terre Lee) deem this event a success and plan to have more "get togethers" in the future. Thanks to all who participated and to those who helped make this event possible.

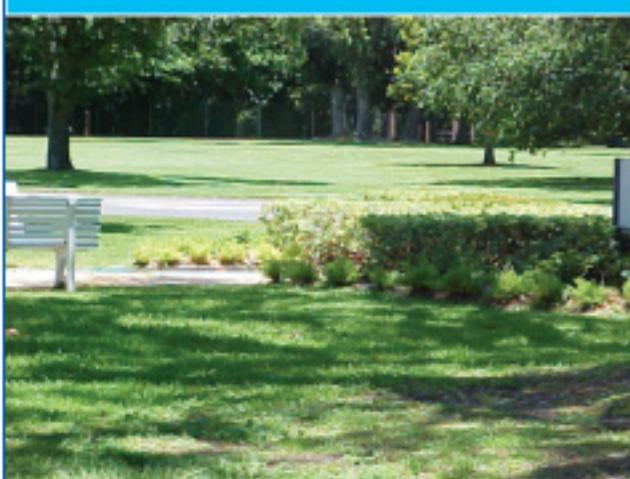
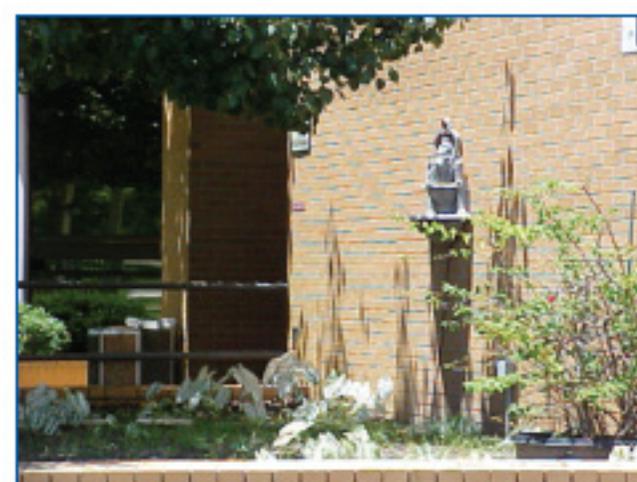
Enjoying The Silent Beauty of AFRH Gulfport's Gardens



By Ralph Marshall (G)

This year, the many gardens around the facility were planted by employees and their families during their off duty weekends and after normal duty hours. They are blooming well, look beautiful, and have been the source of many positive comments from residents and staff. Bravo Zulu (Good Job) to the landscaping volunteers who worked on their off days to plant the beautiful gardens around the home over the last few weekends. A special thanks goes to Ms. Bonnie Riggs, who designed the gardens, ordered the flowers, and coordinated the volunteers efforts.

Volunteers were: Bonnie Riggs, Robert Locke, Rhea Schneiders, Suzuko Marshall, Terre Lee, Shelda Jones and myself.



7th Annual Congressional Golf & Crab Day

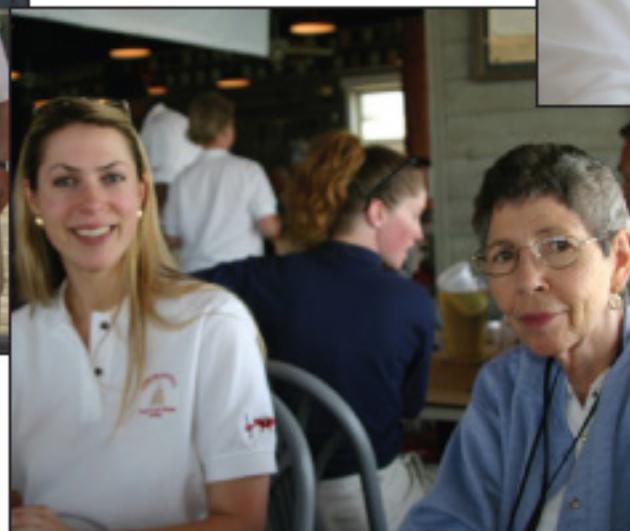


Left: Hail! Hail! The gang is all in Kent Narrows, Md for a very special day on the eastern shore.



Top: Robert Bales enjoys the delicious food and great conversation.

Left: Bernice Goldstein sits with one of the guest from the event.



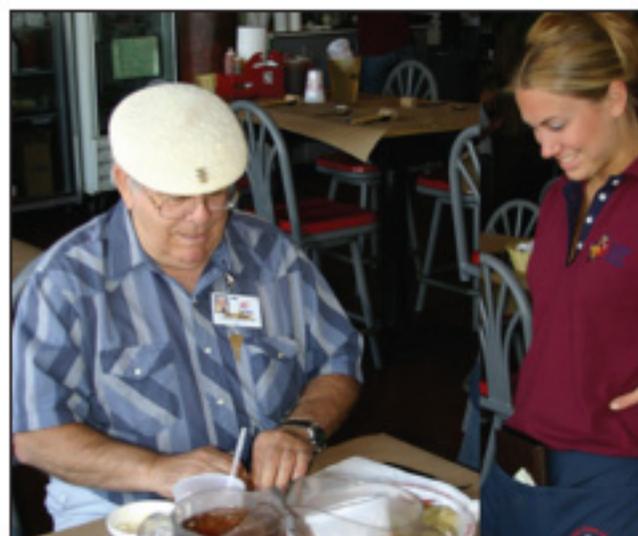
Alice Garrymore listening to conversation as she shells several shrimp throughout the afternoon.



Daniel Funk made the best of the afternoon with Congressman Duncan Hunter from California.



On Point! Mike Longwells points out the great photographer to the guest.



Above: Jim Webster is not cracking crab but teaching the hostess how to make a dollar bill into a necktie.

Right: Dan Gallucci talks about life at the Home with a golf participant from the tournament.



Above: Paul Bradford and Norman Godfrey met several new individuals throughout the days events.