

## Annual fishing rodeo & cookout in Washington



Robert Schonheer holds up his winning catch at the annual Fishing Rodeo hosted by Recreational Services.

By Jerry Carter, Fitness Specialist

On Friday, June 8th our residents were treated to a Fishing Rodeo and cookout at the ponds. Due to recent improvements made by our Coast Guard volunteers at the ponds, the area looked beautiful. The weather was great, sunny skies and this made it a perfect day to fish and cookout!

The Fishing Rodeo began at 8 a.m.

and many residents were ready for fun but competitive fishing in the rodeo. Warren Pospisil won an award for the Smallest Fish Caught, Robert Schonheer won two awards for the Heaviest Fish Caught and the Longest Fish Caught, and Cleon Winkle won the Most Fish Caught award. All the fishermen enjoyed the fishing and social interaction with the volunteers from the Air Force General Surgeons

Office and Fort Meade military base.

The cookout began at 11:30 a.m. and everybody enjoyed the food prepared by Food Services. Our own Billy "Music Man" White played great music throughout this event. Recreation Services would like to thank all the volunteers and co-workers for helping make this a fun and successful program.

## AFRH-G pays tribute to all D-Day veterans

*Gen. Dwight D. Eisenhower said the operation was a crusade in which "we will accept nothing less than full victory."*

By Adelina Sowell  
AFRH-G Volunteer Coordinator

The D-Day invasion of World War 11, code named Operation Overlord, began on June 6, 1944. The assault was originally planned for June 5th but due to bad weather, General Eisenhower moved the date of the invasion to the 6th. It was among the largest amphibious assaults ever attempted. More than 9,000 Allied soldiers were killed or wounded in the operation.

On Wednesday, June 6th, 2012, the AFRH Gulfport held its first D-Day ceremony, remembering the sacrifices made by the United States Armed Forces to secure liberty for not only the United States, but that of the world. We met the enemies of freedom at their front door and took the fight right to their heart. Many of our residents are veterans of World War 11 and D-Day is truly a day they remember through personal experience.

AFRH Administrative Officer Shelly Thompson delivered the opening remarks and Father Uko gave a stirring invocation. The Marine Corps color guard from the 3RD Platoon, (RENF) Co "A," 4th AA Battalion, presented the colors and the Pledge of Allegiance was recited. Resident Francis Ward played "Amazing Grace" on the bagpipes and then Shelly called forward Mr. Gerald Campbell, who was a Master Gunner Third Class during the invasion of Normandy. He hit the beaches in the third wave, part of a unit delivering equipment, vehicles and am-



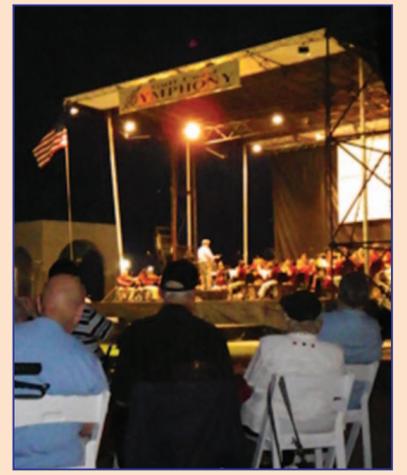
D-Day veteran Gerald Campbell, (right), and Marine 1st Sgt Chad Coston, salute the wreath placed near the flagpole during the Remembrance Ceremony held at the AFRH-G on June 6. First Sergeant Coston is with the 3rd Platoon, (RENF) Company A, 4th AA Battalion.

munition to the beaches. He said that each time they went in to make a delivery, they were caught until the next high tide. The first time they went in they were pinned down by gunfire, till the two German spotters, who were calling in artillery fire on their position, were taken out. When asked how he felt about being a part of this campaign, he stated, "I knew it had to be done and I wasn't worried about whether I would make it through alive or not, I was just ready to go and do what needed to be done." Mr. Campbell walked

alongside 1SG Coston and together they placed the wreath near the flag pole, saluted and returned to their seats for the conclusion of the ceremony which came to an end with the poignant sound of "Taps," reminding us again of the lives lost for the high cost of freedom.

President Truman said, "Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices."

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# 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. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

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



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

**Become a resident today!**

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:

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

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>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org> <http://www.carf.org/aging>



**The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments regarding the Armed Forces Retirement Home to the following email address: [AFRH\\_PAO@AFRH.GOV](mailto:AFRH_PAO@AFRH.GOV). A section of the Communicator will be set aside to provide RESIDENT feedback.**

## AFRH-G Veteran Highlight

### "DARING DORIS" - AFTER DUTY ACTIVITIES

By Ruby O. Woods-Robinson, Librarian M.S.L.S.

There have been many articles written about Doris Jones the military person, so we are highlighting the things "Daring Doris" did after duty hours to make life exciting.

Doris joined the U. S. Army in Miami, Florida, during the Vietnam build-up. After basic training in Anniston, Alabama, she went to a beautiful Quartermasters Post at Fort Lee, Virginia, named after General Robert E. Lee. In the Army, Doris worked in the medical field. After duty hours, she worked at a small snack bar close to the Fort Hospital. Doris also drove and sold ice cream in the housing areas on the Good Humor truck. She sold a lot of ice cream to pay for "skydiving lessons" at the airfield on Ft. Lee. "GEERONIMO - It's a BIRD - It's a PLANE! No indeed it's "DARING DORIS."

While assigned to the 97th General Hospital in Frankfurt, Germany, Doris was on the ladies' softball team and was known as the star center fielder. She had a little time to participate in Volksmarching (from German Volksmarsch meaning "peoples' march") a form of non-competitive fitness walking that developed in Europe. Volksmarchers' hiking is done with walking sticks. Doris also did the calling at the bingo games for the patients at the 97th General Hospital. During this time, she started Space A travel out of Rhein-Main Air Base, Wiesbaden Army Air Field and Ramstein Air Base to any place the planes were going. She traveled all over Europe on Space A travel.

At 130th Station Hospital, Heidelberg, Germany "Dar-

ing Doris" took up Glider Flying at a German Glider field. Doris is very skilled at catching the thermal winds to gain altitude. She also continued sky diving lessons and joined a German Army Skydiving Club. In addition to all of this fun - Doris has a humanitarian side - she did Humanitarian Missions to Ethiopia, Somalia and India. She also took German language courses at Heidelberg University.

While assigned to Fort Sam Houston Brooke Hospital Daring Doris purchased a Quarter Horse and was in parades and rodeos. During this time, Doris joined a Western Riding Club and went on five, 150 mile trail rides which were 10 days each. In addition to her other activities at Fort Sam Houston, she volunteered to be the life guard in the training area for new recruits.

Moving on to Ft. Mead, Maryland, named after "General George Mead," "Daring Doris" took on a volunteer position as a Boy Scout Group Leader. She did this for over a year at A P Hill, Virginia - the Boy Scout Jamboree. She also joined the Flying Club at Fort Meade.

Years later after retiring as a Master Sergeant with 20 years in the Army, Doris joined the Carnival Cruise Lines and worked in the Medical Department as a nurse. She cruised the Caribbean, Mexico, Alaska, and Panama Canal and did one Transatlantic to Norway.

In between all of this "Daring Doris" married William (Bill) Jones and they experienced a daring life together - scuba diving, and they also owned and trained two wild mustangs for riding. Bill passed away early and Doris moved to the Gulfport, Mississippi to the Armed Forces Retirement

Home in 2004.

Here in Gulfport "Daring Doris" is still busy volunteering and working to make life comfortable for other residents of the Home. She is working with the RAC Committee, Floor Representative on 7th floor A Tower; the USO at the Seabee Base in the Lounge and Snack Area; Meet and Greet the men returning from the War Zone; is a Park Ranger for the Gulf Island National Seashore at Ocean Springs, Miss., a Liaison Officer to American Legion Post 33 in Biloxi, and past Commander of Post 29 in Miami, Florida.

Doris also participates in Shade Tree Aviation events and she enjoys her daring life and is a very positive person. She really enjoys living at AFRH-G, the home is beautiful and there are so many exciting and wonderful people living and working at AFRH-G.



**Doris Jones**

## AFRH-W Veteran Highlight

### Ferguson enjoys biking and helping others

By Christine Baldwin, Librarian

Neil Ferguson was born in a rural community in California. He biked 3 miles to a 4 room grammar school, and his love of biking continues today! The Korean War had started when he graduated from high school, so he decided to enlist in the Navy. Why the Navy? "You always have 3 meals a day and a bed to sleep in every night," Neil replied. While serving during the Korean War, Neil performed clerical tasks aboard a heavy cruiser, which alternated 10 days in Japan taking on supplies and 30 days off the Korean coast firing 8" shells. In fact, his ship the USS ST PAUL (CA73) is recorded as having fired the last official round before the cease fire in July of 1953.

While in Japan, Neil met and married his wife. Two of his four children are twins and they were born on July 4. At first, they were tagged "Twin A" and Twin B" but someone put the names "Yankee" and "Doodle" on their basinetts. They are still nicknamed that today!

Next they were stationed at Norfolk, VA, where Neil changed his classification to Electronics Technician in Communications.

He went to Great Lakes Naval Training Center for schooling. Since Neil was the only one left in his class for Communications he was designated the smartest student in this area. After graduation, Neil became an instructor of basic electronics. He also continued his education with Advanced Electronics, but since there was a backlog of students in this school, Neil was taken out of class to help with instructing and it just so happened that he was assigned to teach a class that involved calculus, Neil's hardest subject, but he did learn some calculus.

After graduating from Advanced Electronics School Neil was sent to a ship off the coast of Vietnam that surveyed the depth of the ocean off the coast of Vietnam. While waiting for transportation to his ship he was assigned to a barracks in Saigon where there was no hot water and the wrong kind of electricity for his electric razor. He was miserable shaving with a blade razor in cold water, not to mention taking a shower in cold water. When Neil finally reached his ship they had just finished distilling seawater and the hot distilled water was put into the fresh water tank and now the cold

water was hot along with the hot water. Talk about extremes. At this point in his career, Neil was an E7 Chief Electronics Technician. He liked this position because he could "walk around with a coffee cup in his hand telling his people what to do." He ate the same food as the rest of the crew, but ate in the Chief's Mess and could have as much as he wanted along with the other Chiefs.

After Neil's tour from surveying the coastal waters of Vietnam, he was transferred to Great Lakes, IL Service Schools Command where he became in charge of the Electronics School's examination department, where the exams for the classes were prepared and statistics compiled. This duty was one of Neil's favorites.

Neil retired in 1972. He also taught electronics in a Community College for a while before going to work maintaining the industrial electronic equipment in a magazine printing plant in Lincoln, NE. After a few years Neil moved to York, PA where he worked for an engineer who designed industrial electronic controls and Neil became involved in designing electronic circuit boards utilizing microcomputer chips. Neil became quite involved with microcomputers from the early IBM microcomputers, Apple micro-computers, especially the Macintosh computers and still involved with



**Neil Ferguson**

microcomputers to this day.

Neil came to AFRH-W in 2007. He enjoys biking and helping others. He helps at the computer lab and shows new residents how to use the Metro system. Neil is also active in the Washington Apple Pi computer users group here in the Washington DC area.

# Message from the Chief Operating Officer



Hard to believe its June and we are almost through half of the year. Winter was relatively mild and so far the Hurricane season has been good to us. In my April

resident of the Retirement Home after the effective date specified in section 1541(a) shall be required to pay a monthly fee that is equal to 25 percent of Federal payments made to the resident, subject to such adjustments in the fee as may be made under subsection (c).

Through the ninety's minor changes occurred to the resident fee. However, in 1995 Congress gave DoD the authority to increase the service members deduction from \$.50 to \$1.00. It also established fees as a percentage of monthly income and monthly payments (including Federal payments) received by a resident, subject to such adjustments in the fee as the Retirement Home Board may make. It further noted the fee of both homes shall be the same.

## SEC. 371. ARMED FORCES RETIREMENT HOME.

(a) INCREASED MAXIMUM LIMITATION ON DEDUCTIONS FROM PAY.—Section 1007(i)(1) of title 37, United States Code, is amended by striking out “50 cents” and inserting in lieu thereof “\$1.00”.

(b) MODIFICATION OF FEES PAID BY RESIDENTS.—(1) Paragraph (2) of section 1514(c) of the Armed Forces Retirement Home Act of 1991 (24 U.S.C. 414(c)) is amended to read as follows: “(2) The fee shall be fixed as a percentage of the monthly income and monthly payments (including Federal payments) received by a resident, subject to such adjustments in the fee as the Retirement Home Board may make under paragraph (1). The percentage shall be the same for each establishment of the Retirement Home.”. (2)(A) Subsections (d) and (e) of section 1514 of such Act are repealed. (B) Such section is further amended by adding after subsection (c) the following new subsection (d): “(d) APPLICATION OF FEES.—Subject to such adjustments in the fee as the Retirement Home Board may make under subsection (c), each resident of the Retirement Home shall be required to pay a monthly fee equal to the amount determined by multiplying the total amount of all monthly income and monthly payments (including Federal payments) received by the resident by a percentage

as follows:

“(1) In the case of a permanent health care resident—

“(A) in fiscal year 1998, 35 percent;

“(B) in fiscal year 1999, 45 percent;

and

“(C) in fiscal year 2000, 65 percent.

“(2) In the case of a resident who is not a permanent health care resident—

“(A) in fiscal year 1998, 30 percent;

“(B) in fiscal year 1999, 35 percent;

and

“(C) in fiscal year 2000, 40 percent.

The National Defense Authorization Act for 2002 had many legislative changes impacting AFRH. Computation of the Resident fee was one of the many changes that affected AFRH. There were two primary changes to the fee that occurred: (1) established resident fees for three levels of care vice two as a percentage of monthly income (Independent Level, Assisted Level, and Long Term Care); (2) established a limitation on maximum monthly amount.

## SEC. 1514. FEES PAID BY RESIDENTS.

(a) MONTHLY FEES.—The Director of each facility of the Retirement Home shall collect a monthly fee from each resident of that facility.

(b) DEPOSIT OF FEES.—The Directors shall deposit fees collected under subsection (a) in the Armed Forces Retirement Home Trust Fund.

(c) FIXING FEES.—(1) The Chief Operating Officer, with the approval of the Secretary of Defense, shall from time to time prescribe the fees required by subsection (a). Changes to such fees shall be based on the financial needs of the Retirement Home and the ability of the residents to pay. A change of a fee may not take effect until 120 days after the Secretary of Defense transmits a notification of the change to the Committees on Armed

Services of the Senate and the House of Representatives. “(2) The fee shall be fixed as

a percentage of the monthly income and monthly payments (including Federal payments) received by a resident. The percentage shall be the same for each facility of the Retirement Home. The Secretary of Defense may make any adjustment in a percentage that the Secretary determines appropriate. “(3) The fee shall be subject to a limitation on maximum monthly amount. The amount of the limitation shall be increased, effective on January 1 of each year, by the percentage of the increase in retired pay and retainer pay that takes effect on the preceding December 1 under subsection (b) of section 1401a of title 10, United States Code, without regard to paragraph (3) of such subsection. The first increase in a limitation on maximum monthly amount shall take effect on January 1, 2003.

(d) TRANSITIONAL FEE STRUCTURES.—(1) Until different fees are prescribed and take effect under subsection (c), the percentages and limitations on maximum monthly amount that are applicable to fees charged residents of the Retirement Home are (subject 115 STAT. 1262 PUBLIC LAW 107-107—DEC. 28, 2001 to any adjustment that the Secretary of Defense determines appropriate) as follows: (A) For months beginning before January 1, 2002— (i) for a permanent health care resident, 65 percent (without limitation on maximum monthly amount); and (ii) for a resident who is not a permanent health care resident, 40 percent (without limitation on maximum monthly amount). (B) For months beginning after December 31, 2001— (i) for an independent living resident, 35 percent, but not to exceed \$1,000 each month; (ii) for an assisted living resident, 40 percent, but not to exceed \$1,500 each month; and (iii) for a long-term care resident, 65 percent, but not to exceed \$2,500 each month. (2) Notwithstanding the limitations on maximum monthly amount prescribed under subsection (c) or set forth in paragraph (1)(B), until the earlier of December 31, 2006, or the date on which an independent living resident or assisted living resident of the Armed Forces Retirement Home—Gulfport occupies a renovated room at that facility, as determined by the Secretary of Defense, the limitation on maximum monthly amount applicable to the resident for months beginning after December 31, 2001, shall be— (A) in the case of an independent living resident, \$800; And (B) in the case of an assisted living resident, \$1,300.”

For 10 years (from 2002 to 2011) there were no legislative changes to the Resident Fee. However in the 2012 the National Defense Authorization Act there were small changes that occurred. The primary focus of the legislative changes was to delete the Transitional Fee Structure that was no longer applicable. In order to accomplish this change both the House and Senate versions proposed legislative changes. As an example House Report 1540 that was reported in the House reflected these changes to the Resident Fee: SEC. 565. REVISION OF FEE REQUIREMENTS.

(a) FIXING FEES.—Subsection (c) of section 1514 of 24 the Armed Forces Retirement Home Act of 1991 (24 U.S.C. 25 414) is amended—(1) in paragraph (3), by striking the last sentence; and (2) by adding at the end the following new paragraph: (4) Until different fees are prescribed and take effect under this subsection and subject to any fee adjustment that the Secretary of Defense determines appropriate, the percentages and limitations on maximum monthly amount that are applicable to fees charged to residents for months beginning after December 31, 2011, are as follows:

(A) For independent living residents, 35 percent of total current income, but not to exceed \$1,283 each month.

(B) For assisted living residents, 40 percent of total current income, but not to exceed \$1,923 each month.

(C) For long-term care residents, 65 percent of total current income, but not to exceed \$3,205 each month.

(b) REPEAL OF FORMER TRANSI-

TIONAL FEE STRUCTURES.—Such section is further amended by striking subsection (d).

As a normal part of the legislative process the Senate also produced a similar version of the House. However the Conference Report, which reflects both the House and Senate, had the following language:

## SEC. 565. REVISION OF FEE REQUIREMENTS.

(a) LIMITATION ON MAXIMUM MONTHLY AMOUNT OF FEES.— Subsection (c)(3) of section 1514 of the Armed Forces Retirement Home Act of 1991 (24 U.S.C. 414) is amended by striking the last sentence.

(b) REPEAL OF FORMER TRANSITIONAL FEE STRUCTURES.—Such section is further amended by striking subsection (d).

As a result of Conference between the House and Senate, Public Law 112-081 was signed into law on December 31, 2011 by President Obama. The following Resident Fee changes occurred as a result of P.L. 112-081:

## SEC. 565. REVISION OF FEE REQUIREMENTS.

(a) LIMITATION ON MAXIMUM MONTHLY AMOUNT OF FEES.— Subsection (c)(3) of section 1514 of the Armed Forces Retirement H. R. 1540—128 Home Act of 1991 (24 U.S.C. 414) is amended by striking the last sentence.

(b) REPEAL OF FORMER TRANSITIONAL FEE STRUCTURES.—Such section is further amended by striking subsection (d).

In summary, as a result of the above changes in legislation, Resident Fee computation for 2012 was not impacted.

*Steven McManus*

## Ask the COO

### (Question & Answer)

**Q:** Some of the residents are worried about their mail when the Mail Room moves to the New Scott Building. They were told that there will only be 600 mail boxes and their box number now are a higher number, they may have to change their address. This seems to be a big trouble for them and they are worried that their mail will be lost, or slow, miss sent, etc.

We have under 600 number boxes in the New Scott, the number of residents total would not be over 568, plus other boxes are needed. All residents keep their present box number for the 600 boxes that are empty, you post the residents old number in front and back of the box in numerical order as much as can be done. When the resident vacates the box for whatever reason, the number on the box goes back to the real box number for the new users.

**A:** Over the next two months AFRH-W will address the mail box number issue in the focus groups.

**Q:** We have a number of Residents who are giving a lot of time and energy and some personal finances to attempt to really beautify our home. We now see that we no longer mow and clean most of the area, only inside the fence line. This area will then be let to grow wild. Tall grass and shrubs will turn brown in a time of little rain. What kind of Border will that be for our beautification project?

**A:** Over the past few months we have worked with members of the resident body and management to develop a Landscape Master Plan at both the Gulfport and Washington Campus. The Gulfport Landscape Master Plan calls for mowing the grass 4 feet inside and outside of the fence and the walking path. Although the Plan is still in draft pending final coordination, we have implemented this portion of it. I will ask the Gulfport Administrator to work with the RAC to better understand the Landscape Master Plan and Resident concerns about grass cutting before we go final on the Landscape Master Plan.

If you have a question for the COO, please fill out the form and put it in the box located in the lobby.

article I noted I would discuss revenue this month. This month's article with discuss the Resident Fees, but not from a revenue perspective. With the some of the draft legislative changes for 2012 there has been some misunderstanding of the final legislation signed into law on December 31, 2011 by President Obama in the National Defense Authorization Act. The following discussion provides a little history of the Resident Fee and hopefully a better understanding of current legislative language that outlines Resident Fee computation and authorities.

With the merging of both homes in 1991 through the National Defense Authorization Act legislation a fee structure for the Armed Forces Retirement Home was created.

## SEC. 1514. FEES PAID BY RESIDENTS

(a) MONTHLY FEES- The Directors shall collect from each resident of the Retirement Home a monthly fee.

(b) DEPOSIT OF FEES- The Directors shall deposit fees collected under subsection (a) in the Armed Forces Retirement Home Trust Fund.

(c) FIXING FEES- (1) The Retirement Home Board shall from time to time fix the fee required by subsection (a) on the basis of the financial needs of the Retirement Home and the ability of the residents to pay.

(2) The fee shall be fixed as a percentage of Federal payments made to a resident, including monthly retired or retainer pay, monthly civil service annuity, monthly compensation or pension paid to the resident by the Secretary of Veterans Affairs, and Social Security payments. Residents who do not receive such Federal payments shall be required to pay a monthly fee that is equivalent to the average monthly fee paid by residents who receive Federal payments, subject to such adjustments in the fee as the Retirement Home Board may make. The percentage shall be the same for each establishment of the Retirement Home.

(d) APPLICATION OF FEES TO CURRENT RESIDENTS OF THE NAVAL HOME AND THE SOLDIERS' AND AIRMEN'S HOME- (1) Each resident of the Naval Home who becomes a resident of the Retirement Home on the effective date specified in section 1541(a) shall begin paying a monthly fee that is equal to 12.5 percent of the Federal payments made to the resident. Each year thereafter, the fee for such resident under this subsection shall be increased 2.5 percent until the percentage fixed under subsection (c) has been reached. Such percentage increase may be adjusted so that the conversion to the fee fixed under subsection (c) is accomplished under this subsection within six years after such effective date.

(2) A resident of the United States Soldiers' and Airmen's Home who becomes a resident of the Retirement Home on such date and who received Federal payments referred to in subsection (c) that were not considered for purposes of determining the resident's monthly fee for the United States Soldiers' and Airmen's Home shall have that fee increased by an amount that is equal to 12.5 percent of the monthly equivalent of those payments for the first year and 2.5 percent of the monthly equivalent of those payments each year thereafter until the percentage fixed pursuant to subsection (c) has been reached.

(e) APPLICATION OF FEES FOR NEW RESIDENTS- A person who becomes a

## From the AFRH-W Administrator



The play "Thunder Rock" flopped in New York City, but in London, England, in the fall of 1940 it became a sensation. In the story, a lighthouse-keeper on Lake Michigan reflects on the passengers

whose ship went down near there in 1848. Throughout endless days and lonely nights, he re-creates these forlorn passengers who had fled Europe as immigrants and now in this wreck had lost what little they owned. They were discouraged—the world was against them—their hope was used up.

The lighthouse-keeper imagines he is personally addressing the passengers. He urges them to hold on. There is plenty of reason for hope, he assures them, because at that very moment in Illinois there is a young man named Abraham Lincoln. Madame Curie has been born. Florence Nightingale is alive. Pasteur is in Paris. Lift up your spirits, he calls to them. There is good news just ahead.

In his 1941 book on war-time London, "I Saw England," CBS newsman Ben Robert-

son tells that story. He adds, "The citizens of London went to that show, night after night, and wept. It was a play for a city that had prepared itself to die." I imagine the people in the depth of despair found it difficult to lift up their heads and their spirits and start believing again.

A few weeks back I had some repair surgery performed on my foot. I was cooped up in the house for over three weeks, was a bit discouraged and sought out a movie to forget myself, I guess. I found a highly rated movie on Netflix, Gifted Hands: The Ben Carson Story.

Ben Carson becomes a world-class pediatric neurosurgeon at the prestigious Johns Hopkins Hospital in Baltimore, MD. Growing up in poverty-stricken Detroit with his mother and elder brother, Curtis, Ben could have never dreamed of the future that lay ahead for him. When 9-year-old Ben's father abandons his family, his heart is broken with the hurt lasting a life-time.

Ben's mother, Sonya, is the driving force in her sons' young lives. Sonya was born in rural Tennessee and had 23 siblings. To escape her harsh existence, Sonya married at 13. Despite her third-grade education, Sonya was an intelligent woman who knew that education was paramount for her sons to

escape the ghetto and have successful lives. Though working three jobs at a time, Sonya is a task master. Ben and Curtis were doing poorly in school, lacking in motivation and she saw obvious signs of rebellion growing in them. One afternoon she returned home from work and found the boys watching TV. She turned the set off and issued a new rule that from that moment on the boys are allowed to watch only two hours of TV a week. She instructed them to go to the library and check out two books each. She expected them to read them and give her a written review on what they read. Her staunch demand was met with their complaining and telling her she was the "meanest mother of all." Yet, her method worked! Ben and Curtis started to explore the world of books, and they grew in it and begin to excel.

In 1987, Dr. Benjamin Carson gained worldwide recognition for his part in the first successful separation of Siamese twins joined at the back of the head. The extremely complex and delicate operation, five months in the planning and twenty-two hours in the execution, involved a surgical plan that Carson helped initiate. Carson pioneered again in a rare procedure known as hemispherectomy, giving children without hope a second chance at life through a daring operation in which he literally removed one half of their brain. Our librarian Christine Baldwin located the

book for me and I read it right away. Gifted Hands is the riveting story of one man's secret for success, tested against daunting odds and driven by an incredible mindset that dares to take risks. If you choose to watch the movie or read the book, I bet you will discover it to be a good choice.

Both the book and the movie tell of Sonya making a difference in the boys lives because she sought to make a difference in them. Of course she was their mother. She recognized they had a need and she worked at thinking how to help meet that need.

Every person alive has needs. In addition, each human being has exactly three of the very same desires in life: we want to be recognized, valued, and have purpose. Imagine what a difference it would make if each of us would consider how we could help someone meet a need! The world would be a much better place. I am so drawn to the meaning of the word "encouragement." The word itself comes from a combination of the prefix "en" which means "to put into" and the Latin word "cor" which means the heart. "Encouragement" then is putting something good into another person's heart. Knowing what a huge difference encouragement makes in your life, what can you do to help others "to take heart" when the going gets tough and the way feels long?

Be a Sonya Carson.

David Watkins

### The Annual 4th of July Celebration behind the Sheridan!

Patriotic music at 3:30 p.m.

Bluegrass & Country Music at 4:30 p.m.

Great food and beverages at 4:30 p.m.

(Guest dinner meal cost is \$7.00)

At 7 p.m. Ice cream sundaes & banana splits.

The **FRIENDS OF THE HOME** invite you to join the Petworth families to enjoy the July 4th celebration at the Driving Range from 5:00-7:00 p.m.

## Notes from the AFRH-W

### Chairman, Resident Advisory Committee



Well, it finally had to happen. The current Chief of Resident Services, Mr. Charles Dickerson has been selected to be the new Administrator of the Armed Forces Retirement Home in Gulfport, Mississippi. While his departure leaves void that will be hard to fill,

life goes on and those things that he used to be responsible for will be passed to others until a new Chief of Resident Services in Washington is selected. The members of the Resident Advisory Committee (RAC) wish Mr. Dickerson well in his new position and hope that (from time to time) he will return to Washington to visit and rekindle old friendships.

At the last RAC meeting announcements were made of changes to the way things are done. First, after a Resident made a request of Mr. Cooper, Floor Representative for the 6th floor that Residents be allowed to eat early in the Dining Hall if they had an early medical appointment; the Request was passed on to the RAC Chair who brought it up at the Food Committee meeting. After discussions it was agreed to and is now in effect. Just make sure to take your appointment slip to show the ticket taker.

Another problem that is on its way to be solved is who to see about a flyer you see around the home. The RAC has recommended that all flyers, bulletins, notices of meetings etc. have at the end of the flyer, bulletin or notice something like this: Point of Contact (or POC) (name of person) (room #). The RAC felt that this was a way to avoid problems trying to find out further information on the information that was on the bulletin, notice, or flyer.

A Resident has asked about keeping the mail room in its present location when the New Scott Building is completed. At the present time this request is being held for further action as items dealing with the current mail room are currently being worked on. Items such as who will sort the mail, new verses old box numbers and other items are currently being worked on. As time nears for any change, focus groups will be held to insure that many of the wishes of the Residents can be granted. If the mail room does move what to do with the space that it now occupies needs to be dwelt with. One idea that was mentioned during the last trip committee meeting was that it be used as a shuffle board playing area. So! Come on Residents; let me have other ideas for the use of this space when its use as a mail room has ended.

The Senior TV issue is also being worked on. Senior TV is a service that provides most of the services that Residents currently enjoy from our current cable provider, at a lower cost. Again, as more information on this is provided to the Chair of the RAC, it will be passed on to the Residents.

The elections for the new RAC (October 2012 – September 2014) will be held on the 29th of August 2012 from 0700 – 1800. Elections are for Floor Representatives (First to Seventh floor of the Sheridan), and the Chair of the RAC. Those who wish to run should let Mr. Mori, Room 1303 Sheridan know of their desire NO LATER THAN 1500 hours August 1, 2012. An informational flyer will be sent to each Resident to let them know about the elections. As the current Chair of the RAC I really hope that as many Residents as possible take advantage of these elections to run for either a Floor Representative or for the Chair of the RAC.

The Eagle Gate is presently closed until the completion of the new control gate in that area. Both foot and vehicle traffic is un-

## The Construction Site

Construction workers, I send greetings to you.  
Many of our residents are at the age of four score and two.

We were here that autumn day to see the initial demolition ball drop.  
We now see Old Glory flying on the new Scott building atop.

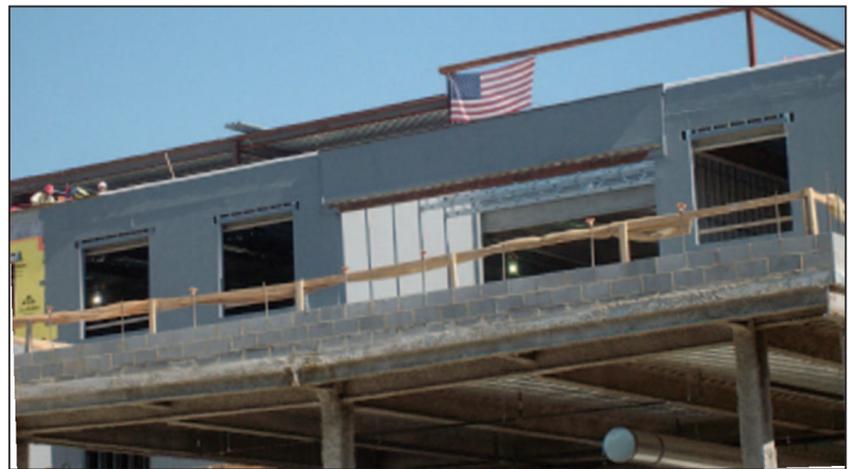
The construction fences are in place to keep us from harm.  
On this day I feel like a bovine on the farm.

I wish to be a dove, pigeon or crow.  
There would be no question about the traffic flow.

I would spread my wings and soar over the Eagle Gate construction site.  
I'd fly all day and into the night.

There is only one problem with this dream of freedom and glee.  
I must return to push the button on my "Home Free".

George L. Wellman  
AFRH-W Resident



The American Flag proudly hangs on the south side of the "new" Scott building.

able to use Eagle gate. The entry point for visitors is now the Randolph Street Gate located down the hill from the Eagle Gate (about three blocks). Those who walk can take the home bus to the Randolph Street Gate. During the hours the home bus is not running those who need transport to that gate can make requests of the security office, who can transport them to the gate. Those who return to the home after the home bus stops running can ask the gate guard at Randolph Street entry point to call Security for transport back to the Sheridan Building. This method of getting to a place where you can depart the home will remain in effect until the new Eagle Gate area is completed.

The summer season is upon us which means more hot and humid weather, along with afternoon showers. As many of our Residents will continue to be out and about, the following should be kept in mind. When out

and about remember that you need to replenish your bodies fluids, so take fluids with you as you walk about the home, dress for the weather and remember you are not 50 anymore. Another good idea would be to wear a hat. The hat will keep the rays of the sun from giving you sunburn on your head.

As of the 20th of June the following is the Washington homes population: A total of 506 Residents of which 373 are in the Sheridan Building and 133 in LaGarde. Of those in Sheridan 325 are in Independent Living and 48 in Independent Living Plus and in LaGarde there are 51 in Assisted Living and 82 in Long Term care.

Each of the above 506 Residents were, at one time, new to the Home then and now it is important that if see a new Resident of the Home WELCOME THEM to the home. Help them find something if they look lost.

Esker McConnell

## From the AFRH-G Administrator



This is the last month you'll have an interim Administrator because Charles (Chuck) Dickerson has been selected and will be on board on or about July 16, 2012. Chuck retired from the USAF and his last assignment was at Eglin AFB, Fla., as the Command Chief Master Sergeant of the base, retiring in 2000. He became the Chief of Resident Services at the DC Home in December 2000. Many of you know him from your residency there during the rebuilding of your Gulfport Home. He has also been in Gulfport many times as the Interim Administrator. Please help me welcome Chuck and make him feel at home in his new Gulfport Home.

I have thoroughly enjoyed the times that I have been your interim administrator and have appreciated the opportunity to get to know some of you even better than before.

### AFRH Resident's Scholarship Program:

Did you know that nearly 40 years ago, your fellow residents created a Scholarship Program that still to this day provides local Gulfport High School seniors a \$1,000 scholarship? This Program is not part of RAC. Let me tell you a little bit of the history that was rescued from the archives which were saved during the Hurricane Katrina experience. The Naval Home Scholarship Program was started in the mid 70's by H.G. Hayes, Bill Cornvetti, Roland Smith and John Kennedy, Jr. Fund raisers were Mary Nell Allen, Ann Whittaker

and Henry Pike. Many more residents helped on other committees.

Currently Doris Balfour, Dr. Earl Gassery and Ann Whittaker are on the Advisory Board. The Scholarship program has been a long-standing tradition at the Home. Residents take pride in assuring the education of needy, bright young people. It has been a beautiful example of what residents on their own initiative can accomplish. During the many years the Gulfport Home was closed, Hancock Bank made great investments! This made it possible for the Program to award a \$1,000 scholarship last year. If the recipient maintains a 3.8 grade point average and the NEED still exists the Board will award another \$1,000 each year.

How can you get involved? You can contact any current Board Member or you can become a contributor to the Scholarship Fund today and join your fellow residents in experiencing the joy and satisfaction they get from helping needy young folks acquire the education that is the foundation of their lives. Every gift large or small will make a difference. Hancock Bank handles resident contributions and you can make a donation at any time.

### USS Mississippi:

On Saturday, June 2, 2012, the U.S. Navy commissioned the newest warship, the 5th USS Mississippi. Two buses took residents and guests to the ceremony. What a thrill it was to witness this event!

There is so much pride in the name USS Mississippi. The first Mississippi, a paddle frigate, was the first ship of the U.S. to bear the name of the state Mississippi. She was commissioned in 1941. The second Mississippi (BB-23), a 13,000-ton battleship was commissioned in 1908. The third Mississippi



### Warship Commissioned

Laura Slack is pictured with Mississippi Governor Phil Bryant at the commissioning of the USS Mississippi on June 2, 2012, in Pascagoula, Miss. Two busloads of residents attended the ceremony as special guests.

(BB-41), a New Mexico-class battleship was the second battleship to carry the name. Commissioned in 1917, too late to serve in WWI, she served extensively in the Pacific in WWII for which she earned eight battle stars. The fourth Mississippi (CGN-40), was a nuclear powered Virginia-class guided-missile cruiser. She was commissioned in 1978, and her early deployment included escorting the carrier USS Nimitz.

The fifth USS Mississippi (SSN782) weighs 7800 tons. She is 377 feet long and her speed is in excess of 25 knots. Her advanced electronic sensors can collect critical intelligence; locating radars, missile batteries and command sites; monitoring communications and tracking ship movement. She can detect minefields while monitoring other threat targets to ensure mission objectives are met. She can support the full spectrum of special warfare requirements: search and rescue, reconnaissance, sabotage and diversionary attacks, directing fire support and strikes, and other clandestine assignments. Mississippi's torpedo room can be reconfigured to accommodate a larger number of special oper-

ations personnel, as needed. With its advanced combat system and flexible payload of advanced torpedoes, anti-ship cruise missiles and naval mines, she is equipped and prepared to destroy hostile ships and subs. Launching land-attack missiles from its vertical launchers and torpedo tubes, Mississippi can strike with complete surprise from coastal waters, multiplying her effectiveness.

### Suggestions:

We had a suggestion this month about the blood pressure machine and who calibrates it. We want to thank residents who put in suggestions because it sometimes helps us look at our systems and improve things. We found out since the Fleet Reserve Association donated the blood pressure machine it was never put on a contract to maintain. Now that a resident asked the question, we have added it to a contract and it will be calibrated regularly. If you see something that just doesn't seem right or have a great idea, please take a moment and bring it to our attention. We are here to assist.

Laura Slack  
Interim Administrator



### Army Birthday celebrated

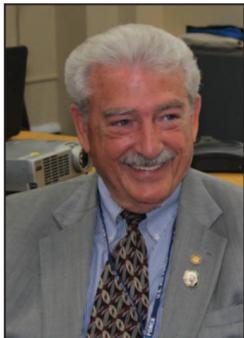
Louis Mohica helps PFC Williams cut the cake at a Army birthday celebration held at the Navy Seabee Center earlier this month. AFRH Ombudsman Master Chief Ron Kartz arranged for a van load of Army retirees from the AFRH to attend the ceremony.

See page 8 for story and photos of the AFRH-G Army birthday celebration.

Photo courtesy of Navy Seabee Center PAO staff

Come join the fun  
**Luau by the Pool**  
**Friday, July 13**  
**1900 - 2200**  
**Hawaiian Program**  
**Music and food**

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



June 2012 has been another picture perfect weather month here on the Beach. The Resident count here in Gulfport this month is now 508.

Another Birthday Night with A Wonderful

Dinner and Fun was had by all. Goldie of "Music by Goldie" was back and her sounds were GREAT as usual!! Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS"! Fred, congratulations to you and your Team for another job well done!!

Many of the Residents have "stepped up", day after day, to assist in the operations of OUR HOME, to make it a better place to LIVE. To name a few, like the Balls who volunteer to collect the funds at our weekly dances, and for Raleigh "Dawg" Player, and Claire Dimler Smith for collecting the Dance funds when the Balls were gone for a while,

also, a great big thanks to David Greene for going above and beyond in delivering eyes glasses to Guest who left them at the Home after a visit, and, of course Rosie for consistently ensuring that the shredded paper gets to the Humane Society for the pets!!

### HIGHLIGHTS OF ACTIONS AT THE RESIDENTS ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 12th of June 2012. Some of the actions taken were:

#### ANNOUNCEMENTS:

-RAC approved a motion to appoint Lou Boyles as Alternate Floor Rep for A-5.

#### OLD BUSINESS:

-Master Chief Kartz was asked about look into some issues in the NEX and report at next meeting.

#### NEW BUSINESS:

-RAC received updates from all Committee Chairpersons.

-MWR Committee reported that in July 2012 a Luau will be held in lieu of the Evening Dance. There will be Guest Fees, Dancers, Entertainment and Food!

-Financial Report for May 2012 was

reviewed and explained.

#### OTHER BUSINESS:

-Letters and Comments from Residents Floor:

-It was suggested that an Organization Chart be developed and hung in the Home to help the Residents understand who is responsible for which functions.

-Dryer timer needs adjusting on C-4, Floor Rep will take care of getting it done!

-A Resident is donating a one week Time Share in Cancun, Mx, to RAC for auctioning off with the proceeds going to the AFRH-G RAC Funds. Helen Bieda offered to set-up the auction.

-Motion made and approved to have the Floor Reps canvas their residents on the question to have the Dance Fees reduced or eliminated for discussion at the next RAC Meeting.

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

Enjoy!!

Bill Parker



**Dancing the Night Away**  
Sally Manning and Bill Parker take a spin on the dance floor at the Army Birthday celebration held in the Community Center on June 15.

# AFRH-G June Activities



Members of the Chi Alpha High School Choir from Hunter Street Baptist Church, Hoover, Ala., perform for the residents on June 11.

By Brian Mason  
Recreation Assistant

What do you get when you cross a youth Jazz Ensemble with 165 student choir? You get the Chi Alpha High School Choir from the Hunter Street Baptist Church from Hoover, Alabama.

Chi Alpha ("Christ First") is a choir for students, grades 9-12. Typically a large choir (125 or more students each year), Chi Alpha performs in special concerts and event each year. Each summer, the choir takes its ministry on tour to share the "Good News" of Jesus Christ all over the United States. One of the many stops they made was to our lovely home,

the Armed Forces Retirement Home. On Monday, June 11, they managed to bring 165 High School kids and 50 chaperones to entertain our residents with songs of praise and worship. They included their Jazz Band in the music line up with songs like, "When The Saints Come Marching In."

During the concert residents clapped their hands and sang along with the music. We were truly honored to have the choir share their time with us. According to the choir director, David DeVane, "We will be back as soon as we can arrange another concert." After the concert the residents had an opportunity to interact with the kids from the choir. Truly a memorable time!

## Air Force volunteers join residents for social

By Susan Bergman, MT-BC, Recreation Services

On Friday, May 11, 7 volunteers from the Keesler Air Force Base (KAFB) WING TOP 3 organization joined residents on Valor & Loyalty Hall for a Salsa Social & Bingo. Residents delighted in the chance to double their luck as active military members played bingo right along side with them. Some residents savored the variety of salsa and allowed their volunteer to be their good luck charm.



The KAFB WING TOP 3 organization volunteers quarterly and the KAFB Medical TOP 3 group volunteers every 3rd Thursday of the month for the Valor & Loyalty Hall bingo. We look forward to adding more KAFB TOP 3 volunteers to AFRH-G!

Fred Schell enjoys a game of bingo with volunteers from Keesler Air Force Base Wing Top 3.

## AFRH Veterans Saluted at Symphony Sounds by the Sea Concert

By Susan Bergman, MT-BC, Recreation Services

On Saturday, May 26, 2012, AFRH residents disembarked their bus to be greeted by a standing ovation of concert goers. Five decorated tables awaited to allow residents front row seats on the annual Gulf Coast Symphony Sounds by the Sea Memorial Day Concert. Veterans of each branch of the military stood during the Armed Forces March and WWII veterans were recognized as Victory at Sea was performed. Maestro John Strickler gave a special welcome to the Armed Forces Retirement Home residents in recognition of their military service given and the freedom allowed to all as a result of their dedication.

Pre-concert entertainment included the South Mississippi Gulf Coast Civic Chorale and Coastal Vibrations vocal group from the Mississippi Gulf Coast

Community College Jefferson Davis Campus. Symphonic selections by the Gulf Coast Symphony Orchestra included Sempre Fidelis, Stars and Stripes Forever, Theme from Patton, America the Beautiful, Battle Hymn of the Republic, and Sousa's The Liberty Bell, King Cotton, and El Capitan to name a few.

The concert began with a ribbon cutting on the grounds of the newly renovated Jones



Residents enjoy front row seats at the Memorial Day Symphony Sounds by the Sea concert held on Saturday, May 26.

## Is it a Woolly Bugger or a Clouser Minnow?

Photo and story by Milt Williams, Art Specialist.

If you ever wanted to know how to make a fish jump out of the water and into your frying pan, just cast a fishing lure called a Clouser Minnow or Woolly Bugger. Hmmm! Sounds yummy, perhaps, but to a respectable trout, you want to be ready with the net cause they can't resist. So just how do you get these critters? You can make them in the up coming class taught by a local chapter of Healing Waters Fly Fishing organization. The organization has been helping our service men and women by donating their time to teach the various skills involved in the sport of fly fishing. They are dedicated to the physical and emotional rehabilitation of disabled active military service personnel and veterans

Materials and equipment to make a fresh and salt water fly fishing lure are freely provided. The flies are made from materials such as duck feathers, rubber bands, and colored string. And ladies if fly fishing is not your cup of tea, by substituting a safety pin for a hook, these little feathery friends make an attractive broche. We will begin classes on the 2nd

Wednesday of each month from 1300 to 1500 starting in July. The chapter donated their Campaign Ribbon Fly Plate to the Campus so please come by the Craft room and view this special gift. For more info go to [www.projecthealingwaters.org](http://www.projecthealingwaters.org).

Pictured are (from left) - Milt Williams, Ken Koffel, John Mayer, Doris Jones and Ed Carson.



Molly Marines Chapter LA-1 Of Women Marine Association pay tribute to the veterans of Valor/Loyalty Hall during a visit last month. Residents were thanked for their service and were given flowers and American flags.

## The Molly Marines Chapter LA-1 of WMA Visits Loyalty / Valor Hall

By Robert D. Granvle Therapy Assistant /TRS

The Molly Marines Chapter LA-1 Of Women Marine Association paid a visit to Loyalty and Valor Hall respectfully. The Women Marines Association is a veterans association whose members represent women who served in every era of the United States Marine Corps from 1918 to the present. Residents were served root beer and pineapple floats in observance of pre-Memorial Day celebrations. President Melanie Young of the Molly Marine LA-1 stated that the organization wanted to give back and pay homage to our veterans. The group thanked the residents for their service to our great country and gave them their flowers while they were still here. Flags were given to all residents and the event was enjoyed by all.

## Bowling with Cub Scout Pack 203

By Dennis Crabtree  
Recreation Specialist

On May 16, 2012 around 1830 Cub Scout Pack 203 came in to Bowl to earn their Bowling Belt Loop with the residents. The Cub Scouts explained the rules of courtesy and safety for bowling. They showed how to pick out a ball of proper weight and with finger holes that fit their hand. Then they completed one game with the residents. Sylvester, Ernest and Rutherford, Robert gave the Cub Scouts pointers on how to bowl that perfect strike. The Cub Scouters think the residents for letting them earn their Bowling Belt Loop and all 9 scouts received there Belt Loop.

AFRH-G  
July 4th picnic  
1130 - 1300  
Dining Room  
Music by Goldie

# AFRH-W June Activities

## Gardeners Pleased With The Fruits of Their Labors This Year

By Lori Thompson, Art Specialist

Chester Mahaffey, a long-time AFRH gardener, is pictured above with his giant turnip that was on display in the Dining Hall recently. Chester's turnips also showed up in a delicious cheese casserole at our first Friends of the Home Garden Volunteers and Resident Gardeners' picnic. The gardeners can't wait to see what wonderful dishes our July get-together will produce!



## Poetry & Tea in DC



By Nicole Chappell and Christine Baldwin

On a hot day at the end of May, poetry and ice tea became the rage! Ten residents read or recited their favorite poem to an appreciative group. Jim Webster started us out right with a home favorite "Old Ironsides." Althea Gramacke had the poem, "How Do I Love Thee" read to the group by Catharine Deitch. New resident Kevin Hall read one of his published songs to the group "A Day Without," followed by a compilation of poems and wise sayings by Roger Davison. John Paul Bednarz wrote a poem about the home entitled "Ode to a Soldier," which Christine Baldwin read. A very humorous poem, "The Lawyer's Plea" was given by Patrick Goldsworthy. Poetress Ida Emily Simpson had the inspiring poem "Blue" read to the group. Two patriotic poems, "America for Me" read by Chuck Felder and "Hats Off" read by John Miller had people nodding in agreement. A recitation of the poem, "The Shooting of Dan McGrew" completed the poetry and was done masterfully by Paul Grimes. As the group enjoyed the ice tea, lemonade, scone and cookies, Antoinette Ford of the Double Nickels Reminiscence Theatre Company read a true story from her childhood. Music, both before and after the event, was supplied by Patrick Goldsworthy. A very enjoyable afternoon was had by all! Special thanks to Laura Fogarty, Mary Catherine, and Dining Services for supporting this event.

## Metabolic Studio Returns With Giant Camera Workshops

By Lori Thompson, Art Specialist

The mysterious silver box that sat silently in the back parking lot throughout the winter storms came to life in early June. Once the container had been lifted onto a flatbed truck, Residents disappeared into its dark depths. Accompanied by photographers from Metabolic Studio, Residents toured the campus while sitting inside the camera and gained a new perspective of AFRH's beauty. Shots were set up and taken, then the 4' x 8' prints were developed and printed, from INSIDE the camera. The prints are awesome and will be on display in July. The camera is now back in California and will return to AFRH this fall for more workshops. Thank you Metabolic Studio for this unique opportunity!



Above: One of several prints taken during the visit to the AFRH-W grounds. Below: Residents inside the giant camera workshop located on a flat bed.



## KHC Residents were "Down on the Farm"

By Amanda Jensema, CTRS

Nine residents from the LaGarde 2 unit were treated to a special trip to Bob Evans on Wednesday, June 13th. They were very excited to get off the home grounds, have a nice meal and enjoy the beautiful weather. Many ordered eggs, bacon, sausage and their specialty biscuits. They also liked looking through the little general store they had by the cashier before checking out. Resident Alma Wilson ordered her favorite, ham and eggs, but they did not have ham so she ordered bacon instead. After the waitress left she stated, "What kind of place doesn't have ham for breakfast?" Those at the table laughed and agreed with her. Fun was had by all residents and staff involved. Thanks to Theresa and Rosemary from the LaGarde 2 staff for assisting us on this trip!

# Dedication of Memorial Bench for Wilfred "Mac" McCarty

By Richard Haddock

Friends of Wilfred "Mac" McCarty gathered on June 22nd in the main courtyard to dedicate a memorial bench in his honor. Mac had been a resident of the AFRH since 1967 and was known as "back pack Mac" due to his ubiquitous backpack.

Mac served in the U.S. Army during World War II and was wounded during the Battle of the Bulge in Belgium, receiving the Purple Heart and Bronze Star. After the war Mac attended UCLA, then joined the Air Force from which he retired in 1967. Mac thoroughly enjoyed his time stationed in Japan from where he visited many countries in the Far East.

Mac continued to travel after moving to the AFRH, eventually visiting over 150 countries. His favorites were India, Japan and Mexico. When physical limitations restricted international travel, Mac explored the many attractions located in Washington, D.C. He became closely affiliated

with the Holocaust Museum, having helped liberate Mauthausen Concentration camp in Austria near the end of WW II.

Mac was a familiar figure on campus, befriending many residents and participating in many AFRH activities. He enjoyed reading, movies, corresponding with his many friends on the internet, and writing articles for the AFRH newspaper. He loved to reminisce about growing up in McCool Junction, Nebraska, his travel adventures, and introducing his many friends who had their own amusing anecdotes to share.

Mac was a kind, caring individual who was always looking out for his fellow residents and was extremely proud of his home here at the AFRH. The bench is a memorial to his time here and will hopefully remind his many friends of his engaging personality.

Thanks a plenty, Mac. We all miss you.



Richard Haddock recounts fond memories of "Mac" during the memorial bench dedication in front of the Sheridan building.

## AFRH-G celebrates Army birthday with dance

By Adelina Sowell  
Volunteer Coordinator

The 237th Birthday of the United States Army, was celebrated on Friday, June 15th at the Armed Forces Retirement home. The evening started off with a color guard presenting the colors, the playing of the National Anthem, and Laura Slack, acting administrator, led the room in the Pledge of Allegiance. The colors were then retired and Father Uko gave a wonderful invocation, remembering those who have given their lives for the cause of freedom and asking for protection over those serving on active duty.

Laura Slack then introduced the speaker for the night, Captain William Grayson Fleming. Capt. Fleming graduated from the United States Military Academy in 2007 receiving a Bachelor of Science in Middle Eastern Studies and a commission in the US Army Corps of Engineers. In 2010, Capt. Fleming deployed as a construction platoon leader to RC South Afghanistan in support of Operation Enduring Freedom under the 22nd Naval Construction Regiment. His company trains active, National Guard and reserve soldiers to become Carpentry and Masonry Specialists in their respective components. In July

2011, he took command of Charlie Company, 169th Engineer Battalion in Gulfport.

Following Captain Fleming's address, the cake cutting ceremony took place and Mr. Claude Capers, our oldest Army resident at age 97, did the honors using a saber to make the first cut! Following the ceremony, the night was celebrated with dancing and great food.

Claire Dimler  
Smith stands  
during the  
Pledge of Alle-  
giance.



Victoria Stewart and her Army dance partner take to the dance floor in celebration of the Army's birthday.



Laura Slack, Interim Administrator, looks on as the youngest and oldest Army soldiers cut the ceremonial birthday cake. Resident Claude Capers did the honors as Capt. Fleming and Master Chief Ron Kartz look on.



As this photo shows, a good time was had by all.

## United States Army celebrates 237th year



Ombudsman Al Mori assists Andrew Berlin and Lt. Col. Baker in cutting the first piece of cake.



Carl Peck and Susan Chubb visit with Miss District of Columbia during the Army Birthday celebration at the Pentagon.



Charles Felder, Susan Chubb, John Kershaw, Carl Peck and Herbert Kahrer celebrate the 237th Army Birthday at the Pentagon.

*Two hundred and thirty-seven years ago, our Nation's leaders established the Continental Army, beginning a rich heritage of successfully defending this great country and her citizens. Today, we celebrate the continued honor, loyalty and bravery of our Soldiers in this noble calling. Our Soldiers remain Army Strong with a deep commitment to our core values and beliefs. This 237th birthday commemorates America's Army – Soldiers, families and civilians – who are achieving a level of excellence that is truly Army Strong. We also celebrate our local communities for their steadfast support of our Soldiers and families. We are "America's Army: The Strength of the Nation."*