

The Congressional Golf and Crab Society makes donation to AFRH



Residents accept donation
AFRH-W residents pose in the above picture holding a donation check in excess of \$24,000 from the Congressional Golf and Crab Society. Front row: Alice Garrymore, Robert Jirak, Robert Armstrong, Bernice Goldstein, Charles Kepreades, Margaret Jirak. Back row: Congressman Duncan Hunter, Timothy Cox, COO, AFRH-W, Daniel Funk, Arthur England, Allen Frazier, James Webster, George Lang and Jerry Woods. See page 17 for the complete story.

AFRH COMMUNICATOR

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

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

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



Hi Fellow Residents:

As we are about to go to press with this edition, it seems fitting to again point out that this paper could not exist without the efforts of the AFRH Communicator Staff. While they are mentioned in the Publisher's Block, I want to amplify this a bit and express my appreciation for a job well

done.

To publish a newspaper is a complex operation. It requires the dedicated support and cooperation of everyone involved in its production. It is definitely not a one person operation. While this particular issue is not the largest edition we have produced, since the AFRH Communicator came into being in July 2003, we haven't missed a single month. Us young guys and gals are likely to leave at anytime, therefore, we have the AFRH Staff people who make continuity possible. No one person is more important than another in getting the paper out. One thing you can count on – the paper will be published no-matter-what.

When you see any of our staff please thank them for their efforts. I might also add that we do have staff whose names, by their own choice, do not appear in the Publisher's Block at the top of this page. They also serve.

One problem we have around AFRH is that some residents who are dissatisfied complain loudly to anyone who will listen. However, they never bring their grievances to the attention of anyone who can resolve the problem. The AFRH Staff certainly make it very plain that they are interested in solving all the problems that are brought to their attention. Letters must be signed, names are withheld upon request.

Enjoy your paper!

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility:

Military veterans from each service branch can live at either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to 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 following office:

AFRH at 1-800-422-9988, or write to AFRH Admissions Office, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Message from the Chief Operating Officer



I really did not plan to make the "weather" my topic for this month's issue – but Mother Nature definitely weighed in on the matter, so I think it best to offer a few words. First, whether you live in Gulfport or Washington, please know that you live in a safe environment.

The National Weather Service has predicted a very active 2005 hurricane season. The hurricane activity started earlier than usual this season and wasted no time unleashing its fury. Residents should be prepared to "weather" this higher than normal hurricane activity from now until November. The AFRH Gulfport team has an Emergency Preparedness Plan in place and the Plan has served us very well in the past. Residents who decide to leave the Gulf area on the advent of a hurricane should do so early enough to clear the Gulf area without further endangering themselves. If you decide not to leave, the best course of action is to stay safe at the Home. Ample supplies of food, water, and emergency materials are maintained to ensure each resident's health and well being.

In Washington, we normally think of snow storms as our

biggest weather threat. However, in the early hours of Saturday, July 23rd, the Washington facility took a direct hit from Mother Nature. A severe storm, possible tornado activity, did considerable damage to our landscaping. Over 100 large trees were uprooted or severely damaged as a result of the storm. Again, AFRH-Washington residents should know that the resident's living space are strong and secure and we experienced no structural damage. However, I would like to caution residents to use extreme caution when venturing outside to view the landscape damage. I have asked our Chief Financial Officer to start making inquiries as to whether we can tap into federal disaster funds such as FEMA to assist us with the cleanup. Over the next few days/weeks, considerable clean-up activity needs to occur. Heavy duty equipment will be on site to accomplish this clean-up effort. In addition to the downed trees, we will also be identifying trees which have not fallen, but which have been compromised. Again, I ask that you view these clean-up activities from a reasonable distance – your safety is our number one concern.

As the summer progresses please stay alert for those late afternoon thunderstorms. And, if you drive off campus, check the weather reports on your TV or radio before you venture out.

Be careful, be safe.

Timothy C. Cox
Chief Operating Officer

Ask the CFO Corner:

Last month I received two questions just before going to press. I am still in the process of getting numbers together for the first question and will have that answer next month. Here is the answer to the second question.

1. How many rooms will we actually gain in the construction project at AFRH-G?
2. What is the percentage of residents in each of the qualifying categories of residency (i.e., retired military, veteran unable to earn a livelihood, etc.)?

77% in Category 1

6% in Category 2

12% in Category 3

5% in Category 4

(You can see the category description on the preceding page.)

Note: To all AFRH-G residents. Please attend the Townhall Meeting on July 29 at 10 a.m. in the Theater. The subject will be the Voice Over Internet Provider (VOIP).

New residents at AFRH-G

Census: 571 as of July 24, 2005

Frank J. Urlacher	USA
David L. Griesemer	USA
Jimmy A. McCord	USN
Richard D. McKinney	USN

New residents at AFRH-W

Census: 980 as of July 28, 2005

Henry G. Alvarez	USN
Herbert Simonds	USAF
William M. Randels	USN
Max F. Foster	USN
Arvil Neal	USA
Albert R. Lenegan	USA
Louis M. Bose	USN
Louis j. Giordano	USA
William D. Anderberg	USA
Edmond J. Scheuring	USAF
Toshiyuki Karasuda	USA
Andrew W. Gardner	USN
Bruce T. Mundy	USN
Louis Dicroce, Jr.	USN

Office of the Director



It's hard to believe another month has gone by already. Time really does seem to fly when you are busy and having fun. This month I have continued my focus on communication. I have visited with many of you personally and have received e-mails and letters from others. I appreciate any and all correspondence from you and this month I'd like to share with you a letter I received from a resident with a concern I'm sure many of you share.

The letter reads and I quote:

"I am sincerely concerned about the availability of residents with 'gripes, annoyances, complaints, etc., etc.,' to 24-hour hotline phone service to air their grievances.

The Communicator said the following areas only should be used by the "Hotline." My question, WHY?

Areas mentioned included: allegations of inappropriate behavior, incidents of waste, fraud, abuse and mismanagement.

Please inform me if the IG team is only going to speak to the few dissenters we have living here. Are they the only knowledgeable residents? Are they that

important? How about the big majority of residents that are thankful for living here? As one of these residents recently said, "I feel like I'm in heaven and didn't have to die to get there!!"

There are many residents happy to have the AFRH-G as their HOME! Please do not cater to the constant complainers. Our voices are just as important (maybe more so!)"

Irene Smith

Irene really has a way of saying what's on her mind, doesn't she? Those that know her know this to be true. Her point is a valid one though, if you stop and consider it. We have the new hotline she spoke of, we have the Command Master Chief available to residents to go to with problems, the RAC Chairman and Wing Reps are set up to assist in problem areas and then there is always the suggestion box located by Security and comment cards for the dining hall. Residents and their family members can also e-mail AFRH with comments and of course anyone can write or call our Mississippi Senators, DoD, or the local newspaper/tv station to voice complaints.

All of these procedures are necessary and have proven to be an effective way to call attention to areas that need attention or improvement. On the other end of the spectrum, as Irene's letter pointed out, there is no process in place now that allows residents to comment on the positive things going on

around the AFRH. I think a large majority of residents would agree that this is a great place to live. In talking with you each and every day, more and more I find that so many residents are content and thankful to be here. But these are the things you rarely hear about. The old saying 'the squeaky wheel gets the oil' rings true here.

Recently a news reporter made a visit to discuss many topics and one was about resident complaints. I challenged the reporter to talk with 20, 30 or as many of our residents as he felt necessary in order to validate how residents here at Gulfport feel about the home; and if it was a positive outcome to write a positive article...he said he couldn't, because it doesn't sell.

Over the past few months I have noticed a calming affect taking place amongst the residents. It is unfortunate how negative of an impact the news media and politics can have on an organization...and how sometimes "the squeaky wheel" through these sources can gain attention and cause unnecessary and unwanted discomfort to the majority of residents.

During the rest of my time here as interim director, I plan to keep my focus on communication and ways we can improve it. I also plan to put a process in place that allows residents to tell us what we are doing right. As Irene so eloquently put it, "Our voices are just as important (maybe more so!). Thanks Irene, for expanding ways we should be communicating with each other

Steve McManus

Interim Director, AFRH-G

From a Gulfport reader:

To the AFRH-W Editor, I have been an avid reader of your column since both homes combined together as one. Quite frankly, last month's Editor's column hit the nail right on the head. In last month's column you spoke of the challenge we all have of living in our own unique universe and getting along with others as they live in their universe and doing so without the two universes colliding. I would like to add one thing - that this pertains not only to residents of AFRH but to all mankind alike. Conflict is the result of those universes that collide - as you pointed out - and this can best be avoided by having respect for others and living within your own universe without imposing your values and beliefs on others. Having respect for others and understanding that they too have a right to live and survive in this universe is a key in everyone getting along. Taking a moment to think about how your actions may affect others, too, is a good way to avoid 'colliding' with another ones' universe. Life itself is a great conflict, let alone having conflict with your fellow brothers.

Peter Trexler

Campus Ops, AFRH-G

Now you can....

'Catch me at my best...'

It's easy, just fill out the back of a Catch Me card when a staff member provides you with exceptional service or exceeds your expectations. Cards are located at Security, the reception desk in the lobby, the dining hall, medical and the exercise center.

Office of the Deputy Director –Gulfport



The Deputy Director of a vibrant facility like the Armed Forces Retirement Home-Gulfport must be able to juggle many different situations, or opportunities,

while always looking realistically at every situation that directly affects the Residents' well-being. Being positive is a real attribute. But, those statements can be said about every staff member, and let us be sure to involve our many volunteers when recognizing the myriad of contributions that staff and volunteers make to the daily operation of the Home. What an absolute honor we have as staff and volunteers to serve our Residents who have given so very much to our country. If we ever lose sight of our mission as staff and volunteers then we lose

sight of why our country offers such bountiful opportunities for all of us.

The Residents have enjoyed the Focus Group Meetings that Mr. Steve McManus, Interim Director, has been chairing in the Home's theater. The Focus Group Meetings have gained support from the Resident community over the last month. There are very few areas of interest that the Residents have that are not discussed in an open forum with Mr. McManus. The areas of discussion have touched every "nerve center" that affects the Residents on a daily basis such as: transportation to medical appointments, healthcare services, construction, ventilation in the main tower, food service, telephones, chapel services, and the list goes on. Enlisting the Resident population as advocates, while using this forum, has definitely led to a more knowledgeable and involved Resident group. Campus Ops has been conducting weekly meetings with the Residents and staff to better inform all of us about the new construction which is

scheduled to begin this year. The Residents and staff are given "construction tours" on Wednesday mornings and throughout the tour questions and answers are "flying" among the group. Since the Admissions and Support Services staffs have relocated their offices in preparation for the new construction to Building 5, a "taxi" shuttle service is being provided through our Volunteer program to shuttle Residents to the temporary offices for these two valuable programs. The list of events and activities at the Armed Forces Retirement Home-Gulfport is endless and the vibrancy in this community is truly remarkable.

It is our goal to be the most user-friendly facility, as it is with our sister site in DC, to our distinguished service men and women. This is by no means any easy task, the challenges are many, but the "payoff" is huge.

Robert Locke

Office of the Deputy Director-Washington

Greetings residents and staff!



Let me take this opportunity to introduce myself. My name is CDR Tim Burns, and I recently reported aboard to AFRH-W as the Deputy

Director. I am truly excited to be assigned to the nation's premiere retirement community for America's veterans, at a location so rich in history. First of all, on behalf of the staff, I want to thank CAPT Paul Soares for his tremendous service during the past two years at the home. Best wishes to him and his family on their new assignment in Pensacola, Fla.

I am reporting from Naval Air Station Whidbey Island, Wa., where I was the Public Works Officer for the past three years. As a Navy Civil Engineer Corps Officer, my entire career has been in the facilities engineering and management field. My family resides in Oak Harbor, Wa., where my wife Leslie (RN) is the Executive Director of an

assisted living facility. We have a 13-year old son, Wade, who will be starting the eighth grade in the fall.

During my initial two weeks I have been making a concerted effort to get "out and about" meeting residents and staff...trying to get the "pulse" of the community. I have been truly impressed with the assembled team of in-house staff and contractor personnel; they are very professional and committed to providing the best possible care and service to our residents. What has truly impressed me are the residents. I have met many proud and wonderful Americans...our nation's heroes. Let me apologize now if I forget your name, but I am undaunted by this task to learn your names during my tour.

As with any great organization, modifications to how we provide services and support are necessary from time to time. As such, a few changes have occurred this past month in an effort to make us more efficient and cost effective. We have awarded new transportation contracts for both on-campus and off-campus bus services. The schedule for the on-campus busses was adjusted based upon historical ridership usage; how-

ever the schedule for off-campus services remains unchanged. Additionally you may have noticed that we have a new facilities maintenance contractor, Brooks Range Contracting Service (BRCS). The process for submitting your trouble calls and work requests remain unchanged. Welcome aboard to our new contractor team members.

We now have after-hours transportation for non-emergency medical requirements. Also, for our independent residents, medications are available in the community health clinic after normal operating hours.

Next month, the great gray wall in the basement of Scott will be coming down. This will be an indication of the impending new Health and Wellness Clinic to open in August. Additionally, we are providing 11 new top-load washers in the Sheridan laundry room. We appreciate your patience during the short period of time we need to transition to the new machines.

Once again, I am deeply honored and proud to serve as your Deputy Director. We have challenges ahead but, more importantly, we have many great opportunities ahead of us. I'll see you around the campus.

CDR Tim Burns

Then... and now... in Gulfport

Claude (Bud) May



Henry Pike



Thomas Buonfigli



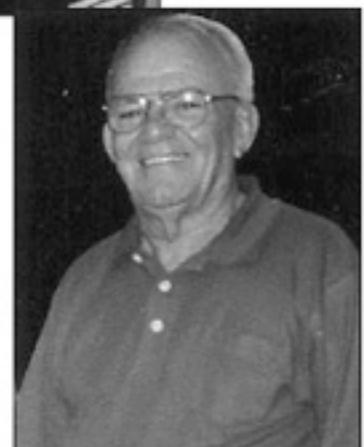
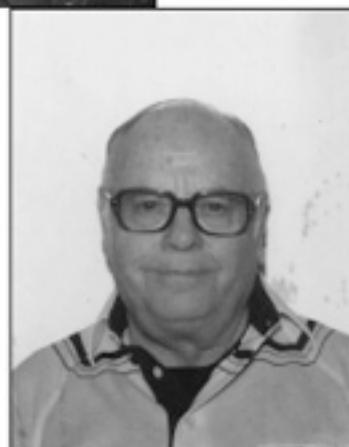
Charles Moss



Robert O'Donnell



Donald Trest



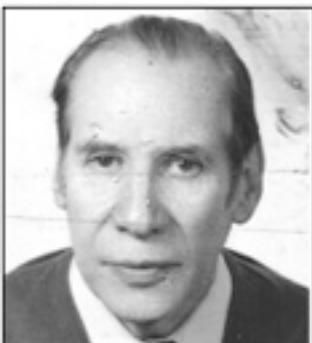
Then ... and Now... in Washington-Match-Up



Allan Hubbert



1



Hugo Pine



2



Margaret Jirak



3



William Sinnott



4



Marquirtte Peterson



5



See answers on page 17

It's all in the timing...

The Naval Aviation Technical Training Center Rifle Team from Pensacola, Fla., gives a sharp performance for the residents of AFRH-G. The eight-member group visited the Home on June 25 and received a tour, shared a meal and then performed their precision skills in the lobby.



Ken's Computer Corner **Notebook vs. desktop computers**

Repeatedly I am asked what is the best computer, notebook or desktop. That answer is almost as varied as the answers to "what came first the chicken or the egg." I would normally say that the desktop computer has the advantage. On the other hand notebook computers have their own advantages.

Let's examine the advantage of each type of computer:

Size: Desktops requires more space. Notebook computers can be used almost anywhere.

Expandability: The desktop is clearly the champ in this category. Notebook computers have some expandability capabilities but nowhere near that of the desktop computer. If you plan to add new features to your computer or upgrade it as needed, you have to go with the desktop computer.

Cost: This is a two way sword,

equipment cost and repair cost. The winner here is the desktop, it usually costs half that of a notebook and repairs can be done locally. Normally notebook computers have to be sent back to the dealer or manufacture for repairs.

Transportability: There is no contest here; the notebook is the transportability champ.

Ease of use: The desktop, due to size of the keyboard and the monitor, is the winner.

To really answer that question notebook or desktop computer, we must decide what the users needs are and how they will be using their computer. Rate the following items with a yes or no and then check the score below.

Size: _____

Expandability: _____

Cost: _____

Transportability: _____

Ease of Use: _____

If you answered yes to three or more of the above items, you should go with the desktop computer, otherwise go for the notebook computer. Most desktop computers are about the same in quality, not so with

notebook computers. For notebook computers stay with a brand that is well known: Dell – Toshiba – Gateway – Compaq – IBM or HP.

Now that you have decided on the type of

computer, you need to do some shopping around to get the best price. Remember that for both of the above types of computers you will need additional hardware such as a printer. Plus for a desktop computer a desk and for notebooks a carrying bag.

We hear how great HP printers are and I must agree that they are really good printers. But, I really look at the added cost, the cost for ink. It is not unusually to find that the ink cartridges cost more then the printer. Therefore my recommendation would be the Epson printers.



Ken Willitts

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Ken Willitts

Alfred Nobel, the richest vagabond In Europe

By Ludwig Olson (W)

Alfred Bernhard Nobel, a famous chemist, inventor, and industrialist, died in 1896, but he is still well known worldwide because of the Nobel prizes awarded annually for outstanding achievement in physics, chemistry, and several other fields.

Born in Stockholm, Sweden, in 1833, Nobel was a quiet and moody genius plagued by health problems. Most of his education was provided by tutors. By the time he reached his late teens, he was a skilled chemist and had learned French, German, Russian, and English in addition to his native Swedish.

Nobel's chief interest was explosives, especially nitroglycerine, a liquid consisting of glycerine mixed with nitric and sulphuric acids.

Nitroglycerine was first prepared by Professor Ascanio Sobrero, an Italian chemist. It was a powerful explosive, and Nobel learned how to detonate it successfully in the early 1860's by using black powder in a small container. In 1865, he invented the blasting cap, fulminate of mercury in a small copper cylinder. This provided a safe and positive means of detonating nitroglycerine, and was the dawn of a new era in high explosives.

Nobel and his father conducted experiments with nitroglycerine in Heleneborg, a Stockholm suburb. A quantity of nitroglycerine exploded accidentally, and Alfred's youngest brother was among the dead. Undaunted by this disaster, Alfred Nobel demonstrated the great value of nitroglycerine for mining, road construction, and tunneling, and he founded the world's first nitroglycerine factory at Vinterviken near Stockholm in 1865. Success was so great that Nobel had nitroglycerine factories in several countries.

The temperamental nature of nitroglycerine proved to be a serious problem, and caused many accidents and deaths. Nobel mixed it with various substances to reduce the hazard. He finally found that a safe and suitable



Alfred Nobel as he appeared about 1880. He was also called "the Thomas Edison of Sweden." Drawing by the late Dave LeGate

explosive could be produced by mixing it with an inert porous substance called kieselguhr. This new explosive, called dynamite, was patented in 1867. Its name was derived from the Greek word dynamis, meaning power.

Dynamite was produced in the U. S. and many other countries. Nobel soon had an explosives empire. His frequent trips to

the many factories caused him to be called "the richest vagabond in Europe."

Another important Nobel invention was a smokeless propellant powder that contained nitroglycerine and nitrocellulose. Called Ballistite, it served well for use in military and sporting guns. It was produced by several European countries and by DuPont in the U. S.

One of Nobel's principal firms was Alfred Nobel & Co., founded in 1865 at Hamburg, Germany. The Nobel factory southeast of Hamburg produced nitroglycerine and dynamite. That firm was moved to Troisdorf south of Cologne and is currently called Dynamit Nobel A. G. It produces explosives, chemicals, plastics, and ammunition.

In 1894, Nobel purchased the Bofors Gullspång iron foundry and arms factory in Karlskoga, Sweden. An elegant manor house was included with this purchase. He built a laboratory on the property, and conducted many of his later experiments there.

Nobel's ideas covered a wide range of technical fields and seemed limitless. He was successful in producing artificial silk, and experimented with artificial leather and rubber, lightmetal alloys, electric lights, batteries, and phonographs. Arms produced by his Bofors firm included recoilless rifles and mortars, the famous Bofors 40 mm AA gun, tank guns, and heavy artillery.

Nobel died from a stroke in 1896 at his villa in San Remo, Italy. Many people referred to him as "one of the loneliest men in the world" and "the man no one got to know." His inscrutable nature was apparently the result of poor health, shyness, and the fact that his restless intelligence set him apart and tended to make him a recluse.

The New 2005 Dietary Guidelines and MyPyramid.gov Website

By the Registered Dietitians: Rachael Hatten, R, Jami Woodham, MS, RD, Teresa Hui, RD, LD and Leslie Boggus, RD

The new 2005 U.S. Dietary Guidelines jointly issued by the Departments of the Health and Human Services and Agriculture in April 2005 provide the translation of the latest science based information into daily eating practices that all Americans should pay attention in their daily food choices which, in turn, to promote a healthy nation. The mission was to provide information in healthy food choices and the awareness of daily physical activity. To accompany these messages, the government also created a website [MyPyramid.gov](http://www.MyPyramid.gov) that can personalize your individualized life style, physical activity, and nutritional needs.

How do you use this newly established [MyPyramid.gov](http://www.MyPyramid.gov) website to formulate your own personalized diet plan?

Step 1. Log in: <http://www.MyPyramid.gov> - this website can help you to choose the foods and the amounts that are appropriate for you. Enter your age, sex, and physical activity, you will receive an instant estimate of your caloric needs and the specific amounts of portions in each of the food groups. For example, a 70-year old male who does less than 30 minutes of physical activity daily needs an estimated 2,000 calories per day. The meal pattern should consist of 6 ounces of whole grains, 2.5 cups of vegetables, 2 cups of fruits, 3 cups of milk, and 5.5 ounces of meat & beans, and 6 teaspoons of oils per day. The plan is to make a variety of food choices within each food group.

Step 2. Review inside of pyramid - It explains the newly developed 2005 Food Pyramid in the following order:

* Physical activity - Do the different types of exercises at least 30 minutes, 60 minutes, and 90 minutes activity plan.

* The Grains - Inside of the Pyramid - i.e. 6 ounces of grain foods, half of them should come from the whole grain foods

* Vegetables - eat 2.5 cups of dark green and orange color veggies

* Fruits - eat 2 cups variety of fruits, they can be fresh, frozen, canned, or dried fruit, but go easy on fruit juices

* Oils - Make most of 6 teaspoons of oils as your fat sources from fish, nuts, seeds, and vegetable oils. Limit intake of butter, margarine, shortening, and lard

* Milk - Drink 3 cups of low fat or fat free milk. Consume more low fat dairy products such as low fat cheeses and yogurt etc.

* Meat & Beans - Go lean on protein foods such as to consume more leaner cut of chicken, fish, turkey, nuts, seeds, peas, and beans.

Step 3. - Tips and Sources - Tips are provided for the consumers to make an informed food choice for variety, balance, and moderation with increased physical activity.

Step 4. - For Professionals - Food patterns including portions are offered based on daily amount of food consumed from each food group from 1,000 - 3,200 calories. Each pattern provides the information not only on estimated daily caloric needs, physical activity and the type of lifestyle you choose, but also with 7 day sample menus to follow. A complete daily nutrient average such as protein, carbohydrate, fat, cholesterol, sodium, potassium, iron, and vitamins over one week is also illustrated in the meal plan.

Step 5. - My Pyramid Tracker - this is an online dietary and physical activity assessment tool that provides information on your diet and physical status, related nutrition messages, and links to nutrient and physical activity information. In order to get to this portion of the assessment, you must "login" links to enter the system either for new user registration or for existing user login.

And finally, for more information on diet and related topics, try these 12 links to other federal government websites:

<http://www.health.gov/dietaryguidelines/dga>

<http://www.healthierus.gov/dietaryguidelines/>

<http://www.cfsan.fda.gov/~dms/foodlab.html>

<http://www.nutrition.gov>

<http://fns.usda.gov/fns/>

<http://www.fsis.usda.gov/Food-Safety-Education>

<http://www.foodsafety.gov>

<http://cdc.gov/nccdphp/dnpa/physical/index.htm>

<http://www.nhlbi.nih.gov/health/pt>

<http://nhibi.nih.gov/health/public/heart/index.htm>

<http://fda.gov/diabetes/>

<http://cfsan.fda.gov/~dms/adme-hg3.html>

According to the Center for Nutrition Policy and Promotion, [MyPyramid.gov](http://www.MyPyramid.gov) website had received 201.9 million hits just during the first week when this website became available in April 2005, and it had registered 518 million consumers to this website ending the week of June 5. Obviously, this is a very popular website, and will continue to be the information age tool for learning more about nutrition and health related issues. Any AFRH resident who is interested in nutrition and healthy eating, is strongly encouraged to visit this MyPyramid.gov website, and have fun doing it!!!

While you are on MyPyramid.gov website, we also would like for you to visit the www.afrh.gov website at the Resident Information tab as well. This newly established [afrh.gov](http://www.afrh.gov) website offers complete nutritional analysis of current menu items served in our dining facilities. By utilizing this informative website, it will further benefit your personalized diet plan. We wish you to continue to experience the joy of the internet!!!

Support Our
Volunteers

Hurricane Dennis

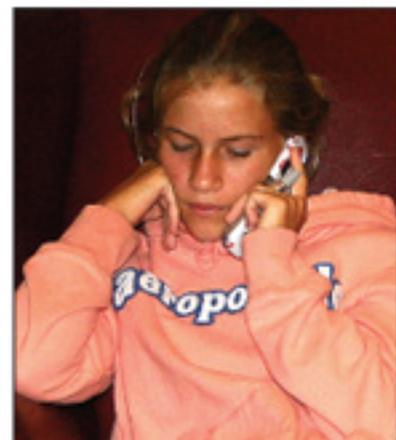
Although the storm went east of Gulfport into the Pensacola area on July 10, residents and staff spent several days before hand preparing for the possibility of a direct or near-direct hit.



Campus Ops workers Bob Davenport (left) and David Fenton lay sandbags along the front corridor in the event of water rising up to the front doors. Being this close to the Mississippi Sound, one can never be too cautious.



Seabees from Naval Mobile Construction Battalion 7, complete with sleeping bags, check in for hurricane duty.



Waiting....A teenage family member passes the time by talking with friends.



Rachael Hatten entertains a small family member during the wait for Dennis to make landfall.



Pete Trexler from Campus Ops moves some material in preparation of Hurricane Dennis.



It would take more than a threat of a hurricane to get in the way of the regular card games played in the ballroom.

Red

AFRH-G

White

4th of July

Blue



Dressed for the occasion -
Two picnic attendees, all decked out in red, white and blue, pose for a picture.



Ron Thompson goes through the food line at the 4th of July picnic. Students from the Naval Construction Training Center joined residents for the celebration.



Roderick Washington (left) and Sam Robinson stayed busy on the grills making sure plenty of hotdogs and hamburgers were on hand.



Residents gathered around the picnic area and enjoyed the beautiful view and visited while waiting for the festivities to begin. Mother Nature provided a perfect day for a picnic and many of the residents came out to enjoy the day.



By the Books!

I would like to remind everyone what our AFRH-G library has to offer our residents, 24/7. There are reading tables and chairs, comfortable recliners, a manual typewriter, a word processor, four computer work stations that are internet and e-mail accessible, a printer, almost 100' of shelves with paperbacks of every genre, all paperbacks we have received in

the last two months are on the shelves on the counter. All hardbacks and nonfiction paperbacks are put in the bookshelves atop the card files. The books in those shelves have never been checked out. If you ever need help, one of the volunteers are often working and will be happy to offer their help. As a last resort, you may leave questions, complaints, comments, or whatever at silverfish@cableone.net and I'll get back to you personally or on the net.

Now for answers to last months questions. For the soldiers, Benjamin Oliver Davis was the first black general in the United States Army, and I believe the first to attain flag rank in any service. He was born 7/1/1877 in Washington, D.C., the son of a messenger in the Department of the Interior. He served as a temporary 2nd Lieutenant of Infantry during the Spanish-American war, but saw no combat. After being mustered out, he enlisted in the Cavalry as a private. He had been promoted sergeant major of the 9th Cavalry. They were involved in putting down the Philippine insurrection, by the end of the first year. In 1901, he placed 3rd on the officer candidate examination and was commissioned a permanent 2nd Lieutenant of Cavalry. He had been promoted to Major by the start of WWI but the 9th remained in the Philippines. When he was promoted to Colonel in 1930, he was the only black line officer in the United States Army. In 1940, he was promoted to Brigadier General, (the only other black regular officer being his son, Benjamin Oliver Davis, Jr.). In June 1942, fast approaching 65, he was mustered out, but immediately recalled and assigned to the IG's office which also had the effect of removing him from an active field command.

In 1948, a bill from the Senate gave him the permanent rank of Brigadier General and his retirement ceremony on June 28, 1948, was held at the White House with President Harry Truman

presiding. He died at the Naval Hospital, Great Lakes on November 26, 1970.

I would say that was one hell of a career for a black man, especially in those early years.

The second question was the first black general in the U.S. Air Force. That has probably already been answered; it was Benjamin Oliver Davis Jr. He devoted his life to his country both as a military officer and a civilian. He was the first 20th century black graduate of the "Trade School on the Hudson." He was the second black general in the U.S. military and the first to attain his third state in the Air Force. His military fame also rests on the record set by the Tuskegee "Red-Tails" of which he was a charter member. Davis' command of the elite corps of black airmen who served under his command was a deciding factor in the desegregation of the U.S. Air Force. He had been awarded the DSC, Silver Star, DFC, Legion of Merit, Air Medal, Croix de guerre, Star of Africa, medals and clusters from the Republics of China and Korea, and many other campaign medals. It was also mentioned that he was not a "natural aviator" and had to work hard at it, but shined as a leader.

I have extensive information on both Davis' and will be happy to furnish it to anyone desiring it.

The answer to the third question, concerning the first four-star in the U.S. Marine Corps, is two-fold. The first to wear the fourth star was General Holcumb, the 17th Commandant, upon his retirement on Jan. 1, 1944, due to a combat citation, as provided by the Act of 23 February 1942. The first to wear that fourth star as an active duty Marine was the 18th Commandant, Alexander A. Vandergrift

Since 1985, a number of Marines have headed unified commands holding four- star ranks, and it is no longer uncommon for the Corps to have three or four-star generals on active duty at the same time.

I also have the names of all four-star generals up through June 2004 and will make it available to any who may be interested.

For the next question, who was the first, and I believe the only man to ever receive a second award of the Medal of Honor? Several men in WWI received both the Army and the Navy medals for the same action and I don't think anyone would consider that a second award. This man received the Medal of Honor for two separate actions and was a remarkable man.

Miles Medearis, 1432@8187

Heads Up

Here's a list of some of the upcoming activities at AFRH-G in August.

Aug. 2 - Watermelon Social

Aug 5 - Coast Guard Birthday Dance

Aug. 6 - Menge Ave Flea Market

Aug. 18 - tour of Walter Anderson Museum of Art

Aug. 21 - Patio Cookout

There will also be day trips to the Maritime & Seafood Industry Museum in Biloxi, Shearwater Pottery in Ocean Springs, and the NASA Space Center at Stennis. Remember, there are Tai Chi classes every Monday at 10 a.m. and trips scheduled to the post office, casinos, shopping and much more. Get your copy of the August calendar. Sign up for all events is in the Exercise Center. Contact Christina Edwards at ext. 4042 for details.

**Mark your calendars!
The next Fleet
Reserve
Association
meeting is Aug. 9
at 2 p.m.
in the Resident
Reception Room**



The “Why Knot”



By Ted Wilson (W)

It was during the early months of 2004 that Carl “Mike” Swickerath (W) found his thoughts constantly returning to boats and the sea. Something out there somewhere was calling, and Mike knew that he must go. Thus it was that Mike, a modern man with very modern tendencies, found himself surfing the web, looking for a suitable vessel in which to answer that call.

It took weeks, but eventually he located a seller in Tallahassee, Fla., who had a 30-foot “Morgan” for sale. The boat was priced not just to go but also priced to go quickly. Mike immediately decided to buy the boat if found to be seaworthy. But how to inspect the boat and get it to Washington from Tallahassee?

The answer was simplicity’s child; go to Tallahassee, buy the boat and sail it back to Washington. Unable to do it alone, Mike propositioned two fellow residents, Don Braswell and Vincent “Vinney” Van Allen, to undertake the venture with him. Vinney’s instant response was, “Why not?”

With those words an agreement was reached and a boat was named. Mike decided that if he purchased the boat, he would call it the “Why Knot.” They took off for Florida as soon as soon as they made the arrangements.

Armed with \$20,000 cash that Don carried in a money belt, they arrived in Tallahassee in early April. Mike found both the boat and the price to his liking and promptly bought it.

And so it was that three inexperienced “sailors” started what was expected to be a journey of 2,400 miles. The stoutness of their hearts would be tested immediately, as it would eventually be tested almost every single nautical mile throughout the trip.

They quickly established that not only would they not be selected to accompany Captain Ahab in his search for the white whale but, were they under the command of Captain Bly, the good captain would probably have had them keelhailed for ineptitude.



“The good Captain Bly would probably have us keelhailed for ineptitude before this voyage was over,” said Mike Swickerath.

During the next six days, they traveled less than one complete mile, grounded the boat 11 times and nearly capsized it once. There were a number of times when they had to have the boat towed off of sand bars, an omen of what would happen throughout the trip. In the early process, they came to the attention of some federal law enforcement agencies, specifically, the FBI and the DEA.

While grounded on a sand bar less than a mile from the starting point, they decided to sleep over night on the boat. They were awakened the following morning when a policeman who happened by stuck his head in the window.



What the policeman beheld was a lower deck strewn with hundred dollar bills. Somehow during the night, Don’s money belt had opened and something in excess of \$12,000 covered the floor. Thinking “drugs,” the

policeman’s suspicions were intensified by the fact that one of the crew had neglected to bring any identification with him.

Records at the FBI, the DEA and National Crime Information Center did not produce any negative information on the three, and the officer was satisfied that the unidentified member was who he said he was. So, the “bust” was aborted. With that problem resolved, however, others loomed imminent.

Don became ill. With six days having passed and still within a mile of their starting point, the trio decided to dock the boat, return to Washington and regroup.

Don’s health did not improve during the three succeeding weeks in Washington. Though filled with regret, Mike and Vinney decided to attempt the trip without him.



“Captain Vinney” poses for posterity.

(To be continued in the August AFRH Communicator)

Armed Forces Retirement Home - Washington History

The Eckington & Soldiers' Home Railway



By Allen Frazier (W)

During the late 1880's the first electric car in the District of Columbia was created when Congress granted a charter to the Eckington & Soldiers Home Line. The Eckington & Soldiers Home Line extended from the area near Seventh Street and New York Ave., NW to the Soldier's Home. Soon other trolley lines began to convert from horse drawn cars to electric. The cars were small and often crowded. Two men, a motorman and conductor, usually operated a streetcar. They worked an average of 12 hours. When a second car was attached a third man was included to collect fares in the second car. In time some Double Decker cars were added due to the increase of passengers.

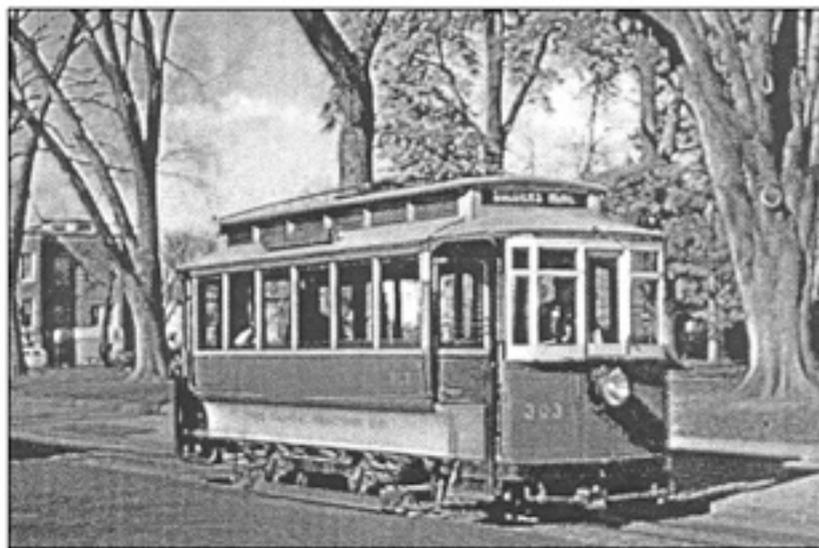
Washington eventually banned overhead wires. Streetcars ran on underground electrical wiring in the city and above ground outside the city limits. In Washington the streetcars were private-

ly owned and run by individual owners. The turn of the century saw an increase in rail construction. Many trolley lines were built by real estate developers. By the early 1900's and the start of World War I the companies were consolidated into two systems and trolleys were doing a booming business. During the latter half of that time the trolley was beginning to be replaced by the bus and private automobile. People considered buses to be more comfortable. Buses were considered to be more flexible in routing and less expensive to operate.

By the end of the 1930's, half of the cities in the country were serviced by busses only. During the beginning of the 1950's Washington streetcars

tracks, and cobblestone had been removed.

At the beginning of the 1970s and 1980s the days of the trolleys were over and gridlock in the city of Washington and throughout the country had begun.



A singing and fighting Seabee with us now

By Wilfred "Mac" McCarty

A most interesting new arrival on July 1 at the AFRH-W, Room 5305 Scott is 71-year old Henry Alvarez who has sang for several Presidents and World Leaders. Alvarez retired from the Navy in 1967 after 23 years service (four of them in the USAF) He has a bachelor degree in Civil Engineering from Lehigh University, Lehigh Pennsylvania and a Musical Degree from the New England Conservatory of Music, Boston, Mass. He is a lyric tenor. At the White House on different occasions he has sang for President Eisenhower and the present President Bush. When the Seabees were building a helicopter pad at President Reagan's 680-acre Santa Inez Mt ranch high above the clouds near Santa Barbara, Ca, he sang for President Reagan and Nancy requested songs including one of President Reagan's favorites. "I Love Those Dear Hearts and Gentle People."

When there was a fire in the American Embassy in Moscow, Russia, the

Seabees came to make repairs etc. and Alvarez was asked to sing Russian songs for Vladimir, Gorbachev.

After retiring Alvarez volunteered for the Billy Graham crusade for three years traveling around the world with the crusade. He would sing duets with famous George Beverly Shea and Ethel Walters was also one of the singers. While at NATO base Signella, Cantania Sicily he sang with the Bellini Opera Company.

One of Alvarez first assignments was to isolated Diego Rivera Island in the Indian Ocean. The Seabees built an airfield. He spent three tours there from six to nine months each. The Island belongs to Britain but was leased to the United States.

Alvarez was on active duty in Okinawa, Japan, Thule Greenland, Spain, Italy, Russia, Scotland, New Zealand, Baffin Island in the Arctic, DEW line etc. singing all the while I suppose when not working. If you are nice to him he will sing for you. (he sang to us at our table and

what a voice he has!) He is interested in forming a quartet here at the AFRH-W. In the Seabees Alvarez was a carpenter mason which the Seabees call a builder. He was stationed at Gulfport, Miss., with the Seabees in 1969 when Hurricane Camille arrived and the Seabees helped AFRH-G then and many other times. Let's hear it for the Seabees! Alvarez has photos of himself in uniform and many more stories about his interesting life of service.

Answers to the Then & Now Match-up.

Allan Hubbert - 4

Hugo Pine - 3

Margaret Jirak - 2

William Sinnott - 1

Marquirtte Peterson - 5

Congressional Golf and Crab Society pays tribute to AFRH residents for their service

By Allen Frazier (W)

On June 27, 2005, members of the AFRH-W were invited to the 8th Annual Congressional Golf and Crab Feast hosted by the Congressional Golf and Crab Society. Each year, it is their way of giving thanks to all the members of the Home

for their contribution to the country through their military services. The monies raised by the membership totalled over \$24,000.

Items purchased from the proceeds of the generous financial support received will be utilized in the Assisted Living and Long Term Care areas of AFRH. A great time was had by all the members of the home who attended. The luncheon was a big hit with all and the food and drinks provided was in abundance. The affair has become an annual event providing financial support to AFRH. On behalf of the Armed Forces Retirement Home we would like to thank the Congressional Golf and Crab Society for their continued support.



Resident George Lang enjoying himself at the Crab Feast.



Resident Allen Frazier enjoys the guests, food and beverages at the Crab Feast.

Volunteers make
the world go
'round

Intern gets ‘hands on’ experience working in therapeutic recreation

By Mary Kay Gominger (G)

The Recreational Therapy Division, headed up by Laura Throop, welcomed Jessica Matthews, a college intern, to AFRH-G last month. Jessica is a senior at Southern University in Baton Rouge, La. She joined AFRH on June 13 and will be here until Sept. 2. This 12-week internship is the final step in receiving her college degree in Therapeutic Recreation.

The first few weeks Jessica has been busy learning the routines and getting to know the residents. Her day is filled interacting with residents as they participate in activities that are mentally and physically challenging.

“I’ve enjoyed getting actual hands-on experience that I can’t get in a classroom setting,” Jessica said. “We do a lot of different activities for the residents. Most of the experiences I’ve had have been dealing with kids so this is very interesting. I have really enjoyed working here and have decided to look for employment in this type of setting. It’s very satisfying,” she said.

Jessica has a brother that served in the Army so she is well aware of the sacrifices that military members make while serving. Her experiences here have been very positive so far.

“It’s been great,” Jessica said. “Everybody has been so nice helping me settle in. The staff and the residents have helped me and made me feel at home. I’m looking forward to spending time here.”



Jessica Matthews leads a group of residents in exercises designed to keep them limber. Jessica will be here as an intern until September 2.

Blood Drive

Residents, staff roll up their sleeves to give blood during a drive held at AFRH-G on July 14



Campus Ops employee Tom Adams gets ready for the big stick.



Resident Catherine Dailey patiently waits for her donation to be complete. The ballroom was transformed into a mini clinic as donors went through the various stages involved in giving blood.

Together we can.....

save a life.....

We've come a long way, baby!

Resident recalls many firsts as a woman in the Air Force

By Mary Kay Gominger, AFRH-G

It's July 2005 and last month the Air Force made headlines worldwide when it announced that a woman had been selected for the first time to fly with the Thunderbirds, the Air Force's world-famous demonstration squadron. An historical event; no doubt, and one that could likely never have happened had it not been for the many courageous and determined female service members that served before her and paved the way for today's women to be considered for male-dominant positions.

We have one of those women right here at the Armed Forces Retirement Home. Sylvia (Cindy) Calfee has lived here for the past two years. Cindy joined the Air Force in 1951 at the height of the Korean War with the ambition to serve her country, travel and further her education. During her 20-year career, Cindy worked in a variety of Air Force specialties, most of which were filled by men. She, too, took part in a "first" in the Air Force. On March 26, 1968, Cindy was the first WAF (Women in the Air Force) on record to reenlist in the 26th Air Division.

That same year, she was quoted in a base newspaper saying, "For years, women have fought for equal rights, and with equal rights should go equal responsibility. I believe that the women serving in the Armed Forces are proving that they are willing to accept this responsibility."

Keep in mind that was 1968, some 37 years ago. At that time, Cindy had 17 years of service and was a Semi-Automatic Ground Environment (SAGE) Technician and performed duties as a Track Technician. She was also an on-the-job training super-



visor for her section, continually proving herself in an organization normally staffed with highly trained men.

"I don't stay real up-to-date on what the women are doing now in the Air Force," Cindy said in a recent interview. "I know there are more job openings for them now, a lot more than we had.

"I enjoyed my time in the service," Cindy said. "When I was a flight stewardess I got the opportunity to travel and see the world first hand," she said.

Cindy has flown to five continents and half a dozen islands in the Atlantic. In 1957 she gained the distinction of being the first American woman to land in the Ascension Islands since World War II.

These days Cindy spends her time enjoying a slower pace of life at AFRH-G. She keeps on hand, though, articles and memorabilia from days in the service. Occasionally she will leaf through them and reminisce about days gone by. Her Air Force career certainly gave her everything she was looking for when she joined – to serve her country, travel and further her education. They both got more than they bargained for.



July birthday celebration

Joining together for a special birthday dinner are (sitting from left) - Jean Rhizor, Robert Smith, Russell Matthews. Standing from left - Buron Noel, Father Uko, Hollis Hayes, Steve McManus (Interim Director) Herman Stumpf, Gloria O'Flarity, Billy Williams, Master Chief Joe Perrone, Jerome Elorriaga, and Robert Locke (Interim Deputy Director).

Happy Birthday!

AFRH-W Recreational Services Activities

AFRH-W

Golf Scramble a big success

By Matthew Kayson (W)

The 2nd Resident Scramble of the season was played on Friday July 15, 2005, under cloudy, humid conditions. The rain stayed away as the team of Frank Hale, Ernest Fowler, Vicente Salazar, and Emil Byke beat out four other teams with a 4-under par score of 31. Mimi Rivkin, Coleman Mays, Tom Meehan, and Hobert Smith finished second with a 32.

John Price ran the event like clockwork, and golf pro Matt assisted with the snacks and beverages after the rounds. Jose Gordon shot seven feet from the hole on number six which won him "Closest to the Hole" honors.

Resident/Employee Croquet Tournament



By Jerry Carter (W)

On Friday, July 22 residents squared off against each other in a fun game of croquet. Cash prizes were awarded for finishing 1st thru 5th places. John Smith 1st-37-strokes, Mike Longwell 2nd-38 strokes, Jim Burke 3rd-49 strokes, Paul Uhlmann 4th-52 strokes, and David Anderbey 5th-60 strokes. Recreation Services would like to thank residents John Smith and Joe Williams for helping make this a successful event.

Back by Popular Demand!!

Hooters ladies bowl with residents

By Jerry Carter (W)

On Tuesday, July 12th, the Hooters ladies from the downtown restaurant bowled with our residents. Six teams of four composed of guests and residents bowled four games. Prizes were given out to the highest score, 1st and 2nd place winners and for spares made.



Emile Pyke bowls another strike!

Everyone enjoyed this event and many residents requested inviting the ladies back for another bowling shoot out. A thank you goes out to the following people: Jeff Mc Gee, Jerry Lugar, Tom Carras, and staff for assisting in making this event successful.



Mike Longwell and Keith Turner enjoying themselves with the Hooter Girls.

Lagarde 3

Summer cookout fun for all



Resident Eugene Major enjoys the cookout and the comradeship.

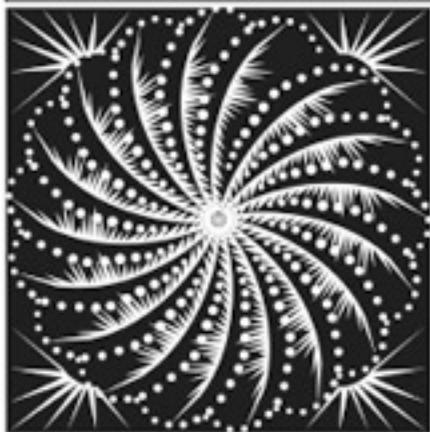
By Jeff Anderson (W)

On Thursday July 14, 2005, the residents of the LTC Unit enjoyed a summer cookout in Recreation Therapy. All the residents were well fed with all the hamburgers, hot dogs, and half smokes that they could handle, along with the standard picnic menu of baked beans and potato salad.

The staff of Lagarde 3 was very helpful and we take our hats off to them. We will be continuing with unit picnics for the rest of the LTC Units through out the summer.

AFRH-W Recreational Services Activities

4th of July festivities "A Big Blast"



hamburgers, and all the other traditional cookout foods.

To top the day, recreation services treated everyone to ice cream, cake, watermelon, snacks, wine, and beer was

available throughout the event. Everyone had a good time for eating, drinking and listening to music to celebrate this special time of the year. As the evening began to close, the crowd took in the fireworks display which could be seen from the grassy hillside. Recreation Services would like to thank the following people for volunteering to help make this event a huge success. Joe Williams, Jessie James, Ruby Bloomer, Jim Menke, Melodie Menke, Ray Smith, Jim Fogarty, co-workers and Bernice Goldstein for playing wonderful music throughout this event. Lastly, thank you to all the residents who attended.



time of the year. As the evening began to close, the crowd took in the fireworks display which could be seen from the grassy hillside. Recreation Services would like to thank the following people for volunteering to help make this event a huge success. Joe Williams, Jessie James, Ruby Bloomer, Jim Menke, Melodie Menke, Ray Smith, Jim Fogarty, co-workers and Bernice Goldstein for playing wonderful music throughout this event. Lastly, thank you to all the residents who attended.

By Jerry Carter (W)

More than fireworks happened on the 4th of July. On the Scott Building patio/grassy area residents and guest came to celebrate the birthday of our nation. Over 450 people enjoyed the music provided by Goldie as food service fired up the grill. Everyone enjoyed hot dogs, chicken,

AFRH-W Resident/Staff softball team takes to the diamond against Providence Hospital



AFRH-W softball team from left Bill Seely, Jerry Carter, Derrick Calloway, Hank Williams, Raymond White, Warren Helms, Roy Congle and Ronald Merryweather.

On June 15th the AFRH-W softball team played Providence Hospital here on our campus. Both teams engaged in a fun filled and spirited game of softball. Providence came out on top 19-15. Everyone enjoyed the close game; many residents watched the action from the patio/grass area behind the Scott Building. Special thanks to residents Larry Friesal and Hank Williams for taking care of the umpire duties and residents/staff who participated in the game.



Resident Roy Congle (front) and AFRH-W employee Jerry Carter standing outfield waiting for a hit.

AFRH-W hosts group of veterans as they recuperate from war injuries

By Sheila Motley, PAO(W)

Resident John Colburn, Director-at Large for the Federation of Fly Fishers, with the collaboration of Colonel William J. Howard, Chief, Occupational Therapy Services at Walter Reed Army Medical Center, coordinated an relaxing outing for a group of active duty Iraqi veteran's from Walter Reed Army Medical Center.

The veterans gathered at the fishing pond at AFRH-W for lessons in how to use fishing equipment for fly fishing. This was to be the first of several lessons given here at AFRH-W

The overall instructions were a part of an therapeutic out-patient program which provided recreation for the patients who were ambulatory, and it helped the patients learn to make use of their wounds. Mr. Colburn stated "fly fishing is a sport that can be enjoyed for a lifetime and can be practiced anywhere there is water and fish."

Mr. Colburn will be starting a program to teach the art of fly tying to patients who are unable to leave the hospitals, especially those with hand and arm injuries.

Anyone interested in volunteering can contact Mr. Colburn by e-mail at johnwcoburn@msn.com.



Trying out the fly fishing equipment down at the AFRH-W ponds are: first row Sandy Burke, second row Bobby, third row Ed Nicholson, Alfredo Suescum, Robert Barlett, Angela (Bobby's fiance') and John Colburn.

American Legion AFRH Post 70

Meets in Defenders' Inn the 1st Saturday of each month Except July and August

It is the will of the Post that the meeting normally scheduled for Saturday, September 3rd 2005 be cancelled due to it being the Labor Day weekend.

The next regular meeting of the Post will be on Saturday, October 1st, 2005.

Senior Vice Ray Smith will report on happenings at August's National Convention held in Hawaii, and there will be reports on other events taking place during our vacation time.



Above, AFRH-W residents Ray Whitlow (left) and Raymond Smith, are DC delegates that will be going to the National American Legion Convention to be held in August 2005 in Hawaii.

Left, Post 70 members sponsored a Bowling Day for the Tri-Community Public Charter School.



I see God's
presence here,
there and
everywhere.....

By Don Pence (W)

*in the color array trumpeting a
new day.*

in the earth scents after a rain.

in a nuzzling hungry babe.

in a splatter of pansies.

*in Dad's, "Aw Shucks," for all
he had done.*

in the sunbeam on my floor.

in the dandelion's glow.

as the groom lifts the veil.

*in the vigilance of a circling
hawk.*

in the infant's two-tooth smile.

*in the reforming of pillowy
white clouds.*

in the faces I meet.

in newly fallen snow.

*in Mom's quivering lip, when I
said,*

"Good-Bye."

*in the silent persistence of wind
on sail.*

in a gentle stroke on the brow.

in the crone's snagged grin.

in the tight leaf buds of Spring.

in the waves on a field of grain.

in Grandma's trembling hand.

in a leggy new foal.

in a wedge of honking geese.

*as the brilliant carver slices the
boiling clouds.*

as I see his image in you.

Featured AFRH-G resident writer...

This month resident Eugene White is sharing more of his poetry. If you are interested in having your work published, submit your writing or photography to the AFRH-G Public Affairs Office, located in Bldg. 5

A Desert Tragedy

*Once, in the heat of a desert sun,
I searched about one day
For a peaceful place with a bit of shade,
Just to while the time away.*

*But shade isn't easy to find right off
Out on the desert floor;
Though, finally, I did - I found a spot
Just like I was lookin' for.*

*It was at the foot of a rocky knoll
Where a lonely willow grew,
Whose shade I shared with clumps of grass,
And with a daisy, too.*

*It was quiet there and the air was still
And my thoughts ranged far and wide,
There with my head propped up a bit
And the daisy at my side.*

*With eyes half-closed I was nearly asleep
When a voice began to call;
A voice so faint I wasn't sure
I'd really heard one at all.*

*Yes! There it was! I heard it again,
For now I was awake;
A voice that sounded to my ear
As though its heart would break.*

*It was the daisy I learned, as I looked about,
And whispering even now.
It was her tearful voice I heard
Just inches from my brow.*

*Well! Needless to say, I was caught off guard
And just a bit of shock
For, after all, I never knew
A flower could even talk.*

*She was saying how dreadfully wrong it was
To spend her days alone;
Out here where the beauty that was hers to share
Was soon to go unknown.*

*Except for you, the flower said,
I have simply gone to waste,
And that's just not the kind of thing
A flower should have to face.*

*Then, slowly, her voice became so faint
I knew her time had come,
And by the dawn there'd be nothing more
Than the sand and desert sun.*

*Yet to this day I still recall
With the greatest heartfelt sigh,
The day I met and lost a friend -
And heard a daisy cry.*

Eugene White



A noteworthy performance

The 41st Army Band from Jackson, Miss., performed at AFRH-G on July 5. The 35-member band performed a medley of songs for the residents in the Ballroom.

Fair Winds and Following Seas, Captain Soares

“The Seabees’ Hymn”

by R.J. Dietrich (1960),

Lord, stand beside the men who build,
And give them courage, strength, and skill
O’ grant them peace of heart and mind,
And comfort loved ones left behind.
Lord, hear out prayers for all Seabees,
Where’er they be on land or sea.

A LEADER LEAVES

By Howard J. Sweet (W)

L. Ron Hubbard once said, “The only right a leader has is the right to serve.”



Capt. Soares renders the opening of the dedication of the Lincoln Cottage.



On his desk he had his AFRH-W model “Can Do.”



Capt. Soares extending congratulations to pro golf residents and staff participants.



Another collage of memories that will be added to his wall in Jacksonville, Fla.

More than 40 years ago, I participated in a Troop Information Session at Fort Bliss, Texas. The main speaker, an Infantry Major General, made the following statement:

“Respect cannot be demanded. The uniform and its insignia merely give its wearer the visual trappings of the rank or position officially bestowed him. However, it is solely up to that individual to earn the respect of those he leads or serves.”

Our former Deputy Director, Captain Paul Soares, USN, exemplifies the principle inherent in the foregoing paragraph. While I am confident that his successor, Commander Timothy Burns, will continue the tradition of his predecessor, the good captain will sorely be missed.

One can almost imagine him saying, in the no-nonsense parlance of the late Ernie Pyle, “You meet ‘em, you talk with ‘em, you figure what’s interesting, you write about it and you move on.” As your editor, I always looked forward to reading his articles in the “Communicator.” It was generally accepted by residents and staff alike that when he said something, it could be treated as the unvarnished truth.

Captain Soares contributed much to the quality of life here on the Washington campus. And, I would be more than happy to serve under his command at any time – in war or peace. Sheila Motley’s above headline succinctly expresses our collective wish for his future success.

Captain, we wish you the best of the best—always.



“...Finally, after all these years, I got it...”



Capt. Soares posing with volunteers from the USCG after cleaning fishing pond.



Residents saying their last good-bye!



Grand opening of AFRH-W Volunteers break room.