

## Double Nickels Escorts Five WWII Veterans to the National Memorial Day Festivities

By Antoinette Ford,  
Founder/Executive Director

No cooking out for me this year. Instead I opted to escort five WWII veterans to the National World War II Memorial and have them participate in the beautiful wreath laying ceremony. This was indeed a sincere and humbling Memorial Day. By ten o'clock the sun was high over the mall and not one of the vets was the least bit wilted. And their average age was 89 years old...one looked very handsome in his army uniform. They were indeed the heroes of the day. Gary Sinise, Nancy Sinatra and Joe Mantegna all came to shake their hands after the wreath laying ceremony. And Admiral Michael Mullen, Chairman of the Joint Chiefs of Staff, came and personally thanked Ed Davis for his service. Mr. Davis is a Pearl Harbor survivor and thirty year veteran of WWII, Korean Conflict and the Viet Nam Conflict.

We left the WWII memorial services in a limousine, thanks to the generosity of Dignity Limousine Service. And I kept thinking that these were members of our greatest generation who had achieved incredible feats for their country over the last seventy years, but several of them told me they had never ridden in a limousine before this Memorial Day.

At the Navy Memorial we enjoyed lunch with members of the Tuskegee Airmen. This was storytelling time and you needed to be there to hear the tales. The stories themselves are another Blog Entry. By the time nostalgia had taken hold it was time to participate in the



John DiFlippo and Carrol Collins along with Actor Gary Sinise (C) participate in the Honoring Our Fallen Warriors Wreath-Laying ceremony at the National World War II Memorial, National Mall on May 30, 2011 in Washington, DC.

Memorial Day parade. And, as part of the "Spirit of '45" contingent of the parade we could be especially proud. Four hundred youngsters carrying oversized portraits of fallen warriors of WWII joined us.

The diversity of the participants was also notable. The people creating the parade formation almost looked like our country actually looks today. It was an experience that I hope to repeat. And it would be wonderful if our children could learn their history by being in the company of these remarkable seniors.

By the time the veterans were returning home we were all tired, hot and all the while exhilarated. We had a wonderful day filled

with patriotism, laughter and memories. This is where stories come from.



Actor Joe Mantegna (L) poses for a photo with Ed Davis at the National World War II Memorial.

## World War II POW honored in ceremony

### Air Force students dedicate AFRH-G POW/MIA table

By Adelina Hay Wasser  
AFRH-G Volunteer Coordinator

On Monday, May 30th, 2011, the strains of "To the Colors," could be heard from the flagpole outside the AFRH in Gulfport. As two sailors from the Seabee Center raised and then lowered the flag to half mast, residents gathered in the Dining Room for the first POW/MIA table dedication, held at

the new home. Wendell Ward, a resident here at AFRH-G and a former WWII POW in a German prison camp, waited for the ceremony to begin. The cadre and recent graduates of the Keesler Airman Leadership School, recently conducted this ceremony for the class graduation and were excited to participate in it here at the home. Mr. Ward was the central figure, reading the symbolic meaning of each item on the table, such as the salt on the plate representing the tears shed for those who are prisoners of war or missing in action. The lemon signifies the bitterness of their fate, the turned over glass represents their inability to join us

in a toast. All these things and many more serve as a stark reminder of our men and women in the Armed Forces, willing to make the ultimate sacrifice. To each meaning read, an airman lifted the item from the table, to show what was being mentioned. Headgear from every service lay on the table to show that each service has had their loss. Afterwards, a rifle and sword were laid on the table, the airmen saluted the table and Mr. Ward and slowly marched away. The ceremony ended, again with the strains of music from Mr. Francis Ward playing Taps. The program was well attended, with at least 200 residents observing as well as WLOX TV capturing it for the Gulf Coast community. Notable was the fact that many generations of Mr. Ward's family were in attendance, generations that might not be alive today had Mr. Ward not been one of the POW's who was blessed to return home.

**His Story:** Wendell Ward entered the U.S. Army in September 1943. On December 14, 1944, his unit, the Golden Lion Division, was engaged by German forces in what was known as the beginning of the "Battle of the Bulge." They suffered overwhelming casualties and many were captured. He, along with other men in his unit, were taken into custody as prisoners of war and were forced to march over 100 miles to Limberg.

Corporal Ward was a prisoner of war for six months. He was awarded the Bronze Star, Purple Heart, EX-POW ribbon, Good Conduct Medal, U.S. Victory Medal, and the European Theater of Operations Campaign ribbon with three oak leaf clusters.

### POW/MIA table dedicated



On Monday, May 30, 2011, service members from Keesler Air Force Base sponsored a POW/MIA dedication ceremony in the dining hall of the AFRH-G. Pictured here with the group is resident Wendell Ward, ex-POW and Purple Heart recipient.

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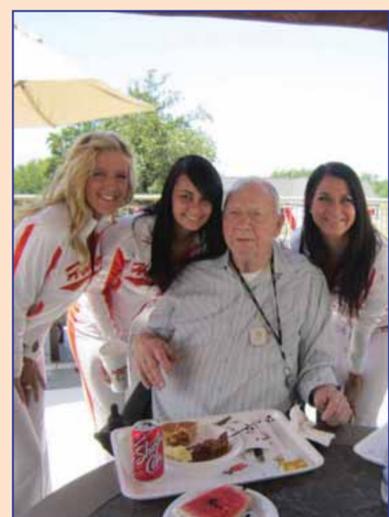
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## AFRH COMMUNICATOR

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### *Serving Washington, D.C. and Gulfport, Mississippi*



**ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD**

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>

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# Become a resident today!

### *Resident is a winner!*

## 1st PLACE in the 2011 National Veterans Creative Arts Festival

By Debbie Pearson,  
Arts Specialist

AFRH-G resident Wolf Kiessling won 1st place in Category 51 (Transfer/Engraving Art Kit) which means he has been invited for a week (Oct. 17-24) to Fayetteville, AR for the Festival where he will mingle with over 3,850 other 1st place winners. If you happen to see Wolf around, please feel free to congratulate him.

One can often find Wolf Kiessling with Bill Williams in the "Amateur Room" in the Wood Shop. Not such an amateur, is he?



Wolf Kiessling and his submission "Alumpum and Tax-a-Lax" which is done with pyrography (a fancy name for wood burning).

### AFRH-W has Award Winning American Legion Post

The Washington, DC, District of the American Legion held a conference last weekend. There are 25 American Legion Posts in the District. Awards for outstanding accomplishments were presented. Armed Forces Retirement Home, Washington, American Legion Post 70, received four plaques and one certificate of merit. This represents more awards than any other single American Legion Post in the District!



#### American Legion Post 70 installs new officers

James Smalczewski-Sergeant of Arms, Ruby Bloomer-Chaplain, Catharine Deitch-3rd Vice, Jeanne Beasley-2nd Vice, George Roundtree-1st Vice, Corrine Robinson, Post Commander.

# Message from the Chief Operating Officer, Acting



Hope everyone is doing well and looking forward to the summer. In my last article I mentioned this month's article would focus on community events. Why should AFRH host community events? I believe

community onto campus for various events and activities. Gulfport opened its doors to the community in an open house style event that brought military, civilian and community leaders together not only to tour the facility but visit and learn more about you. Another event hosted in Gulfport was the Senior Olympics for the Mississippi Gulf Coast area. Several different events from Bocce to swimming events were held in our new facility. This event allowed the community to come together as one regardless of where they reside. Recently Washington hosted a Civil War Living History Even featuring the Sykes' Regulars re-enactment group. This allowed an outside organization to provide living history right in the heart of the Nation's Capitol not only for residents but others visit on campus during the event as well. In 2007 Washington hosted the 1st DCCX Cyclocross race on the southern end of the property. This annual event has grown in popularity with Residents, cyclists from the regional area and the local community. In October 2011 we will host the 4th annual race that provides great sporting entertainment for the young and old. Those are just a few examples of AFRH reaching out to the community. Over the last year each facility has hosted a grand opening,

hosting a community event is a great way to let the community and media learn about our services, increase our volunteer program participation, builds relationships with community leaders, partners, service providers and neighbors. This type of outreach allows each facility to demonstrate their dedication, commitment and leadership in the community. In building this strong bond AFRH can make a positive impact in the community just by getting involved. More importantly the community learns about you the Resident. Since October 2010 each facility has been hosting various events that provide entertainment and/or social events on site. Recently both facilities have invited the



Residents Billy Williams (yellow shirt) and Jesse Self enjoy lunch with members of the local military community during AFRH-G's recent Open House/Community Appreciation Day.

volunteer day, and a health expo, and several different social events. I have encouraged each facility to continue to organize and host events throughout the year that will benefit everyone in the community. I challenge you as a Resident to get to know that very community whether you live in Gulfport, MS or Washington, DC by surf-

ing the web, visiting your local library or Chamber of Commerce. The key thing is to get involved with your local community. Next month's article will discuss Resident Centered Care and Independent Living Plus Program. Have a wonderful 4th of July!  
*Steve McManus*

## Scott Project update

### Washington personnel review blueprints of their specific areas

By Justin Seffens  
Chief, Campus Operations

Over the last several weeks, AFRH personnel have been assessing their areas in the New Scott Building in order to determine their FF&E needs. FF&E are movable furniture, fixtures, or other equipment that have no permanent connection to the structure of a building or utilities. Examples of FF&E include desks, chairs, computers, electronic equipment, tables, bookcases and partitions. After each person and department had finished evaluating their needs, the new design builder (Hensel Phelps) brought in their architect (Cooper Carry) and interior designer (CR Goodman Associates) to review and discuss use and flow of the FF&E in each of the rooms and areas of the building. The process has gone well so far. The next step is for the contractors to provide exact specification on each of the FF&E items that AFRH wants. Specifications are an explicit set of requirements to be satisfied by a material, product, or service. Examples of specifications include color, how many draws in a desk, what kind of fabric on a chair, ink jet or laser printer, etc. After the contractors come up with the



Nichelle Goins reviews the office space layout in the Business Center area.

specifics, AFRH will review and approve, reject, or comment on each and every item in the hopes of ensuring that all of the needs of not



Ombudsman Al Mori and Chuck Dickerson, Chief Resident Services, identify their needs for furniture, fixtures and other equipment in their new spaces.

only the employees are met but the residents who will be served by the FF&E. It is a long and tough process, but it brings excitement

because we begin to get glimpses of what the interiors of the building could actually look like.

## American Korean War veterans travel to South Korea

By Wilfred "Mac" McCarty

I visited briefly with a couple of AFRH Korean War veterans that were guests for a week of the Korean Sae Eden Presbyterian Church congregation in Seoul Korea. Eight veterans from Washington and one from Gulfport made the trip in honor of their service over 60 years ago. They were flown over on Korean Air on a non-stop 14 hour flight when they arrived their accommodation were at the deluxe hotel Lotte. During the visit they attended banquets, enjoyed entertainment, visited museums and given tours of Korea. They were guests for a meal on a Korean Ship Destroyer.

They were applauded and treated as heroes. When they visited the cemetery where missionaries to Korea were buried young members of the congregation ran and got wheelchair to push veteran Jim Webster up a hill. One of the missionary's grave had an inscription that read, "I would rather be buried in Korea than in Westminster Abbey." Another cemetery had veteran's graves. They were also taken up to see the DMZ, the dividing line between North and South Korea.

The group was so impressed with the young folks respect and the kindness and royal treatment of the congregation and others.



Front row l-r: Stanley Sagara, John Sampson, James Webster. Back row l-r: Robert Brown, Dallas Lamb, Neil Ferguson, Raymond Smith, Claude St. Julien and Raymond Whitelow.

## From the AFRH-W Director



I have discovered a new delight in my life, and that is watching foreign films. I am challenged with the movies for several reasons, one of which I like reading the English subtitles

while at the same time actively listening to the language spoken in the film, so that I can learn. There are other motivations as well, such as the movies are not vulgar, are exceptionally well-written, they tell stories that have enduring significance and move the observer in heights of emotion that are often not present in those made in the States. I have watched movies from Afghanistan, India, Czechoslovakia, Denmark, Japan, Iraq, Poland, Germany, etc.

Recently I watched a French comedy entitled *Mom Meilleur Ami*, or translated, *My Best Friend*. It was delightful, poignant, warm, and full of much pull from pathos to joy. One of the main players was a man all about his work, or his business. He attended a funeral with six other people who were there. At dinner that evening he was telling a table full of people how flabbergasted he was that so few people showed up. A tablemate told him he shouldn't be surprised as NO one would attend his funeral. That shocked him

to his foundation and he asked why not. Everyone at the table told him that he didn't have any friends at all, including each of them. The conversation finally turned into a bet of 200,000 Euros (\$290K) in which he had to prove he had a friend. The story ended with what we all like in a movie – a great ending, so good that if it is in your nature to tear up in a movie, you will shed many in this one.

During the star's search to understand himself and find a friend, he was told by the person he made the bet with that he would have to prove the "acid test of friendship" to win the bet. Later in the film that person told him there is no acid test as friendship is "only love".

The Roman philosopher Cicero believed that in order to have a friendship with someone, one must have complete honesty, truth, and trust. He also thought that friends would do things for each other without expectation of repayment. "What is a friend? A single soul, dwelling in two bodies" Aristotle said. True friendship is perhaps the only relation that survives the trials and tribulations of time and remains unconditional. A unique blend of affection, loyalty, love, respect, trust and loads of fun is perhaps what describes the true meaning of friendship.

"Raku" is a Japanese word that means enjoyment or pleasure. Four hundred-and-some-odd years ago, the Japanese perfected the ceramic firing technique that bears this

name.

In Raku ("ra-koo"), a clay piece is painted with glazes containing copper and other minerals and then fired in a kiln at 1,800 to 2,000 degrees for a short time. Once the glazes melt, the red-hot piece is removed from the kiln with tongs and placed in a metal can filled with combustible material: stuff like leaves, saw dust, and shredded newspaper. As these catch fire and blaze, a lid is placed on the container, cutting off oxygen to the flame. The loss of oxygen affects the glazes, too, resulting in various lusters in contrast to a smoky gray hue where no glaze was applied. Spritzing the heated pieces with water can further affect their finished appearance.

This wonderful, fiery alchemy is virtually unpredictable. Because fire never burns the same way twice, no two raku pieces are alike. And because the elements of heat and oxygen and water are change agents, what comes through the fire often bears—save its original shape and size—little resemblance to what first went in.

You can watch the process on YouTube and see the clay pieces glow red from the heat of the kiln. Seeing the flames lick around and over them, then losing sight of them altogether as a trash can lid is snapped down tight. Then waiting for them to

emerge from the smoking can and introduce themselves anew—pieces so different from before that even their crafters could not always recognize with certainty the art they had done.

Friends are like the metal can, the combustible materials, and the fire. They are change agents and help change us for the better. Friends help us to see ourselves in a different light than we can see. Because of friendship we will work to make changes when we see what is unbecoming, crude, etc. "As iron sharpens iron, so one man sharpens another." Proverbs 27:17

Interestingly enough, the Bishop of London made the same point in his outstanding homily during the recent wedding of Prince William and Kate Middleton. As the bishop noted, "Faithful and committed relationships offer a door into the mystery of life in which we discover this; the more we give of self, the richer we become in soul; the more we go beyond ourselves in love, the more we become our true selves...We are seeking to bring one another into fuller life."

Purpose to make a friend. And if you have a friend, make certain they remain one. Let each friendship light up your life in a unique way. The value of a true friend is priceless. If you have Netflix, watch *My Best Friend!*

David Watkins

## Notes from the AFRH-W Chairman, Resident Advisory Council



Well, let me start off by asking for a big favor. The favor I am asking for is that Residents who live on the third and fourth wing of Resident floors not to use the small elevator (often called the Lady Sheridan Elevator) when going to and from the new Dining Facility.

Use, instead the bank of elevators located in the middle of each floor. The reason for this is because that the small elevator was not designed for large amounts of people to utilize. As a result this elevator has broken down several times. This may appear to be a small thing to do but it would assist in making this elevator run more efficiently over longer periods of time without requiring work to be done on it. I thank you in advance for your assistance in this matter.

Another thing I should mention is a program that has been in effect for a long period of time and involves the AAFES store. Let's say that you are in need of an item that AAFES carries but it is not at the store. It is possible to ask for that item and have it brought to the home store. Now let me say that there are two possibilities here. If case Walter Reed carries the item it usually can be in our store in a day or two. In the case where the item is not at Walter Reed then the AAFES facility at Andrews Air Force Base can supply the item. Here the time lag could be seven days or longer. Andrews usually delivers to our store each Thursday. For further information on this see the Manager at our store.

Another Resident has asked me about the use of the old entry gate (that gate on North Capitol Street) by Residents on a daily basis. Presently, when open and staffed by the Veterans Administration, you can use this gate to enter or exit the home. But you have to have a sticker on your vehicle and show your badge to the guard on duty. If you do not have a sticker on your vehicle you will not be able to enter or exit the home from this gate. If you have a visitor coming to see you DO NOT tell them to utilize this gate as they will not be allowed to enter and will have to go to the Upshur Street NW (Eagle Gate) entrance to get into the home property.

I keep hearing as I go around the home Residents who say that they never tell us anything that is going on. I keep trying to find who this "they" are but have not found he/her/it yet. I guess they must be asking the

wrong person or looking for information in places where only incorrect information is posted. I mean with the monthly Town Hall, many focus groups, weekly bulletin, and bulletin boards on each Resident Floor if you do not know what is going on then make sure to ask me when you see me. Many times if I do not have the answer I can find out and let you know. Sometime the answer might not be what you want to hear but it is factual.

Many Residents have asked me about the operation of the Washington Resident Fund. Hopefully I can have a full explanation finished by the time the next Communicator is published. This way you might have a better understanding of just where the funds in the Resident Fund come from and where they are spent. I can say that in the four years that I have been the Chairman of the Resident Advisory Council the fund has (even in these difficult times elsewhere) continued to prosper thereby allowing for the programs asked for by the Residents to continue to be provided. What makes it easier is the fact that the fund is administrated by the Chief, Resident Services, and overseen by members of the Resident Fund Advisory Board who have to vote for each item that you might request. Further information on the Resident Fund can be had by asking the Director, Recreation Services who keeps that information on hand.

Now, let me say a few words about food service. Often times, in our daily comings and goings, we tend to overlook those who day-in and day-out provide a quality service to the Residents of the Armed Forces Retirement Home Washington. From those who cook the food in LaGarde, those who package the food for transportation up the hill, and those who work the line to provide the food to us – these people provide us a service that is unmatched by other Retirement Homes. I know that not every meal is perfect for every Resident but neither is our daily life's. So for Fred and ALL the members of Food Service, thank you for a job well done we look forward to standing in line to see how well your staff has done today.

Well, that does it for this month. July is upon us and that means (for us in Washington) the big 4th of July Cookout and Ice Cream eating back of the Sheridan after which those who wish can find a good place to watch the fireworks on the mall without having to leave the grounds. If you do go downtown, watch out for the hordes of people who will also be downtown for the fireworks. If you leave the home to travel be safe, do not drink and drive, and for the younger Residents do not text and drive.

Esker F McConnell

## National History Day banquet held on Fort McNair



Johnny Cargo is presented with a National History Day embroidered blanket.

By Carol Mitchell, Recreational Therapy

On Saturday, June 18th the residents of King Health Center enjoyed a beautiful evening banquet at Fort McNair. The banquet was the opening event of the Albert H. Small Student - Teacher Institute, Normandy: Sacrifice for Freedom. It was also to honor and recognize the residents for their contribution to our country. The institute is designed to educate high school students and their teachers about WWII and the sacrifices endured by war. The Executive Director of National History Day Cathy Gorn invited the residents to attend this special function with students and teachers who will be spending time here in the nations capitol before heading to Normandy, France where the students will lay a wreath at the American Cemetery above Omaha Beach. While at the event, the students presented each resident in attendance with a National History Day embroidered blanket. A delicious meal was served along with live musical entertainment, and special speakers who spoke of their own experiences during WWII.

## U.S. Army celebrates 236th year in service



Sgt Seth Wardell, Catharine Deitch and retired CSM Al Mori make the traditional first cut.

## From the AFRH-G Director



Next week, July 4th to be exact, we reach the nine-month milestone since our opening last October. We now have nearly 500 residents in the AFRH-G community (493 at press time). In just a matter of weeks we will be filled to capacity in the Independent Living areas. Our veterans come from all over the country and from all branches of the service. Navy veterans lead the way with 40% of our population, followed by 31% Air Force, 24% Army and 5% Marines. Since Congress recently passed legislation allowing Coast Guard veterans entry into the AFRH, we expect to be welcoming some Coasties to our community in the future.

Residents checking into the AFRH-G have earned the privilege of living here through their service to our country. As a resident, they have also earned certain rights with respect to the services they are provided on a daily basis. The covenant we the staff have with residents include the right to be treated as an individual with dignity and respect, to be informed, to be heard, to have a choice, to live free of pain, in a safe environment, with opportunity for growth, personal spirituality, and Quality of Life. Residents also have the right to die with dignity. These are the rights of our residents and I, along with my staff, have made a commitment to ensuring that all residents are afforded all that they deserve.

On May 27 we held our first evacua-

tion drill of the entire building. Overall it went well, especially for the number of residents and the size of the building. We hope, of course, that we never have an opportunity to see how we do in a real emergency but the more we go through the motions, the better we will get doing it. As a note, there was a real fire in the old Navy Home back in 1998. It started in an electrical room and everyone evacuated safely but the fact is, an emergency can happen at any time and we must know how to react in an emergency situation. Fire drills are the best way we can prepare for the real thing. Your cooperation and participation in these efforts are greatly appreciated.

Our first Community Day Open House, which was also held on the afternoon of May 27, along with our first Cook Out of the season (a very busy day), was a resounding success. We had approximately 350 visitors from the community. The resident volunteers did a wonderful job of touring the guests around the home and showing off our beautiful spaces. Thank you to everyone that helped to make our first open house such a huge success. Our next community appreciation day is scheduled for November, in conjunction with Veterans Day activities.

There are a lot of events and activities planned in July that include a cookout and Liberty Dance on Monday the 4th of July, an Army band performance, trips to New Orleans in addition to the regularly scheduled exercise and hobby classes, an ice cream social, pet therapy visits and board games.

See you around the campus.

*Richard Heath*

## Battle of Midway veterans honored



Hugh Wingo (left) and Marvin Wescott, both veterans of the Battle of Midway, were guests of honor at a Wreath Laying ceremony held at the Seabee Center on June 3. A van load of residents traveled to the Navy Seabee Center to take part in the commemorative ceremony.



### Army Birthday Celebration

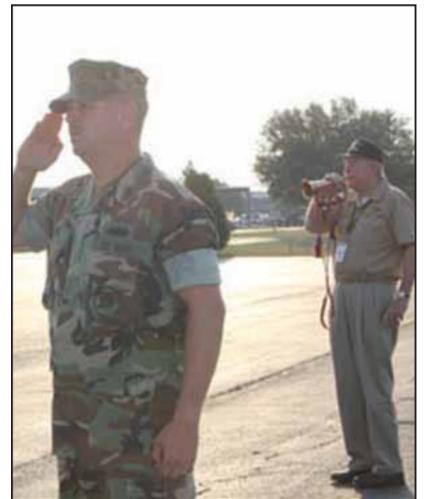
AFRH-G Director Richard Heath (far left), watches as the Army birthday cake is cut during a ceremony and dance held June 10. Taking part in cutting the cake are Oldest Army James Vancil, guest speaker 1stSgt Daniel Morak and Youngest Army PFC Ashley Alvarez attached to C Company, 169 Engineer Battalion, CBC, Gulfport.

*Photo by Joe Lavryk, Volunteer*

## Memorial Service for Seabee Heroes

Residents of the AFRH-G traveled to the Seabee Center on Wednesday, May 5, to attend a Memorial Service and Flag Folding Ceremony which honored Marvin Shields, Robert Stethem and other Seabee heroes. Resident Francis (Frank) Ward performed taps on his bugle at the conclusion of the program.

Ceremonies such as this are conducted to emphasize to the younger troops the importance of the sacrifices of fellow servicemembers and to pass the culture of our military from generation to generation. AFRH appreciates the opportunity to participate in this endeavor.



Francis Ward performs taps with his bugle at the conclusion of the program.



Front row right to left - Charlie Jenkins, Bob Harris, Diana Dopp, Doris Jones and Bob Rutherford participate in a Memorial Service on May 5 at the Seabee Center.

## Notes from the AFRH-G Chairman, Resident Advisory Council



June 2011 was another very busy month. The Resident count is now 488!!!

The Army's 236th Birthday Party was held on the 10th of June. The Ceremony was great, the

speaker was tremendous, and the dance that followed was enjoyed by all attendees. Another BIG-BIG Thanks for "another Job well done" to our Recreation Department!!

June was also the time for our First Ever Father's Day Champagne Brunch. The Champagne Brunch was held on Sunday, June 19, 2011, Father's Day. A special Brunch menu with two carved items, an Omelet Station with Champagne, Mimosas, Poinsettias and Bloody Mary's were served.

We now have a world map installed on the wall across from the wood shop. The Resident Advisory Council approved the project and Mr. Jack Horsley funded the purchase in Honor of his Friend Ron Thompson. Mr. Page Noe did the grunt work to get it installed. Thanks Page and Thanks Jack!!

Hoorah!!! The work is completed on the installation of the double doors from Fiddler's Green Lounge into the Community Center. The doors are in and operating and are a great addition to the Home. Another BIG Thanks to our own Campus Operations!!

Note the Military Memorabilia Committee has installed some items in the hallway leading to the Administration Offices. Another Nice start!! Thanks to the Military Memorabilia Committee!!

The Resident Advisory Council met on the 14th of June 2011. Some of the actions taken were:

-Security Officer, Larry Smith

briefed the Council on several security issues facing the Home. A question and answer period was also held.

-RAC approved the starting of our own newsletter for the Gulfport Home. The possible name for the newsletter is "Scuttlebutt" and it will speak of the Happenings at AFRH-G.

-RAC approved the funds to purchase Challenge Coins to be re-sold in the Thrift shop and elsewhere in the Home.

Congratulations to Mr. Wolf Kiessling on his First place win in the recent Veterans Creative Arts Festival. Way to go WOLF!!

Many THANKS to all the Residents for participating in making OUR HOME a Better place to live. Your help, Your suggestions, and Your Comments are helping us all become BETTER.

Enjoy!!

*Bill Parker*

**July 4  
Independence  
Day  
Picnic  
11:30 - 1 p.m.  
followed by  
Liberty  
Dance  
from 2 - 5 p.m.  
Music by Ralph Knowles**

# AFRH-G June Activities

## Mississippi Coast Radio Control Club (MCRCC) Visits AFRH-G

By Debbie Pearson, Art Specialist  
Photo by Joe Lavryk, Volunteer

Even though the weather outside was too windy for our new friends from the MCRCC to give us a demonstration flying the kits and made-from-scratch models they brought with them, we were able to have a wonderful static display for our residents to see. Several members of the MCRCC, many who are veterans themselves, brought in models that our

residents would recognize from prior military days. Eyes sparkled and new friendships were formed as the memories and stories of days gone by were shared. How incredibly blessed we are to have such wonderful people from our community come to our Home and share their lives with us. MCRCC, we thank you from the bottom of our hearts to the top of the clouds! You guys made a bigger impact than you will ever know. We can't wait to see you guys again!



Residents watch as members of the Mississippi Coast Radio Control Club give a demonstration during the Remote Control Showcase held at AFRH-G on June 8.



On June 5-6, local Boy Scout member Hayden Tolley from Boy Scout of America Troop 212 built three Horse Shoe Pits for the AFRH-G. Two of the Horse Shoe Pits are regulation size for tournaments and the third is half size for the Assisted Living. After putting in over 100 hours on this community project, Hayden will earn his Eagle Scout for his project.

## AFRH-G HOW DOES YOUR GARDEN GROW?

Submitted by Susan Bergman, MT-BC, Recreation Services

AFRH-G Valor Hall / Assisted Living began its patio garden in May and the vegetables are sprouting thanks to some helping hands. With the expertise of Bennie Howard on plants and Tom Crawley on watering, the garden is in full bloom. Sev-

eral residents picked out the plants on their monthly Wal-Mart trip, the dirt was delivered by campus operations, and the vegetables were separated into 19 containers lining the patio. Bill Cleveland planted bush beans, Bennie planted green and jalapeno peppers and okra, squash, and green onions filled in the rest. Everyone is already talking about what the pickin' will bring - fried okra, squash casserole, jalapeno hot sauce, and more... With all the positive interactions of watching, waiting, tending, and reaping in the garden, it is great to see how our lives grow each moment and with each new day!



Bennie Howard and Tom Crawley enjoy spending time in the vegetable garden located on the patio.



Artist Marian Wolke (far left) showcases her artwork.

## Artist Marian Wolke Showcases Her Work

By Debbie Pearson, Art Specialist

Father David Lemburg, Tony Demartino, Harry Williamson, Katie Williamson and Clara Mihelic were just some of the many visitors that showed up to view the various items made by Marian Wolke. From origami shirts made of dollar bills, to oil painting, lapidary, rug hooking, dream catchers, and various other arts and crafts, Marian shows us that we all participate in a wide range of creative endeavors. Thanks for sharing all of your wonderful pieces, Marian. They're beautiful and so are you!

## "IT'S ALL GOOD!"

By Susan Bergman, MT-BC, Recreation Services

On Wednesday, June 8, Jean Allgood came to perform favorite songs and hymns on the piano in the Valor Hall / Assisted Living Resident Lounge. Residents shared memories by recalling favorite singers, guessed songs, and learned about the history of "America, the Beautiful." Residents travelled down memory lane with "Sentimental Journey," tapped toes to "In the Mood," and enjoyed favorite Gospel songs such as "Just a Closer Walk with Thee," "Amazing Grace," and "The Battle Hymn of the Republic." Jean finished with "That's Amore" made famous by Dean Martin sharing about how "life is about living each day to the fullest and with love."

After the piano performance, everyone moved to the dining area for the monthly cookout. With excellent food, patriotic music, decorations, and good company - the festivities continued. As Jean would say, "it's ALL GOOD...you know that's my last name...but really it's ALL GOOD!"



Jean Allgood entertains residents with favorite songs and hymns.



Residents in Assisted Living turn out in big numbers for the monthly picnic.

## Sharing Goes Both Ways

Submitted by Susan Bergman, MT-BC, Recreation Services

On May 24, the First Presbyterian Youth Choir of Gulfport performed in the community center and then serenaded residents on Valor Hall / Assisted Living. They travelled the hallways, stopping at each room to provide a personal performance for each resident. When they arrived at Ardith Greer's room, she brightened upon hearing "Amazing Grace" and began to explain the history through her travels. She then invited the choir members to see the artwork that is displayed throughout her room. She described her intricate pieces of cross stitch saying, "it gave me something to do... and these came from designs when I travelled to New Mexico." She then shared about how she bicycled across Death Valley, how she made and learned Appalachian Dulcimer through an Elder Hostel trip, and went white water rafting ten times through the Grand Canyon. Ardith shared how she went to the U.S. Naval School, specialized in Naval Justice, and was involved in the Pacific Fleet during WWII. She smiled explaining her travels and experiences throughout her 20 years in the Navy. She now is an avid jigsaw puzzler, just finished a puzzle of the emblems of the 50 states, and loves to be surrounded by beauty. To hear and see her memories - the choir and all felt blessed to take a moment into Ardith's world. You could feel the awe and amazement that surrounded her! Thank you Ardith for continuing to share your talents with others!



Ardith Greer shows the youth choir her room and shares stories of her past.

## AFRH-W June Activities

### Watercolor by Mimi Rivkin Makes Final Round

By Lori Thompson, Recreational Services

A watercolor by AFRH-W Artist, Mimi Rivkin, was chosen to be finalist in the National Creative Veterans Art Festival in late May. Mimi's painting previously won first place in the V.A.'s local competition and it has now been chosen to be judged at the national level. By competing at this level, we know that Mimi has already won either first, second or third place. However we will not know the exact award until the judges' final decision later this month. Congratulations Mimi! We hope you win first place!



### "Down-Home" Father's Day Social

By Lori Thompson, Recreational Services

Banjo, guitar and bass music filled the air on Sunday, June 19th at AFRH-W. The Father's Day Social felt like a down-home porch get together as residents gathered to enjoy an afternoon of live music and refreshments. Feet were tapping, voices humming and faces smiling, as Nancy Lisi, Robert Swain and Clay Hopkins (all from the King Street Bluegrass band) sang, strummed and picked residents through two delightful hours of bluegrass music. A raffle was held and residents Stout, Barnes, Woessner and Bufalini won coupons for home-baked pies or cobblers. Happy Father's Day!

### KHC Memorial Cookout

By Carol Mitchell, Recreational Therapy

On Friday, May 27, 2011 the residents of LaGarde King Health Center enjoyed a beautiful afternoon cookout honoring veterans who gave their lives for the freedom of Americans. Bach 2 Rock entertainment company sent a live three piece country western music band which played great music from the past to the present. Food Service provided a delicious menu including burgers, dogs, marinated chicken kabobs, baked beans, watermelon, cookies, beer, sodas, and much more! The residents truly enjoyed sitting outside under the shade of the trees listening to the toe tapping sounds of music, eating good food, and thinking about fellow veterans of the past.

### Twilight Tattoo

By Amanda Jensema, Recreational Therapy

For the first time in the last three years the residents of the King Health Center were able to attend the Army's Twilight Tattoo show on Wednesday, May 25th. The weather was perfect and we were surrounded by groups from all over the country. We were entertained at Fort McNair with music from the U.S. Army Band "Pershing's Own" and the U.S. Army Band Down-range vocal group. We watched the U.S. Army Drill Team show off their skills with their bayonet-tipped 1903 Springfield rifles. At the end they performed their trademark move of the blind front to back rifle toss where the person in front of the line throws their rifle over the heads of the other members and the person in the back catches it. It is blind because the person throwing it does not look before he throws. This takes a lot of practice! Some of the other groups that performed included the Old Guard Fife and Drum Corps., Continental Color Guard, The Old Guard Caisson Platoon and The 3rd U.S. Infantry Regiment, also known as "The Old Guard". At the end of the show many people attending honored our residents by thanking them for their service. It was a great night for the residents and one they will not forget.

### "Practicing the Old Golf Game"

By Sarah E. Kenan, Recreational Therapy

ALP residents Johnny Cargo and Earl Clifton got their chance to play with the pros today in the "Pro Resident Golf Tournament". Mr. Cargo was very excited to play in the game because he hasn't been on a golf course in along time. He was also using the new PARA GOLFER. He had practiced in the PARA GOLFER a couple of times before the tournament. So on this day of the game he felt very comfortable using it. Mr. Clifton is a long time golfer, he has played the game for many years. When he first came to the AFRH he came down to the golf course often, and was quiet good. He did a excellent job with his long drives. Mr. Cargo was our putter and he came close many times to making a birdie put.

We had a wonderful pro with us who showed us a lot of different angles to the game. All and all everyone, especially the residents, had a fun afternoon.

## Annual Fishing Rodeo held at the Ponds

By Jerry Carter, Recreational Services

On Friday, June 17th, the 17th Annual Fishing Rodeo took place at the AFRH ponds. Under the deep blue sky, Robert Schonherr won the most categories in the fishing contest: Heaviest Fish Caught- 2 pounds, Most Fish Caught- 14, Longest Fish Caught- 16 in. Bill Wood earned second place with Smallest Fish Caught- 3 inches. Congratulations to these outstanding fishermen and everybody had a great time at the ponds!

Recreation services would like to thank the Air Force General Surgeons Office from the Pentagon for volunteering during this event and all residents who attended.



William "Bill" Wood casts his line and waits for a nibble. Bill earned second place with Smallest Fish Caught - a whopper that was 3" long.



Robert Schonherr puts his catch on the scale as Jerry Carter and a volunteer check it out.

## D-Backs

### Starting the 2011 season

By Jerry Carter, Recreation Services

On Wednesday, June 1, AFRH Diamondbacks played the Childrens Hospital Bears at Catholic University. D-backs lost 16 - 5 but our fans in attendance were treated to a good hitting Bears team and some nice defensive plays by members of our team. Phyllis "Iron Woman" Bradford continues to make contact at the plate, getting one hit in the game. Volunteer Reggie Ragland made some outstanding defensive plays at first base and also hit a home run in the 4th inning. D-Back welcomed new resident to the team, Tony Contino who was the designated hitter. AFRH Diamondbacks are playing all home games at Catholic University this season. Staff member Lynn Holt had one hit in her first game with the Diamondbacks.

## Greenbelt Dog Show

By Steven Briefs, Chief Recreational Therapy

It's been said that man's best friend is a dog. Well, we had lots of them at our 2nd annual Dog Show. Many sizes, breeds and colors of dogs visited the KHC on Saturday, June 11th and what fun the dogs had as well as us! The dogs showed off their talents by dancing, jumping, rolling and climbing. One even rode a skate board! We had Golden Retrievers, Welsh corgis and a Great Dane. All were great entertainers and afterward their owners brought them out into the audience to meet our residents.

Visiting children and animal pets always brighten the days of our residents and enables them to remember some of the happy times from their past.

# AFRH-G Open House

By Mary Kay Gominger

There was a festival atmosphere at the AFRH-G on Friday, May 27 during the first cookout of the season and Community Appreciation Day. Residents feasted on burgers and hotdogs fresh off the grill and all the fixings including plenty of desserts and cool drinks. Right after the cookout, the gears shifted and residents and staff welcomed approximately 350 guests from the local community to see and tour the new AFRH-G. Volunteer resident tour guides could be seen throughout the afternoon taking the guests around the common spaces and many attended the weekly Liberty Call at the conclusion of the tour.

Many thanks to everyone that helped make the day go off without a hitch and special thanks to the resident volunteers that conducted the tours and to the dining room staff that went the extra mile to make this such a festive occasion. The food was delicious, as usual. Great job to Fred and his crew!



Gulfport Mayor George Schloegel stops to speak with residents in the dining hall during Community Appreciation Day on May 27.



Local 'Hooter Girls' danced around the dining hall with staff members and residents during the festive cookout.

Photos by Joe Lavryk, Volunteer



Another serving line was set up in front of the lobby on the main floor to ease the flow of people in the main serving line. Many attendees enjoyed lunch outside on the patio area outside the dining room.

## Sykes' Regulars 2nd & 4th Infantry

# Life of a Regular Army Soldier circa 1861

By Carolyn Weber

AFRH-W Volunteer Coordinator

Did you know at the start of the Civil War the regiments and companies provided by the states came attired in their own uniform. One of the most distinctive was the regiment from New York that wore striking red pants and was referred to the red-legged devils by the Confederates. More often the case was each side had similar uniforms with the tragic result of numerous friendly-fire casualties. As time went on similar or "uniform" battle dress was worn by both sides. This year marks the Sesquicentennial Commemoration of the American Civil War. Many historic battlefields are marking the 150th anniversary with reenactments, parades and exhibits. Nearby Manassas Na-

tional Battlefield Park is expecting tens of thousands of re-enactors and visitors alone. So it was a tremendous honor when a piece of Civil War history was recently exhibited by local volunteers for our residents, staff and guests on the grounds of AFRH-W. On June 11th and 12th, the Sykes' Regulars 2nd and 4th Infantry Regiment demonstrated the tough and demanding life of a Regular Army Soldier circa 1861. A foot soldiers income was \$11 a month, and he was issued a single coat, pants, shoes and rifle. One change of undershirt was all a soldier could carry. An officer on the other hand was required to purchase his entire uniform. During the two-day Civil War Living History Event, the Regular Army Soldiers performed demonstrations including "School of the Soldier" and "Company Drill." In "School



During the re-enactment, soldiers discussed weapons and uniforms in use during the Civil War.



The Sykes' Regulars 2nd and 4th Infantry Regiment demonstrate the tough and demanding life of a Regular Army Soldier circa 1861 during re-enactment at AFRH-W.

of the Soldier," Non-Commissioned Officers demonstrated the basic skills taught to recruits during the Civil War by running the men through the drill manual. They demonstrated various positions of rest and attention, facing movements, marching, Manual of Arms, and forming the Company for battle. During the "Company Drill," the Commander demonstrated how the Company was maneuvered to engage the enemy by fire and with the bayonet. The Commander issued the proper commands and procedures for loading and firing of the rifle musket, fixing and unfixing the bayonets, and making a charge of bayonets. In addition to drills and maneuvers, residents were invited into the camp where five tents (intended to sleep 4 soldiers each) were erected. Patrolling through the campsite was

the Provost Marshal, similar to today's Military Police. The soldiers displayed and discussed weapons, uniforms and kit, Army rations and meals in Camp and in Garrison and life in the Camp. Before marching out of camp, the Sykes' Regulars thanked and presented the residents of the Armed Forces Retirement Home with a framed aerial photograph of Antietam, which will go on display inside the Home. Thank you to LT Jason McConnell, LT Pat Hutchins, SGT Mike Cribbs, CPL Eric Schlegel, CPL Rob Johnson, PVT Tyler Johnson, PVT Henry Davis, PVT Fred Grogan, PVT Clark Oliver, PVT Frank Beachan, PVT Joe Lamonca, PVT Nick LaMonica and PVT Don McConnell for bringing a piece of 1861 back to the grounds of AFRH-W.