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Gulfport residents are present and accounted for at the Marine Corps Recruit Training Depot in Parris Island, SC. They were on hand to watch the presentation of the Eagle, Anchor, & Globe, raising of the colors, and graduation ceremonies.

Gulf Coast Marines Visit Marine Corps Parris Island Recruit Depot (MRCRD)

Submitted by AFRH-G

Marines of the Armed Forces Retirement Home, Gulfport, MS., the Mississippi Gulf Coast Marine Corps League, Bay St. Louis, MS., the Comiskey-Wheat Detachment, Hattiesburg, MS., the Paul E. Boyd Detachment, New Orleans (Kenner), LA., and the Jans F. Hursey Detachment, Slidell, LA., made a four day visit to the Marine Corps Recruit Depot in Parris Island, S.C. The trip was put together by Roger D. Davis, Commandant of the Slidell Detachment, Len Drozel, Commandant of the Mississippi Gulf Coast Detachment, John Morash and Col. Frank Cannon (ret.), of the Armed Forces Retirement Home at Gulfport, MS., and Lee Daspit, Commandant of the New Orleans (Kenner), LA. Detachment.

Traveling with the group of (47) Marines was 9 yr. old Kegan Woods of Gulfport and his mother Lynda Woods.

Kegan, a regular attendee of the monthly Marine Corps Meeting at the Gulfport Armed Forces Retirement Home, hopes to become a Marine when he graduates college. Kegan has a knowledge of Marine Corps history, past and present, that could match or surpass most active duty Marines of today. Kegan's dream was to visit Parris Island but he did not have the finances to go.....so the Gulf Coast Marines took up a collection to cover the costs for himself and his mother....so that his dream could come true.

While at Parris Island Kegan and the other marines got to view night fire (tracer rounds), weapons training, drill, rappelling training, the raising of the "colors" at the Commanding General's Office, the precision marching of the Marine Corps Band, and the combat endurance course. When asked what part of the visit he enjoyed

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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.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or the leadership of each Home.

Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH Editors Column

TIMING IS EVERYTHING

The position of editor is powerful. It enables one to accomplish many things for the good that he could not otherwise. However, one always has to consider the greatest good for the greatest number. The decisions are not always easy.

Until my late 30's, I was always very impetuous — ready to do battle anytime I thought something was wrong with the system, real or imagined.

During my last years before retirement, I was assigned to the Missile Assembly Area at McGregor GM Range, NM (*we fired as many as 50 missiles a week at a cost of \$3,000,000*). An old-timer LtCol was our S3. He was the kind of guy who enjoyed the camaraderie of many of his subordinates, and despite criticism from his superiors, he hung out with us frequently.

On one occasion I was annoyed at something (*I don't even remember what it was, now*). He looked at me and said, "Howard, I can see you are upset about something. You need to be more philosophical. You know what that is, don't you?" Well, of course, I did, but I wanted to hear his definition. Therefore, I answered, "No, what is it?" His reply: "You have to be able to say 'aw freed it!'"

He went on with a bit of philosophy about getting into battles over perceived or imagined wrongs. He said, "Never voluntarily get in a fight you can't win — You'll lose the battle and make enemies. The time will come when the battle can be won. Be patient, and when that time comes, get in there and succeed. You will accomplish your purpose and make friends."

I remember that conversation, and rarely get into a battle I can't win. Many people, who have never subscribed this little bit of philosophy, are always getting into fights prematurely ... and often losing. The consequences are, invariably, as stated above.

This bit of philosophy can be applied to most challenging situations. Therefore, until the "the roll is called up yonder," we should always consider whether to "freed it" or do battle. Once the decision is made to "bring it on," **losing is not an option!**



Good News!

I have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties. Once you reach 80, everyone wants to carry your baggage and help you up the steps. If you forget your name or anybody else's name, or an appointment, or your own telephone number, or promise to be three places at the same time, or can't remember how many grandchildren you have, you need only explain that you are 80.

Being 80 is a lot better than being 70. At 70, people are mad at you for everything. At 80, you have a perfect excuse, no matter what you do. If you act foolishly, it's your second childhood. Everybody is looking for symptoms of softening of the brain.

Being 70 is no fun at all. At that age, they expect you to retire to a house in Florida and complain about your arthritis, and you ask everybody to stop mumbling because you can't understand them. (Actually, your hearing is about 50 percent gone.)

If you survive until you are 80, everybody is surprised that you are still alive. They treat you with respect just for having lived so long. Actually, they seem surprised that you can walk and talk sensibly.

So please, folks, try to make it to 80. It's the best time of life. People forgive you for anything. If you ask me, life begins at 80.

AFRH NEWS

Message from the Chief Operating Officer



Maintaining a positive “can do” attitude is certainly one of the most valuable characteristics an individual can possess. A positive attitude may be the difference between enjoying life, or not enjoying life to the fullest. It is a well known fact that individuals who are the most successful, achieve their full potential and are the most content with life in general, are individuals who have a defined goal and foster a positive

attitude. It is also a known fact that how an individual treats others is truly a reflection on themselves.

In early August, members of the senior leadership team received guidance explaining what the Agency’s expectation is concerning and projecting a positive corporate attitude. Simply put, managers, supervisors and staff, both government and contract employees, are expected to carry out the duties of their position in a positive professional manner. Staff should focus on resolution of issues and defuse and/or avoid the “spin” cycle that quite often accompanies “hot” issues. My expectation is that managers and staff will seek out resolution to problems in a timely manner with the focus on resolution. I also expect my managers and staff to dispel rumors and educate residents and other staff members when apparent misinformation is circulating or inappropriate behavior occurs.

In a community living environment such as the AFRH, it is critical that each resident also live by certain principles regarding projecting a positive attitude. I ask that residents:

- Respect your fellow resident.
- Treat staff and visitors to the Home as you would like to be treated.
- Avoid generating and allowing rumors to circulate.
- Don’t get caught up in the “spin” cycle on issues.
- If you need information, go to the source.

By copy of this message I am asking my senior leaders, managers, supervisors, staff and residents to move out on a campaign to dispel rumors, avoid unnecessary “spin” on issues and treat others with increased respect.

Tim Cox
Chief Operating Officer

AFRH Staff Hooked on Fun!



Too bad fish don’t live in trees! Tim Cox dreams of catching a big fish (shown above his head) but ended up in a fierce competition with a tree branch.

Right: Judy Mayfield has no problem hooking several sun perch on the southern end of the fish pond.



Left: Open Up! Karen Harry digs in with both hands and convinces this fish to open wide.

Right: Look what I caught! Nancy Duran shows off her catch of the day!



CAMPUS NEWS

Office of the Director



It is hard to believe that August is three quarters over. In youth this means that the beginning of school is just around the corner. For some, exciting and full of the potential of new friends, new experiences, open doors. For others, it is a time that means heightened anxiety, a sense of loss for a summer of playtime and a less pleasurable sense of the unknown. Each child is different and each experience intensely personal.

For young adults, this period of time may feel like a rush of reminders of a year that used to be cut up in sections of school or non-school time. Fall means new seasonal clothes, elections, perhaps planning for holidays. Perhaps the hint of introspection of 'what have I done so far this year?' Each adult is different and each experience intensely personal.

And the person well ensconced in adulthood? Children to school, looking at time passing by faster and faster as the calendar pages come off and thinking of the

weather to come, utility bills, doctor visits, lists of seasonal chores. All the things that mark a season's change depending on relationships, location, health, jobs and military service. Each person is different and each experience intensely personal.

And the senior adult? Life doesn't stop. Changes occur. The markers become different and transition takes on a variety of meanings. There is no diminishment of a person because time seemingly moves at the speed of light during the year or a day drags interminably from a sense of loss of purpose; nostalgia can have regret or poignancy attached to it. The future can appear frightening or still offer excitement of what lies around the corner. Action and promise still remain possible. Different of each and continues to be personal.

It is gratifying to know that each of you leads a life full of vitality and purpose. You're sharing with each of us that age has limitless features. That this season has strength, beauty, grace, character, endurance and meaningfulness. Your choices continue to build a stronger nation through your mentorship, your perspective and your independence.

CAPT Jerald Ulmer



Rear Admiral Martin, Deputy Surgeon General of the U.S. Navy visits with resident in the Scott Dining facility during her tour to the AFRH-Washington campus.



Rear Admiral Martin and Capt Jerald Ulmer take time during their AFRH tour to stop and talk with Home resident Elizabeth Grab about life at the Home.

Happy Birthday U.S. Coast Guard



WASHINGTON
CAMPUS



GULFPORT
CAMPUS



Office of the Deputy Director – Washington



Are we as safe as we can be with respect to fire safety? That's an open ended question, the answer is we always need to be looking to improve on fire safety issues. Until now, we have practiced a standard fire drill where we evacuate people from the Scott and Sheridan buildings as much as possible. However, a change to "Defending in Place" has been underway

across the industry and we are working towards that as well here at AFRH-W. Part of the reason is that more and more people are becoming dependent on electric wheelchairs and battery powered vehicles (BPVs). However, in a fire the elevators will automatically shut down to prevent someone from becoming trapped in one during a fire. This is required by current fire safety codes. Therefore, people in BPVs would need to walk down the steps from whatever floor they are on to escape the building. This could prove difficult for some. The "Defend in Place" concept allows people to stay on their current floor in most cases. The first step in "Defend in Place" is to remove people from the immediate fire area. If the fire is in a Resident's room, then the Resident must get out of the room and close the door behind him. The next step is to pull the fire alarm to report the fire if the automatic fire alarm

has not gone off. Following that we want to confine the fire and smoke, this where our buildings will help us. Our buildings are sprinklered and have fire doors in the hallway that are normally left open. These fire doors will close in event of a fire and secure the safe parts of the floor/building from getting fire and smoke for as long as possible. This buys time for everyone including the firefighters who will arrive within 4 to 6 minutes after notification. In summary, "Defend in Place" means moving people from the fire area to a safe area in the building, usually on the same floor, and leaving all other Residents in their rooms or other safe areas with the doors closed.

The "Defend in Place" strategy is used for several reasons. First the difficulty in rapidly moving personnel, especially those who need BPVs or walkers to move about. Secondly, being outside can be very harmful to Residents, especially in bad or cold weather. Finally, it simply takes too much time to empty everyone out of a facility. In most cases, the fire department has the fire out in the time it takes to relocate just a few Residents down the stairs and outside.

Our new Safety Officer, Mr. Reginal Johnson, will be guiding us through this change. Reginal joined AFRH-W after sever-

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Office of the Deputy Director – Gulfport



"I HAVE A VIRUS"

With a medical background, when I hear these words I immediately think of a regular virus that affects one's health.

However, as

Support Services Chief I have to stop and think twice that this so-called "virus" is the one that affects or infects a computer if the user does not exercise precautionary measures. To confuse the end-user even further, the problem may actually be a "worm" or what's called a "Trojan horse." Confused yet? I was too until I had a few of these viruses, worms and Trojan horses that caused my computer to "crash." Before delving into the details on protecting your computer and precious data and programs, I want to first of all define these terms so you do not experience the initial confusion I felt when I first encountered

them.

"What is a computer virus?"

This is a malicious (bad, destructive) program designed to spread throughout your computer by hiding itself in your files. In addition to spreading itself (like a health virus), a computer virus may also have harmful side effects (sounds familiar?) such as deleting data from your hard drive.

"What is a computer worm?"

A computer worm is a malicious program written with the sole purpose of spreading itself from computer to computer. Unlike a virus, which spreads to as many files on your hard drive as possible, a worm exploits security holes to spread itself to as many computers as possible. Many worms are used as carriers to drop off viruses and Trojans.

"What is a Trojan Horse?"

Taken from the Greek tale that involved a hidden army within the belly of a large wooden horse at the gates of Troy, these programs behave in much the same way. What appears to be an innocent pro-

gram, music file, video clip, etc. may hide a virus-like program that uses stealth to install and conceal itself. Once installed, the Trojan allows an attacker to take control of your computer. The attacker can then use your computer to commit crimes that will be traced to you.

"Gee, now how can I avoid all these malicious things?"

1. Always run the latest antivirus software from the vendor of your choice on every machine that you plan to attach to the internet. Please research the subject of the best antivirus software to use before purchasing since they are not all created equal
2. OK, I've got the medicine for the virus, what do I do next? Keep it up to date (the software that is) with the latest "scanning engine" and "identification" file updates available from your software vendor
3. Be certain to use good password prac-

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HEALTH SERVICES

Are You Ok? (R.U.O.K)

By Flor O'Blepias (G)

Have you ever thought about the day that you would have to look to someone else to depend on for your basic daily needs? Independence is our greatest treasure and we strive to hold on to it for as long as possible in our golden years. "I don't want to be a burden." "I'm just getting a little weaker, and I'm afraid I will fall, maybe even break my hip. What will I do then?" "Will I have to go into a nursing home?" "Will I still be able to make my own decisions, or will they think I'm just too darned feeble and take away my right to be me?" "That settles it!" "I ain't goin'!"

We have heard this from many of our friends at the Armed Forces Retirement Home in Gulfport, Mississippi. The people in Health Care Services-Health and Wellness have been listening, and believe it, we are on your side! Some of the staff in Health Care Services have been at the home since 1976 when we opened on the beautiful Mississippi Gulf Coast, and are not only your care providers, but are truly friends and honestly, family. This deepening relationship has borne witness to many changes, some good, some difficult, but one thing about it, we have all sailed that ship together. There is nothing more distressing for our residents and our staff to see the gradual decline in health for anyone at the AFRH-Gulfport. Those great smiling faces and warm hearts sinking just off the shores of our companionship has brought



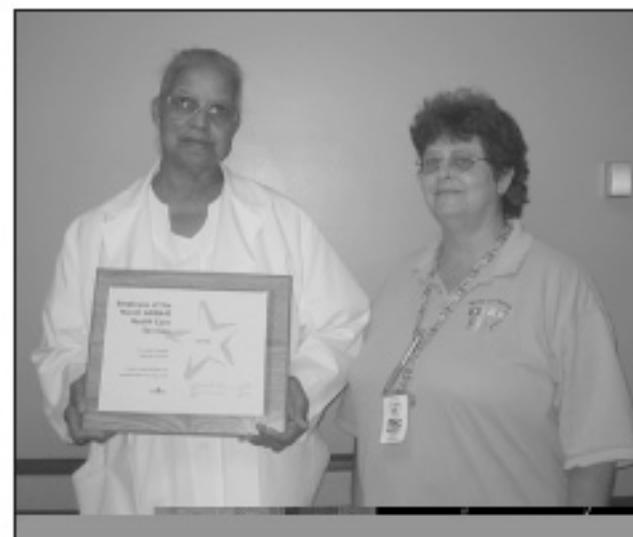
Cindy Lenoir presents Elvis Turner (Health Care Services) with an Employee of the Month plaque.

us all to the captain's table to find a way to help our ship mates without them feeling like we threw them an anchor. In 1998, a pilot program was initiated to promote autonomy for our good residents that had experienced some health decline, yet did not feel they need any extended care in the assisted living or long term care units at the home. We named it simply "Are You OK?"

The mission statement of the program is to help tower residents with health care issues meet the challenges of self-care and wellness while striving to nurture and care for the whole person with respect for each person's dignity, independence and individuality. The purpose is to provide care across the continuum for the residents whose health and functionality is declining because of serious, persistent, or chronic illness and disability. "Are You OK?" embraces a basic tenet of respecting each resident's right and responsibility for individual choice and consequence. These principles include viewing the resident as his own expert on their health, and as the one responsible for management for their condition, developing a working partnership with each resident, facilitating readiness (willingness to become aware of behavioral, cognitive or attitudinal patterns and eventually to consider changing them), helping to identify exacerbation triggers and developing strategies to cope with them.

This is truly about maintaining your personal worth and dignity in your time of health trials and tribulation. You are not alone, and, you will be cared for, and, cared about. Any gradual or acute onset of disease process or illness not only challenges your bodies and mind, but a place deep in your heart is always pondering, "Can I make it just a little longer without help?" But, your care providers in Health and Wellness want you to know, "We will be there for you, and want you to turn to us before you have to feel you are walking in the darkness." We will strive to keep your life as independent as possible and assist you according to your own goals. You call the shots!

The "Are You OK?" program, through Health and Wellness Services, will monitor the resident, offer illness preven-



Cindy Lenoir presents Audrey Griffin (Health Care Services) with an Employee of the Month plaque.

tion strategies; and when needed, help you access primary, acute, assisted living or long-term care appropriately. In this approach we pray that you, the resident, will foster confidence, acquire knowledge and skills to allow you to manage your illness more effectively, connect you to community services for which you may be eligible, obtain equipment to enhance your self-care ability, familiarize you with personal and medical options, advocates for you in the health care arena, increase functional abilities and provide self reliance or services so you may stay in your current surroundings.

The AFRH in Gulfport is a very special place of great American Pride and confidence. The honorable offering of your national service has granted you a home by the sea where you are surrounded by the younger comrades who are now preserving our freedom as you have already done. Those brave men and women at Keesler Air Force Base and Naval Construction Battalion Center-Gulfport, Home Port, Pascagoula are standing ready to meet your every need in these years of memories and rest. The fine facilities at Keesler Medical Center are part of your health services as well as the Veterans Administration Medical Center. Your care is surrounded daily by glorious mornings that rise over the Gulf of Mexico and waft through the sentinel oaks that shade your afternoon walks. Our concerns for you are there in the scents of magnolias in May and the sights of the silver moon on calm waters. In these images and thoughts of your home we hope you draw comfort and trust that we truly will care for our own.

WELCOME HOME

AFRH Residency

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

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

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

- Veterans with 20 or more years of active duty service and are at least 60 years old, or

- Veterans unable to earn a livelihood due to a service-connected disability, or

- Veterans unable to earn a livelihood due to non service-connected disability, and who served in a war theater or received hostile fire pay, or

- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following offices:

In Gulfport, call 1-800-332-3527, or write to Admissions Office, AFRH-Gulfport, 1800 Beach Drive, Gulfport, MS 39507-1597.

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

Visit us on the web at:
www.AFRH.gov

NEW RESIDENTS AT AFRH-G

Robert Rutherford USN

Routhal Ray USN

Cleveland Little USN

Charles Ridens USN

Hampton Boyette USN

Barnard Leeder USN

Ernest Nichols USN

Stanley Williams USAF

Roland Warren USN

John McLellan USN

Carl Eickoff USA

James King USN

Charles Jenkins USN

Claire Zebrick USA

Lois Beck USN

CENSUS: 586

AS OF AUGUST 18, 2004

NEW RESIDENTS AT AFRH-W

Charles Gray USAF

Eugene Pelle USA

Paul Hessler USAF

Alvin Boykin USA

Charles Hawkins USA

Jerry Lugar USAF

Byron Stavrides USAF

John McBeath USN

Kenneth Tieman USAF

Willy Wagner USA

Calvin Thomas USA & AF

Robert Buettner USA

James McKeon USAF

Marion Marques USAF

Wilbur Sibley USA

Fay Steele USA

Melford Leblanc USAF

Billy Hitt USA

Romeo Daigle USA

Dennis Reynolds USN

F. Hennaman USA & AF

Walter Malinowski USAF

Edward Cronk USAF

Clifford Butterfield USN

Franklin Bates USN

CENSUS: 1006

AS OF AUGUST 18, 2004

HISTORY RESTORED

19th Century Veterans at the Soldiers' Home: The Happiest Men in the World?

By **Laura Mancuso** – Intern for the President Lincoln and Soldiers' Home National Monument A National Trust Historic Site.

Have you ever wondered what life was like for your predecessors here at the Soldiers' Home? A June 1862 article in the New York Times described the site's "airy halls and leafy shades" and said the veterans here "ought to be the happiest men in the world." The Soldiers' Home Board meeting minutes give us clues about some of the benefits that might have made those veterans so happy. Did you know...

On February 2, 1852, the Board ordered that each inmate receive \$1 pocket money each month.

On September 20, 1867, the Board ordered that, when the items could be obtained in good quality and at reasonable prices, the following be added to the menu:

-Once in each second week corned-beef in lieu of pork, bacon, or fresh beef for dinner

-Once in each second week mutton in lieu of pork, bacon or fresh beef for dinner

-One ounce of butter and two ounces of cheese every second day at supper.

On August 12, 1876, the following monthly salaries for workers at the Home were established:

Firemen and men employed at general work, \$5.00 each

-Men in charge of wards, nurses, the man in charge of the dining room and pantry, his assistant, and the night watchmen, \$7.50 each

-The man in charge of water, gas, tanks and the elevator, and the man in charge of the storeroom, stoves and supplies - \$10.00 each

-The principal cook and his assistant (not residents of the Home) \$25.00 and \$10.00 per month, respectively.

On July 18, 1885, the Governor of the Home recommended that the clothing allowances include one blouse and one felt

hat each year and that the Home increase the number of pieces to be washed so that each inmate

may have a change of underclothing- drawers, shirt and socks- twice weekly.

On August 18, 1894, the Committee on Supplies submitted the following proposals for clothing:

-Saks and Co: C. F. Drawers at 29 7/8 cents; W. Stockings at 16 1/2 cents.

-Garner and Co: Sky blue Trousers at \$3.14.

-Robinson, Cherry and Co: Black Felt Hats at 67 1/2 cents; Dark Blue Vest at \$1.34; Fl Shirts at 67 1/2 cents.

-B. Rich and Sons: Dark Blue Sack Coats at \$3.69; Woolen Blankets at \$2.99; Bed Spreads at \$1.92 1/2; Pillow Cases at 16 cents; Roller towels, at 63 cents; Hand Towels at \$2.19 per dozen.

-William Han and Co: Harvard Ties at 94 cents.



What's Up at the Lincoln Cottage

By **Bill Robinson** – Intern for the President Lincoln and Soldiers' Home National Monument A National Trust Historic Site.

Residents who long to see the completion of the exterior restoration of the Lincoln Cottage just might have their wish by the end of this year. Despite the notorious heat of the DC summer, the construction crew has been working long hours and meticulously grinding its way toward completion. Many completed projects are easily visible, while other successful restorations may require a closer look. The dangerous and structurally unsound chimney on the east façade has been carefully dismantled and painstakingly restored to replicate the chimney of Lincoln's time. The stucco, which will be replaced by an identical match, has been completely removed. Stucco removal allows the restoration team to repair the damaged brick and wood underneath. The crew has spared not even

the slightest detail in its sensitive handling of historic windows, window frames, doorways, trim, and soffit boards. Much of the careful carpentry work takes place in the Home's old Dry Cleaning Building where the National Trust rents a workshop. Lead paint removal, and wood, roof, and chimney repairs dominated the crew's work schedule in July and August. New aspects of the cottage exterior restoration project to be undertaken over the next several months include the repair of the handsome second-story balcony located on the west façade, the installation of the slate tile and standing metal seam roof, the application of the carefully matched stucco, the fitting of Lincoln-era chimney pots. The windows are quite close to completion and work on the porch is ready to get underway shortly. Many residents have taken the opportunity to observe the work in progress, and the crew welcomes and enjoys their input and

appreciation. The National Trust believes it is both an honor and a privilege both to restore the seasonal residence of perhaps our nation's most celebrated president and to enrich the

Armed Forces Retirement Home's historic core – home today to so many accomplished veterans.

Be sure to watch "Where the President Slept" on Friday, September 3 at 8:00 PM on The History Channel for an in-depth treatment of restoration at the President Lincoln and Soldiers' Home National Monument.



ON THE BANKS

“You Get a Line and I Will Get a Pole”

Ricky D. Langford (W)

Who caught the biggest fish? It was a warm sunny morning, perfect day to cast a line and drown some worms. And drown them we did. The Residents and several members of management spent the morning at AFRH-W's ponds “fishing” and socializing. Resident Robert Schonher won the Biggest fish contest hands down with a 18 inch largemouth bass. There was no need to measure the other fish, it would have just resulted in a “fish tale”. A good time was had by all, special thanks to resident Joe Williams, as well as the staff of Leisure & Wellness.



The Big Haul! Robert Schonher shows of the catch of the day to Tim Cox.



Roger Davision must be using sonar to locate a school of fish or listening to some of his favorite music.



This Home resident knows how to pass the time of day. H enjoys a day of fishing with fellow residents and staff.



Watching the line! This Home resident is not going to miss any tugs on his line during the competition.



One of Many! Joe Williams didn't have any problems pulling in several fish during this outing.

Bowling is Fun for All

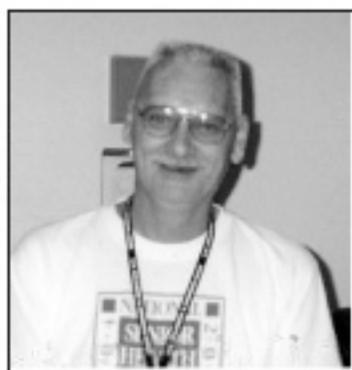
By Jerry Carter (W)

Jeff McGee, “Top Pin in the Bowling Center.” If you are looking for Jeff McGee, he can be found in the bowling center. His friendly face greets bowlers and makes everybody feel welcome. For any task big or small Jeff can be counted on. To quote Jeff directly “I love what I do” and “this is my life”. Over past 30 years Jeff has been working in various bowling centers. He looks forward to seeing his regular bowlers, and would like to see other residents join in the fun.

The Victory Church of Jesus Christ kept the lanes warm on Friday, 13th when

members visited the Sheridan Bowling Center. They participated in several games of bowling and everyone enjoyed themselves.

Pastor John P. Goodloe stated that his church would like to establish a inter-congregational connection between the residents and their youth program. They look forward to returning soon to our campus and interacting with residents thru recreation activities. The Leisure and Wellness Division would like to thank Jeff Mc Gee for helping out in the bowling center during this event.



LIFE ON THE COAST

I Wish I Had Attend “Stupid School”

By Jewel Poteet (G)

Well, here I am 81 years old and thinking about mistakes made and opportunities missed. I know I made more than my share of mistakes, and the biggest mistake I made was taking life too seriously. I should have been a little more laid back and concentrated on having more fun. I know I could have been a fun person if I had only gone to “Stupid School.” No one would have expected me to work so hard and conscientiously.

When I was 65, I was working at the YMCA as a Nautilus Instructor. I was the most surprised of all. I thought I would work in the business office because my college degree was in business administration. The only reason I worked is because the people in my apartment building bailed out every morning and I had no one to play with. When the supervisor told me to report for orientation to be a Nautilus Instructor and I told him he did not ask how old I was, he said that does not make a difference. I said, “I’ll bet I am older than your mother!” I was older than this mother and he said “That doesn’t make any difference.” I worked at the YMCA for 11

years.

In the meantime, there still weren’t many people in my apartment building to play with. When I asked where they were, I was told that most of them had two jobs so I promptly got another job with the biggest builder in the Washington, D.C. metropolitan area. I was a real natural at selling new homes. My motto was “Everyone needs a decent place to live.” I was so good and believed in my product so much that I worked with the top salesman and worked with him at every community he sold.

When I turned 75, I felt so good about what I was doing and making such a good living, I decided to forego enrolling in “Stupid School” until I was 80. Life would have been so much simpler and easier if I had just gotten really good at acting stupid. Then I would not have been insulted when people talked down to me (I always knew when they were doing it). I remember going to an optometrist to pick up my glasses and the young lady started shouting at me. I had to tell her, “Honey I can hear perfectly well. I came in because I need help to see.”

The greatest shock of all awaited me when my daughter went with me to see a doctor. The doctor had to turn all the way around to tell my daughter about my treatment. I had to say, “Excuse me, Doctor, you will have to talk to me as I am the victim and the patient.” Had I taken a 100 year old man in with me, it would have been the same because the doctor thought I was one of those “Stupid Females.”

I gave up working at age 77 and now live in the Armed Forces Retirement Home, formerly the Navy Home. When I turned 80 I thought it was the perfect time to go to “Stupid School” but I have five volunteer jobs and I still do not have time. I have learned that it did not make a difference that I did not earn a degree at “Stupid School.” People just look at me and think, “Well, I guess she is old and stupid.” Do you think I should go to “Stupid School” when I am 90? I just might be the only 81-year old grandmother whose grandson gave her a cocktail shaker for Christmas.

Entertainment at it's Best!



Bay Vista Baptist Adult Choir presents a Patriotic Musical in the Ballroom for the residents of AFRH - Gulfport.

Center Stage in Gulfport



On Tuesday, August 3rd, over 70 AFRH-G residents and guests enjoyed a play presented by Center Stage Theater. The teenagers performed an excellent comedy/drama titled “All I Really Need To Know I Learned in Kindergarten”. The actors are members of “Acting Anonymous” a teen troupe of Center Stage, Biloxi. This summer the group is traveling to various local facilities to present their show.

COASTAL UPDATES

Volunteering is Her Speciality - Meet Melodie Menke

By Mary Kay Gominger (G)

The Armed Forces Retirement Home in Gulfport welcomes Melodie Menke to the staff. Melodie is the Home's new Volunteer Coordinator. She transfers from AFRH Washington where she served in the same position.

"The Residents and Community Volunteers in DC were great to work with and had such wonderful ideas for the different programs and I'm finding that same enthusiasm here at Gulfport from the Resident Volunteers," said Mrs. Menke. "The staff and Residents have been extremely helpful as I'm settling into the area and the job. There is already a strong Volunteer Program in progress here and I'm excited about helping it expand and grow." Melodie has over 20 years experience working with volunteers within the

military community. She's been involved in several branches of the service including Army, Navy and Air Force. One area of the Volunteer Program that Melodie plans to emphasize is networking with the community.

"Generally speaking, we have three areas within the Volunteer Program," Melodie stated. "We have Residents that volunteer within the Home, Non-Stipend and Stipend Resident Volunteers, and we have members of the community, civilian and military, that come in and volunteer at the Home. And then to round out the equation, we have Residents that want to go out into the community and volunteer in areas such as food banks, Habitat for Humanity and things of this nature. Members of the military have always been strong volunteers in the community, no matter where they called home. We have so many talent-

ed and energetic Residents with senior leadership that just want to give back."

The Volunteer Office is located in the Leisure and Wellness Division. Melodie is available Tuesday through Saturday and can be reached by telephone (228) 897-4045 or email melodie.menke@afrh.gov. "I feel extremely fortunate to have been able to work at both Homes as the Volunteer Coordinator," Melodie stated. "I'm looking forward to getting to know the Residents personally and listening to their great ideas and suggestions for the Volunteer Program. To work beside such Professional Volunteers, that have such values, kindness and respect plus with their work ethic, it just sets an incredible pace for a lot of fun and productive programs and projects."

GOODTIME SINGERS HIT PERFECT NOTES



Cobbler and Ice Cream Social Is a Hot Ticket in Gulfport



Residents at Gulfport enjoy old fashion cobbler and ice cream with KAFB students.



James Baker, Dick Pace waiting for their plates to be filed with tasteful delight.



Leonard Walders makes sure he get a big scoop of ice cream to go with his cobbler.

A MUST READ

The French-German Arms Race Part III

By Ludwig Olson (W)

The arms race between France and Germany was like playing leap frog with each side trying to get ahead of the other. Subterfuge played an important role. Both sides had spies to obtain information. Keeping developments secret seemed impossible.

After the Germans adopted the Rifle 88, France made the next move by introducing the Model 1890 Berthier cavalry carbine. Chambered for the 8 mm Lebel cartridge, this carbine had an action designed by Andre Berthier, a French official of the Algerian Railway Co.

Like the German Rifle 88, the Berthier had a Mannlicher-type box magazine easily loaded from the top with a clip of three cartridges. Because of the fat-bodied cases, the clip held only three rounds. That drawback, however, was offset by ease and speed of loading.

The bolt mechanism of the Berthier was basically similar to that of the Lebel, but the Berthier had a one-piece stock.

Several rifle versions of the Berthier were produced. One was the Model 1902 Indo-Chinese lightweight rifle designed for use by native troops in French Indo-China. Another was the Model 1907, commonly

called the Colonial rifle. It was used extensively by native troops from Senegal in West Africa, and weighed 8.4 pounds, almost a pound lighter than the Lebel.

A slightly-modified version of the Model 1907 Berthier rifle was designated Model 1907-15. It was made in very large quantity during World War I. However, the Lebel with its eight-round tubular magazine continued to be a mainstay of the French Army during that conflict.

The Remington Arms firm in this country produced a quantity of Model 1907-15 Berthier rifles for the French Government early in World War I. After that war, many of these rifles were sold as surplus by arms dealers. Americans commonly called the Model 1907-15 rifle a Lebel even though it had a box magazine, and this error persists.

Early in World War I, it was obvious that the three-shot magazine of Berthier rifles and carbines provided inadequate firepower. That resulted in development of the Model 1916 Berthier rifle featuring a five-round magazine. A Model 1916 musketoon (short rifle) version was also used, even as late as 1939-40.

A big breakthrough in ammunition technology occurred in 1898 when the

French Army adopted a spitzer boattail bullet (pointed bullet with tapered base) for the 8 mm Lebel cartridge. This 198-grain bullet, made of solid gilding metal (90 percent copper and 10 percent zinc), was designated Balle D. Some sources claim the D was in honor of Captain Desaleux, the bullet's designer. An authoritative French book, however, stated that the D indicated the fourth in a series of test bullets. The cartridge with this new bullet was dubbed Model 1886D, and was approved for issue in April, 1901. The relatively high velocity, a pointed nose which reduced air resistance, and the boattail that reduced drag, gave this bullet a flatter trajectory and much greater range than the flat-nosed Balle M.

A large quantity of 8 mm Model 1886D cartridges was made in this country for France during World War I by Remington, Western Cartridge Co., and Robin Hood Ammunition Co.

The Lebel rifle and 8 mm smokeless-powder cartridge had a tremendous impact on arms and ammunition development. In this respect, they deserve a lot more credit than they have received.



French Model 1916 Berthier 9 mm Rifle

METRO VIEW

On the Road (Metro) Again Coffee Safari

By George Lynch (W)

The first Coffee Safari we took in 2003 was to Union Station (AMTRAK) and the first Safari for 2004 will be a trip on Metro to Ronald Reagan National Airport. This is a super trip in that you get great coffee and a free air show. You have all the pleasure of an easy ride on Metro and the pleasure of an open and extremely clean shopping area with large picture windows overlooking the runway.



Let's get started: I picked up the "Silver Fox" (AKA: William Abernathy, USMC retired), and out the gate to Bus #H8 or 60 to either Ft. Totten or Brookland stations. Got on the Metro and only after talking to a fellow passenger, did we decide to go the Airport. He (the fellow passenger) told us how easy it was. As a friend of ours (Ed Stites) was going to fly out of Ronald Reagan National Airport, we figured, let's go surprise him and wave goodbye. So we took the RED LINE to Gallery Place (you can also take the GREEN LINE from Ft. Totten) and at Gallery Place transferred to the YELLOW LINE to National Airport. A short time later (15 minutes) we arrived at National Airport. When you get off the Metro, you just walk out the station and into the Airport. They even have one of those moving walk-ways to hustle you along. After checking at the gates, we found that we could not go anywhere near the departure area, and so our purpose of waving goodbye to Ed Stites was defeated. So let's find the COFFEE!

As soon as you hit the Airport area, you will find yourself looking out through a wall of glass onto the plane loading area and the runway. The airport mall area is



located on a wide promenade with indoor and outdoor food concessions and many interesting shops. As for Coffee shops they are in abundance, and the "Silver Fox" and I tried the first one we came to, a Cinnabon with Seattle's Best Coffee. We took our coffee across the Promenade to seats looking out the windows.

After coffee, I decided to take some pictures to go along with this Safari Story, but had some concerns about the security situation. I didn't see any NO PHOTO signs, but thought I best check with the security office. We walked down to Security and I told the desk person that I wanted to shoot some film for an article. He said, that even though there were no prevention signs that probably we would be asked many times, what we were doing. He suggested that I check with the Airport Operations office.

Went over to Terminal A (the old terminal) and was directed to the Duty Operations Officer. Mr. Steve St.Martin the Op Officer, was exceptionally pleasant and after hearing that the article was going to be in the AFRH newspaper with the intention of helping the Home residents get around Off-campus, he gave me a letter of Approval to shoot pictures throughout the airport. He also called Security and told them that a couple of retired Marines were going to be roaming around shooting pictures and drinking coffee.

Before leaving the Terminal A, we noticed a sign that said USO. Thinking that we might meet some USO girls, we walked down to the area, and found a cozy area with a few couches and a TV, (but no USO girls). There was a volunteer on duty and

so we spent some time with him. The current location could be better and the organization is pushing for a larger spot in the new terminal. (Terminal B)

It became apparent that we needed to get back on the Coffee Safari trek and so we headed back to Terminal B and the fantastic views from the Promenade. We also wanted to get a picture or two of the planes and shot several pic's through the windows.



About this time we noticed on the upper level there was a Starbucks Coffee shop and so we escalator up and got coffee. There was a great view from the upper level and also a terrific outdoor area called the TERRACE where you are outside under a canopy of vines, with an unobstructed view of the whole area surrounding the Airport.

Finally, I wanted to take a close-up of the boarding area, with maybe a Flight Attendant at the aircraft. So with the letter of permission in hand we went through the inspection area and looked for a plane loading. My son is with DELTA airlines and so I went to the DELTA counter and flashed my letter and my DELTA pass at a person behind the counter. I gave him the background on the AFRH and the idea of the Safari story and he referred me to an attractive woman, who identified herself as Supervisor of Flight Attendants. She was very helpful and offered to take us out to the tarmac, where we could take a picture of a plane up close. Pushing my luck I asked if we might take a picture of cabin of

Continued on page 27

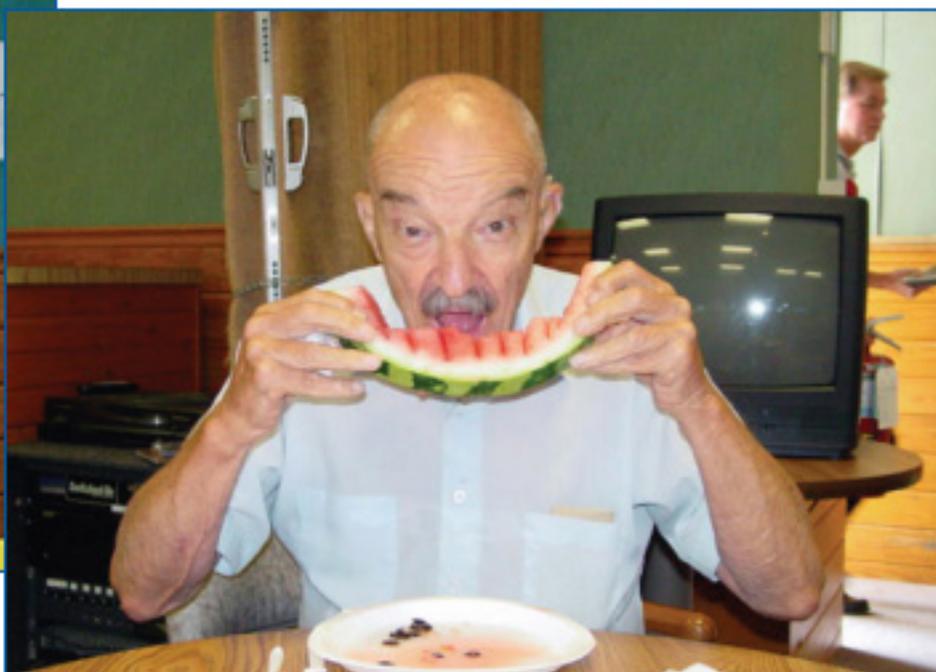
GULFPORT SPECIAL CAMPUS

Watermelon Social in Celebration of National Recreation Month

Harry Casino waste no time digging into this juicy slice of watermelon.



Edward Tomaszewski is getting ready to make the faithful cut into the watermelon.



Dale Diederich enjoys every spoonful during the watermelon social.

No time to talk! Home residents Bob Leftwich and Alan Helton only had time to savor each bite of melon.



WASHINGTON CAMPUS

Stepping High with U.S. Park Police Mounted Patrol



COMMUNITY

Resident Advisory Council Election

On Tuesday, September 7, 2004 the Resident Advisory Council (RAC) and the Resident Fund Advisory Board will be subjected to change. The event to elect a Chair, Representatives and Alternate Representatives will be held in the Mess Hall Lobby. The biannual election will be held in compliance with AFRH Directives 7-2 and 7-3 that have created sweeping changes in the make-up of the RAC and oversight of the Residents Fund. On April 14, 2004, Tim Cox, COO, signed the two Directives that delegates the responsibility to the Home Residents to participate in the Morale, Welfare, and Recreation of the Home Residents as a whole. The stipend program now applies to the Resident Advisory Council.

Home Residents now have a "Home Doctrine" that will enable them to follow a procedure that will enhance our quality of life. Each building will have representatives for all floors. Three additional positions have been allotted for each floor. Success of the Morale,

Welfare, and Recreation program is up to the residents. We must make it succeed.

The only way the majority of our Home Residents can enjoy our pleasant lifestyle is for the majority of the Home Residents to participate.

Signing up for the various positions may be done in Resident Services. Theresa Williams and Rebecca "Becky" Perry will be happy to sign you up. This must be done on or before Friday, August 27, 2004.

The weekly bulletin will have up to date information. Directives 7-2 and 7-3 are available to read in the RAC office in Room 5017 of the Sheridan. Any present RAC member will be happy to show you the directives. Office hours are 9 til 3 every day. The directives show the responsibilities of each of the elected positions on the RAC and the RFAB.

The time of the balloting and the make up of the ballots will be ascertained after August 27, 2004. The number of candidates for the positions will determine the time and ballot make up. The more, the merrier.

AFRH-W Deputy Director

Continued from page 5

al years as the Safety Officer at the Washington Hospital Complex, he also served as the Chief of the DC Fire Prevention Division. We will likely have a practice drill in the near term at one of our buildings to test this concept and then we will implement it Campus wide. Reginal will also be conducting briefings in the Scott Auditorium and on the floors to provide more detailed instructions.

Some other signs of improvement include the repair of the streetlight circuits around the upper campus area. Many darkened areas are once again well lit at night time.

Our Sheridan Residents may remember the building wide power outages that we experienced several months ago. We have just completed a project to install ground fault circuit interrupters throughout Sheridan that isolate each circuit. Now an electrical problem in one area will only affect that one area, not the entire building. This will greatly reduce the number of people affected by any power outages we experience there. Fortunately, the Scott and LaGarde buildings don't have this problem as their circuits are already protected.

Our chiller repair project continues toward a Sep 04 completion and we appear to have successfully passed through the summer without a major breakdown of our existing air conditioning system. Well, that about wraps it up, hard to believe another month has gone by as the summer draws to a close! Hope you are looking forward to the fall with the changing of leaves, football, cooler weather, and many other joys of autumn!

CAPT (s) Paul Soares

AFRH-W EVENTS

If It's Recreation It's Therapeutic

By Ricky Langford (W)

Recreation Therapy or Therapeutic Recreation by either name has its purpose based on providing the information, skills, and counseling needed in planning effective utilization of leisure time. Ok? Now what that really means is "We try to teach people to relearn how to play".

The Recreation Therapy staff at AFRH-W consists of Chief Ricky D. Langford and 3 Therapeutic Recreation Specialists, Carol Mitchell, Steven Briefs, and Jeff Anderson collectively over 90 years of RT experience.

Recreation Therapy provides for a variety of Resident needs, thru use of one on one activities, small group and large group activities. Our goal is to meet the individual Recreation needs of our Residents which in turn enhances the Residents quality of life.

We provide activities across the spectrum of Recreation, on the units, in the general recreation lounge, as well as in the community. We provide cognitive reinforcing activities such as: word searches, cross word puzzles, trivia games, current events, and reality orientation activities. Physical



Key Recreational Therapy staff are Jeff Anderson, Carol Mitchell, Ricky Langford and Steve Briefs.

needs are met with activities such as: wheelchair exercise, adapted bowling (and regular bowling), swimming, walks, adapted volleyball, Yolf Golf, and Horticulture therapy. Social needs are addressed with activities such as: Bingo, ice cream socials, cookouts, seasonal/theme parties, and Sunday after church socials, just to name a few. Cultural and community activities are many, every Wednesday of the month we take an average of 25 Residents into the

community, be it a shopping trip to one of the 8 military PX/BXs, area malls, picnics, out to lunch at the numerous restaurants available to us in the DC metro area, Smithsonian Museums, area culture centers and numerous parks. We support intergenerational activities with area schools, be it "adopt a bowler program" or placement for community service requirements.

Due to the location of the Health Care, we and our 210 Residents / ALP are literally "down the hill" from the rest of the Washington campus, because of this physical separation we are also tasked with providing for the General Recreation needs of our Residents. Activities such as bands, pet fairs, white elephant auctions, fashion shows, arts and craft shows, ceramics, book clubs, Pokeno, parties and cookouts are also just a few of the programs that are provided. The Recreation Therapy staff works hand in hand with supporting the activities provided by the Leisure & Wellness staff "on the Hill." Everything can be "Recreation," this allows us to use anything and everything to improve the health and well being of our Residents... this is our mission.

Of Course We Cook With a Stone: It's Tradition

By Laura Fogarty (W)

STONE SOUP AND GARDEN JUDGING CONTEST: Thursday, August 5th staff, volunteers and gardeners gathered at the Home gardens to pick the best from their crops for the traditional Stone Soup. Last minute touches were done to the gardens before the USDA Department of Agriculture Specialists arrived to judge this years' gardens.

Congratulations to Danny Gallucci, who won 1st place. Jesse James and Mike Marcella shared 2nd place and the KHC Gardeners won an Honorable Mention. A special thanks goes out to all

the gardeners for working so hard in your gardens and sharing the flowers and fruit with others. Volunteers Jesse James, Joe



Volunteer Lester Silvernail keeps a watchful eye along with Ricky Langford on the Stone Soup pot.

Williams and Danny Gallucci did a GREAT JOB helping staff this year with the event.



Residents Jesse James (center) and Daniel Gallucci (far right) are seen here with judges from the Dept. of Agriculture.

LOOKING UP

The Unknown Soldier

By Billy Rose

If you haven't visited the Grave of the Unknown Soldier, don't miss a chance to see it. "It is as moving as the following poem." The graves of the Unknown Soldiers rest in Arlington National Cemetery, just outside of Washington, D. C. in Northern Virginia Arlington Mansion was the home of Robert E. Lee and was occupied by the North shortly after the start of the Civil War. Many casualties of that war were buried on the grounds, and later it was established as a National Cemetery. Unknown Soldiers bodies that could not be identified, are buried there for each war, so that families can at least honor them as possibly their lost loved ones. A very somber, but colorful and impressive guard marching service is in place there, with its methodical "Changing of the Guard" procedure. In addition to the section for the Unknown Soldier are some 262,000 graves (increasing by 15 a day) of servicemen dating back to the Revolution. President John Kennedy has a very impressive grave there with an eternal flame. This poem raises good questions from the graveyard, and the answers are not always good.

There's a Graveyard near the
White House
where the Unknown Soldier lies,
And the flowers there are sprinkled
With the tears from mother's eyes.
I stood there not so long ago
With roses for the brave,
And suddenly I heard a voice

Speak from out the grave:
"I am the Unknown Soldier,"
The spirit voice began,
"And I think I have the right
To ask some questions man to man.
"Are my buddies taken care of?
Was their victory so sweet?
Is that big reward you offered
Selling pencils on the street?
"Did they really win the freedom
They battled to achieve?
Do you still respect that Croix de
Guerre

Above that empty sleeve?
"Does a Gold Star in the window
Now mean anything at all
"I wonder how my old girl feels
When she hears a bugle call.
"And that baby who sang
'Hello, Central, give me no man's
land-'

Can they replace her daddy
With a military band?
"I wonder if the profiteers
Have satisfied their greed?
I wonder if a soldier's mother
Ever is in need?
"I wonder if the kings, who planned
it all
Are really satisfied?
They played their game of checkers
And eleven million died.
"I am the Unknown Soldier
And maybe I died in vain,
But if I were alive and my country
called,
I'd do it all over again."

Sean Kelley Presents Residents with Lasting Memories



Sean Kelley signs his original photographic prints of the WWII, Korean and Vietnam Memorials.



Grandmother's Apple Pie By Leslea Pidgeon (W)

Grandmother's apple pie-
always such a delight-
was a great treat
each bite, melting in your mouth-
Could not be beat-
competition-not to a chef-
old fashioned baking-
with loving care,
grandmother's secret,
not to share. Senses of
aromas to please-
she in her apron-
smiling, with pride, to tease.

RESIDENT PROFILE

Aiello: A Racer at Heart

By Brian Tarallo (W)

At 87, AFRH-W resident Louie Aiello may have slowed down a bit in his later years, but he doesn't hesitate to share his experiences as a three-time National Senior Games Champion. In January of 2001, Aiello left his minor celebrity status in Orlando, Florida, where he was known as "the Grandfather of the Senior Games," to join the family at the Armed Forces Retirement Home.

Florida hosts more senior sporting events than any other state in the nation, and Aiello did his best to compete in as many events as possible. Among the events in which he has competed (and usually won) are the Florida Senior Games, the Golden Age Games, the National Veterans Golden Age Olympics, the Big Sun Senior Games, several regional Senior Olympics events, and three U.S. National Senior

Games. Aiello dominated the sport of "race walking" not only in his own age group, but in those of men twenty years younger than he. Race walking has a lower impact on the body than running or jogging, but requires as much self-control over stride and pace as it does strength and stamina. Aiello was an accomplished veteran of the sport as a member of the U.S. Track and Field Masters and the Florida Walkers. His room here in the Sheridan building is full of the dozens of medals and trophies won over years of competitive race walking.

Aiello served in the Army Air Corps and the Air Force as a firefighter. His experience took him around the U.S., to Frankfurt, Germany where he served with the Berlin Airlift, to Guam and New Guinea, and to Eniwetok Atoll, where he recalls seeing a mushroom cloud from atomic testing from his plane as he arrived.

Throughout his time in the service, Aiello, a veteran of semi-professional baseball, played softball and basketball. He attributes his long interest in sports to his competitive nature and his desire to stay healthy and active.

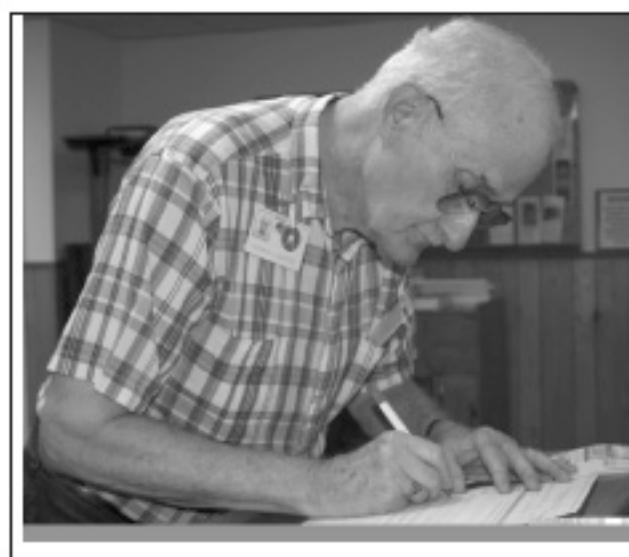
Since he retired from active duty, Aiello competed in three National Senior Olympic Games in St. Louis, Baton Rouge, and Orlando. He qualified for two other Senior Olympics, but health problems forced his absence from the games.

Aiello came to the Armed Forces Retirement Home because of its broad continuum of health care services. While he is very happy at the services and activities available to him at AFRH, his favorite pastime remains his daily 5-mile walk around the grounds where he admires the trees. He hopes that someday name markers will be placed close to the trees so he can learn their species as he enjoys his walk.

AFRH American Legion Post On the Move With Over 120 Members!



Fred McCellan meets with local and national American Legion members.



Norman Godfrey is one of the first AFRH-Washington residents to transfer his membership to the new post.

PROMOTION RECEPTION FOR THE DEPUTY DIRECTOR OF AFRH-WASHINGTON

Captain Paul Soares will officially pin on the rank of Captain in the U.S. Navy on September 2, 2004.

A Promotion Reception will be held on Wednesday, September 8, 2004 at 10:00 a.m. in the Sherman Building main lobby-1st floor south.

All residents and employees are invited to attend and congratulate Captain Soares for his dedication to the U.S. Navy and the Armed Forces Retirement Home-Washington.

THEN & NOW

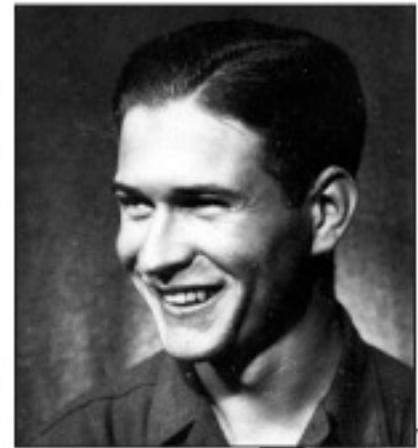
NAOMI POINTER, USN



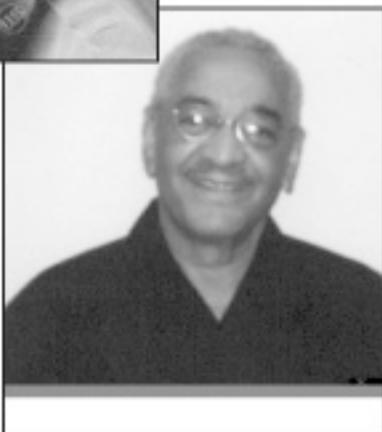
NATHANIEL BURKETT, USN



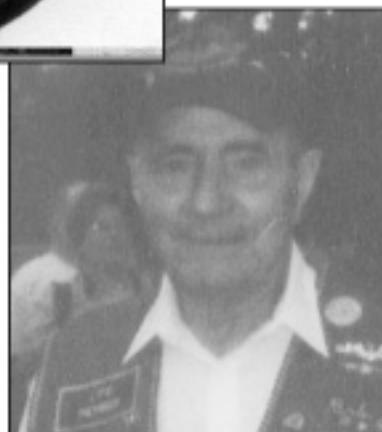
PETE LEA, USA



RAY WISE, USAF



ROBERT HARRIS, USN



SALLY BLYTHE, USAAC



THEN & NOW

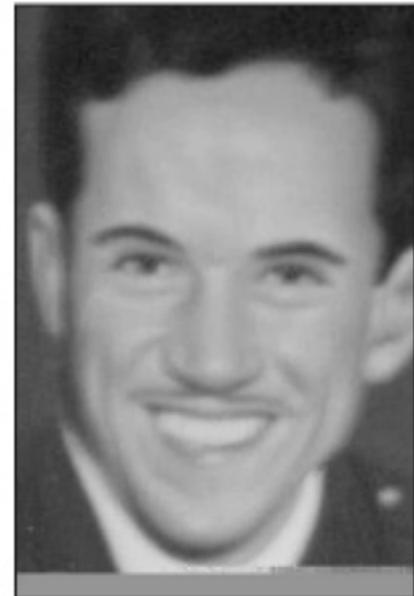
JEWELL POTEET, USN



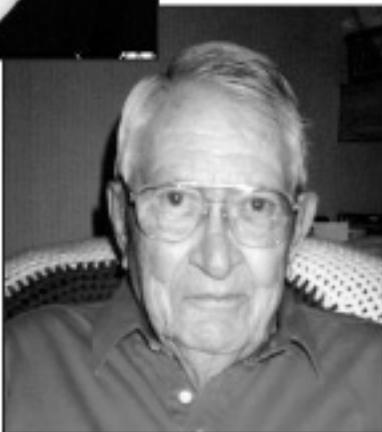
KATHERINE HELM, USMC



LAURY ARTURO, USA & USAF



LEMUEL HELMS, USN



MARIAN POWERS, USN



MARION WOLKE, USN



THEN & NOW

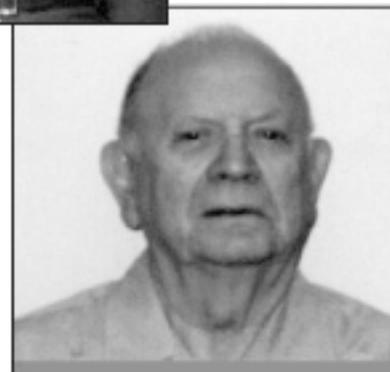
ALBERTA JONES, USN



AUGUST KULICK, USN



BILLIE BLYTHE, USAAC



CJ BROUSSARD, USN



CHARLES MILLER, USN

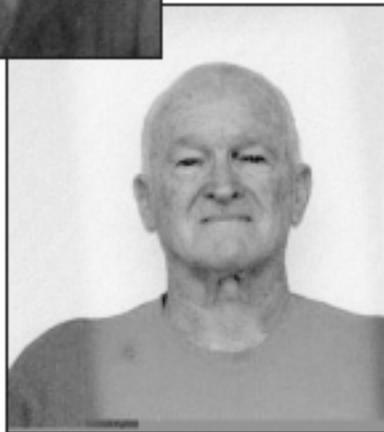


EUGENE SPENCER, USMC



THEN & NOW

FRANKLIN ROSEBURGH, USN



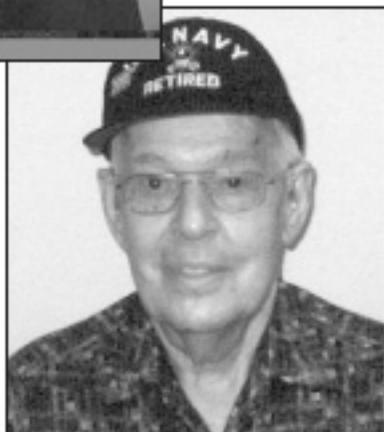
FREDERICK DOUGLASS, USAAC



GERALDINE EBERLE, USMC



HAROLD SPRINGER, USN



HELEN SUDDITH, USN



IRENE SMITH, USN

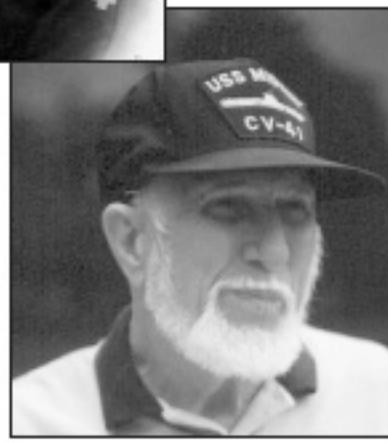


THEN & NOW

WALLACE COOPER, USMC



WALTER HUTCHINS, USN



LUCY BAKER, USAF



RUBY BLOOMER, USA



ROBERT COOPER, USN



BARBARA COPARE, USA



THEN & NOW

EDITH J. HASLAM, USN



DOROTHA HERSHEY, USMC



MARLOS MARR, USAF



LORRAINE MURPHY, USAF



JEAN RINGUETTE, USA



MARY RIVERS, USA



Library Notes from AFRH-W

By Edward M. Underwood, Sr.

One of the most used and enjoyable facilities of the Armed Forces Retirement Home is the Scott Library located on the first floor of the Scott Building. Did you know that the Scott Library is one of the very few full service libraries located in a retirement community in the United States? No other retirement community can equal the resources, ambiance and aesthetics of the spacious Scott Library.

The long and illustrious history of the Scott library parallels that of the Armed Forces Retirement Home-Washington. The history of the library can be traced back to 1858. Over the years, the library has evolved from a small collection of books into a well balanced library collection

established in accordance with the American Library Associations Guidelines. The "Great Room" of the Scott Library now houses over 40,000 volumes. The fiction collection is housed on the main level of the library and it is arranged alphabetically by the author's last name. The fiction collection has regular and large print books: Westerns, Mysteries, Science Fiction, and Paperback books. The non-fiction collection is housed in the mezzanine area. Popular magazines and newspapers which have been requested by residents are available in the Reading room. Residents love being kept up to date, whether it is world news or local happenings. Two magnifiers for those visually impaired residents are available.

The movies shown weekly in the Scott auditorium are borrowed from the library's huge collection of VHS's and DVD's. There is a Listening room with comfortable chairs, mini stereo systems of which two play 78 records and cassette players with a collection of CD's, Audio cassettes and phonograph records spanning a variety of musical interest. There is also a splendid collection of paintings created by the residents adorning the walls of the Listening room. In addition, there is a Musical Variety program every Thursday evening from 6:00 pm until 8:00 pm in the Listening room.

Vacation Time in July

By Bob Devaney (W)

Don Violette picked me up at 6:00a.m. on June 29 so I was able to catch my 8:00a.m. flight out of National Airport to Chicago and then on to Honolulu. The flight was uneventful, long, a good movie, and lotsa "Jack Daniels." The movie "Miracle" with Kurt Russell was great and "Ole Jack" helped pass the time away.

My nephew, Don Devaney, met me at the airport and we proceeded to his house where my niece, Toki Devaney, gave me a great big hug and a welcome to an ordeal of fine food, entertainment, and a vacation the way it should be. I spent several days getting over the "jet lag" and settled in to enjoy the month of July. 2004 is the 7th year that I've visited Don and Toki so going out to see Mauna Loa, Hale Akala, the Arizona, Ole Mo, and other tourist attractions isn't on my "must do" list. "Been there, Done that."

Don has a busy weekly schedule and the 4th of July meant he escorted MG Steere in a WWII Jeep for the holiday parade. We attended the Hawaii Joint Police Association monthly meeting and

the "Attorney General" of Hawaii was the guest speaker. Very interesting.

I have been determined to "take life easy to it's fullest" and have been successful. To my amazement I have been able, for the first time, to see the following movies in their entirety;

SERPICO, DR ZHIVAGO, WE WERE SOLDIERS, THE ITALIAN JOB, SAVING PRIVATE RYAN, T H E MOLLY MAGUIRES, VENUS DE MILOS SMILE, JEOPARDY, INCLUDING THE BIG MONEY WINNER, THE BELFAST ASSASSIN (THREE HOURS OF IRA), LAST TRAIN FROM GUN HILL, IN THE LINE OF FIRE (CLINT EASTWOOD), FROM HERE TO ETERNITY, COMPANY BUSINESS (GENE HACKMAN), KILLER MCCOY (MICK-EY ROONEY-ANN BLYTH).

I have been in contact with AFRH-W and have forwarded e-mail data to the folks concerned. The menus cxwere a chore. Don't know what happened.

Nephew of Soldiers Home former resident "Ramsturger" from Rochester, NY wants to meet next week, Monday the 26th

Sent e-mail to Charley Layton and Charley remembers the resident.

Culture Shock- The "Dress Code" is questionable. The Banks, Offices, Stores, restaurants allow employees to dress in "Hawaiian" shirts, the restaurants, Denny's, Tony Roma's, and others allow shorts, sandals, and polo shirts with pockets. Our Home Residents will enjoy "Girl Watching" cuz the Ladies do not overdress. Many sexy figures on parade. "Brown Sugar" made locally and not Cuban white sugar. Visits to the PXIBX and Commissary are a treat. "Girl Watching" is the SOP.

The "Monkey Bar" is gone. Car dealership there now. And so it goes.

Sunday, the 25th, my nieces birthday. Went to Buzz's Steak House. What a fantastic event. The Prime Rib, the way you want it, pink, red, or cooked. 3/4 inch thick. No fat. Never saw a Prime Rib like it before.

Watched Hillary and Bill open the Convention. I think Theresa did great.

I'm getting ready to depart from Paradise. Leave in a coupla days. This vacation is great, but, too much "Pomp and Circumstance" and when I get back, "lotsa rest."

FOLLOW UP

COFFEE SAFARI

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the plane and she took us down the ramp and I got a great shot with her and the plane Flight Attendant. After that it was time to depart, and we didn't have tickets for that flight so we headed back to the campus of AFRH.

An easy trip with a Happy Ending: Bus to Metro, Red Line (or Green Line) to Gallery Place then Yellow Line to and from Ronald Reagan National Airport.



PARRIS ISLAND

Continued from page 1

most...Kegan responded, "the firing at the weapons simulator" and the reenactment of the "yellow foot steps," a ritual all new recruits must go through the moment they arrive at Parris Island to begin their recruit training. A marine never forgets the "yellow footsteps,".... and neither will Kegan or Ms. Glenda Carmel and her 17 yr. old son, Michael Carmel, of Ocean Springs, MS. Michael hopes to join the Marine Corps when he graduates from high school.

Another trip to Parris Island is in the plans for the near future.

I Have a Virus

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tices (characters, numbers, letters, caps, etc.) when configuring your system. Leaving your password area blank could allow an attacker to easily enter your system. Update this password regularly.

4. Run a full virus scan on your computer regularly. Most anti-virus software slows you to automate this process with reminders for missed scans. Please read the literature or have someone skilled in this area help you out. Remember: **DO NOT SHARE THIS PASSWORD WITH YOUR HELPER EITHER!**

5. Regularly install critical update patches to your operating system, web browser, email clients, etc. Most current operating systems have the ability to automatically download and install such updates if con-

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ELIZABETH GRAB, USN



figured to do so. You may update a Microsoft Windows system from the start menu by clicking the Windows Update link. Failure to install critical updates makes your system far more vulnerable to infection by viruses, worms, and Trojans

6. If your software has the option to check email on download, enable this feature. Be wary of files that appear harmless but contain hidden executable extensions

7. Never fully trust that an email has been sent from the person who appears in the "from" or "reply to" fields of an email. Since all emails can be forged, you should look for content that identifies that the email was actually sent from the person it

claims its from

8. Educate and monitor others who may have access to your computer and/or internet connection.

9. Be wary of any files you download from unknown sources. Make sure they are virus free before opening them

10. Add a firewall that can constantly monitor activity across all ports on a computer

Remember, the internet is great but used carelessly it can not only contract viruses, but cause you one as well as you try to figure out what ails your precious computer!

LT. COL. Wendy Van Dyke

FAMILY FEUD RESIDENT STYLE



Left: Benjamin Weakley faces off with Alice Garrymore in the beginning round. Right: David Anderson and John Gage wish each other good luck before the competition begins.



By Howard (Keith) Turner (W)

The "Family Feud Game Show" was a big hit at the home in Washington D. C. Hosted by Keith Turner and assisted by Tonya Brown, Jerry Carter and Volunteer Debbie Wilson, the game show was full of laughter and excitement for the residents and staff alike. Instead of two families, four groups showed up to battle for the championship title in front of a packed house. The competition was fierce and exciting, all the way to the championship round. The audience was drawn into the game from the very beginning. Excitement filled the air as each team exhibited confidence and determination to take home the championship prize.

The championship match was better than anyone could have dreamed. Both families battled back and forth taking the anticipation of who would finally pull it off to another level. Finally, Russell Smith, Alfred Giunta, John Gage, Eugene Gelwsky, and Lylle Webster, better known as the Rolling Stones narrowly claimed the win over David Anderson, Benjamin Weakley, Charles Bronson, John Mallernee and Martin Cody, members of the Ham Family.

Tonya Brown brought elegance to the show while Keith Turner's flare and intriguing personality as an actual game show host made everyone feel as if they were on the original award winning game show. Jerry Carter and Debbie Wilson made sure the rules and scores were right on target. Together, this team put together one of the hottest entertainments of the year, leaving everyone asking for more. Rests assure, with Keith Turner at the helm, more exciting game shows are on the way. Stay Tuned!



Above: Mike Longwell confers with his teammates during one of the rounds of the competition.

Below: The Ham Family was not discussing the daily menu but instead trying to come up with the number one answer.



Above: What's is your answer? Keith Turner (AKA game show host) awaits an answer from Rolling Stone team member John Cronin.

