Armed Forces Retirement Home

Communicator

VOLUME VI NUMBER 8 ARMED FORCES RETIREMENT HOME AUGUST 31, 2009

Freedom Day - Sept. 22

A Celebration of American Liberty, Military Service... through the ages

Washington, DC, August 15, 2009 - The Armed Forces Retirement Home - Washington (AFRH-W) continues its rich tradition of supporting America's veterans with the national "Freedom Day" event on September 22, 2009. This daylong celebration honors the 147th anniversary of President Lincoln's signing of the Emancipation Proclamation, the birthday of the Home's founder General Winfield Scott, and American military service through the ages.

This widely anticipated event is co-hosted by President Lincoln's Cottage - the original "Soldiers' Home" established in 1851 - and now an historic landmark that sits on AFRH-W grounds. "President Lincoln was living here when he wrote the Emancipation Proclamation, said Esker McConnell, Chairman of the Resident Advisory Council. "And thousands of veterans - the real guardians of freedom - have lived here. So AFRH is the perfect place for Freedom Day," he said.

President Barack Obama and the First Family are invited to this historic gala at AFRH-W. The President's anticipated attendance is most exciting and even historic - in light of the anniversary of the Emancipation Proclamation as well as his status as the first African-American US President.

The event will be a memorable day of military tributes, dignitary speeches, community tours, barbecue luncheons, enjoyable recreation and united camaraderie. It will also strengthen the bond between veterans and our enlisted. Sergeant Major Gainey (retired US Army), the first Senior Enlisted Advisor to the Joint Chiefs of Staff, recently addressed AFRH-W residents.

"America must honor our wartime heroes and its military heritage. If we don't support our veterans, then how are we going to take care of our troops today?" stressed Gainey.

"...And thousands of veterans - the real guardians of freedom - have lived here. So AFRH is the perfect place for Freedom Day..." E. McConnell, RAC Chairman

Other select individuals invited to Freedom Day include local dignitaries, Department of Defense officials and noteworthy members of the Press. Festivities run from 10 a.m. - 4 p.m. and guests are asked to arrive by 9:30 a.m. After the formal ceremonies, guests will have the privilege of interacting with AFRH-W residents, which include highly decorated war heroes, those wounded in action, and retired career military members.

Honored guests are asked to RSVP by September 1st, in order to secure their entry onto the AFRH-W campus. In addition to ceremonies, tributes and a luncheon, guests will receive a commemorative program and souvenir Freedom Bookmark, courtesy of the AFRH.

To learn more about Freedom Day, please contact Sheila Abarr, Public Affairs Officer of AFRH at 202-730-3043 or Sheila.Abarr@afrh.gov.

For more information about the AFRH and its mission to fulfill our nation's commitment to its veterans, please visit ***www.afrh.gov.***

Veterans - through the ages

Long-time resident artist Stanley Filipek painted this piece of artwork which is on display at the AFRH-W.

Aerial view of AFRH-Gulfport

Photo courtesy of U.S. Army National Guard

This aerial photograph, taken on August 7, 2009, captures the look of the AFRH-G construction progress and grounds in and around the AFRH-G community. A complete update and more photos can be found on Page 3.

Inside this Issue

Gulfport Update

Page 3

AFRH Hawaiian Luau

Page 7

BOSS volunteers at AFRH

Page 8

NOTE: The Resident Advisory Council Chairman column can be found on Page 6 this month. The article will return to its' normal location next month.

AFRH COMMUNICATOR

Phone: 1-800-422-9988

Web site: *www.afrh.gov* Email: sheila.abarr@afrh.gov

Sheila Abarr-AFRH Public Affairs Specialist, Marketing
Mary Kay Gominger-Public Affairs Specialist
Greg Moore - Marketing
Sherry Artis - Marketing

***The AFRH Communicator* is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.**

AFRH-W News

NOTICE TO RESIDENTS MAKING PAYMENT BY CHECK

Effective, October 1, 2009, the Business Center will change the process in how your checks are processed.

Authorization to Convert Your Check: If you send us a check to make your payment, your check will be converted into an electronic fund transfer. "Electronic fund transfer" is the term used to refer to the process in which we electronically instruct your financial institution to transfer funds from your account to our account, rather than processing your check. By sending your completed, signed check to us, you authorize us to scan the check and to use the account information from your check to make an electronic fund transfer from your account for the same amount as the check. If the electronic fund transfer cannot be processed for technical reasons, you authorize us to process the scanned copy of your check.

Transaction Information: The electronic fund transfer from your account will be on the account statement you receive from your financial institution. However, the transfer may be in a different place on your statement than the place where your checks normally appear. For example, it may appear under "other withdrawals" or "other transactions". You will not receive the original check back from your financial institution. For security reasons, we will destroy your original check, but we will keep the scanned copy of the check for record keeping purposes.

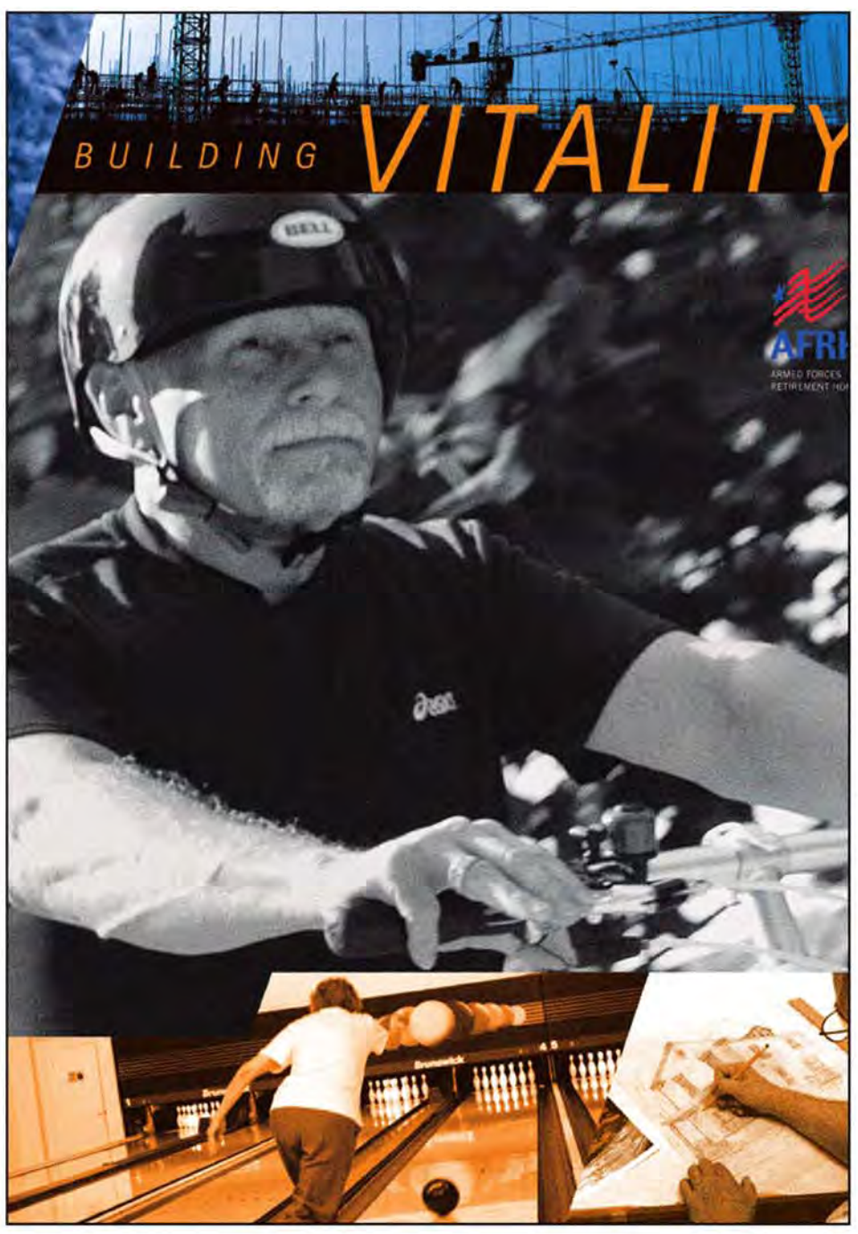
Your rights: You should contact your financial institution immediately if you believe that the electronic fund transfer reported on your account statement was not properly authorized or is otherwise incorrect. Consumers have protections under a Federal law called the Electronic Fund Transfer Act for an unauthorized or incorrect electronic fund transfer.

Please contact the Business Center if you have further questions or concerns at 202/730-3217.

Resident has book published

Long time resident Fay Steele signs a copy of his recently published book, "A Man of Steele," in the AFRH Library earlier this month. Fay's book is the story of his life and includes his adventures during his 20-year military career. Fay joined the U.S. Army Air Corps in 1937. He served as a combat photographer and during World War II flew in over 75 combat missions. Also an avid lifetime runner, Fay is a native of Sommerville, Tennessee.

Serving Washington, D.C. and Gulfport, Mississippi



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

Eligibility:

Military veterans from each service branch can live at AFRH.

The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer), are eligible to become residents of the Retirement Home:

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

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

Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or

Female veterans who served prior to 1948.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

Become a resident today!

AFRH celebrates Coast Guard's 219th birthday

Above - Master Chief Petty Officer Kevin Isherwood visits with residents on July 31, 2009.

Left - Cutting the cake (from left) Master Chief Petty Officer Kevin Isherwood, Command Master Chief for the Chief of Staff, U.S. Coast Guard, Coast Guard Headquarters, Washington, D.C., along with the oldest and youngest Coast Guard members. Far right is RAC Chairman Esker McConnell.

Message from the Chief Operating Officer

A great deal of effort is going into involving our Residents in decisions that affect their lives. Between the opening of our new Gulfport facility in October 2010 and the Scott Project that will begin shortly thereafter here on our Washington campus, every resident in the AFRH community will be impacted in some way. Our goal is to have maximum resident participation in the decision process, in all areas possible. The outcome of these decisions will affect each and every resident at the AFRH now and every veteran that will live at one of our Homes in the future.

Our monthly Town Hall meetings have been very well attended this past month. If you've not attended one yet, I encourage you to do so. The Town Hall meetings are proving to be a very effective way to pass information, field questions and get Resident feedback. A Communication Plan is also available on our website (www.afrh.gov) and it includes a question and answer section that we hope will provide a full scope of all the projects we have underway.

Realistically, we know that every decision will not satisfy every Resident. However if everyone is involved in the process, if every voice is heard, the resulting decisions will be based on current Resident data and will be more acceptable by the Resident community as a whole. This is our opportunity to make positive changes that improve Resident quality of life. Let your Resident Advisory Council and its' committees know your ideas. They are your vehicle for decisions and progress.

Lately we are receiving Resident questions and concerns regarding the monthly contribution that active duty military members make to the AFRH Trust Fund, specifically, why we do not push for increasing the amount from 50 cents a month per active duty enlisted to $1 dollar a month. An informative article follows on Page 6 that gives the background, facts and analysis of the 50 cents deduction. In today's economy, it is important that we evaluate all of our sources of revenue to ensure future financial stability vice only considering the active duty deduction.

On September 22, 2009, the AFRH-W and President Lincoln's Cottage have teamed up to host Freedom Day, a special day of tribute to celebrate the birthday of our founder General Scott, U.S. military service, and the signing of the Emancipation Proclamation, which was penned on September 22, 1862.

Festivities will begin promptly at 10 a.m. in front of Lincoln's Cottage and will include military tributes, dignitary speeches, resident tours, a barbecue luncheon and recreational activities. The day's activities will conclude at 4 p.m. All residents are invited to come out and take part in this historic celebration. It will be a wonderful opportunity for us to share our beautiful surroundings with people that share our passion for our history, the military heritage we preserve, and the Veterans that live here.

Timothy Cox

Soldiers from the 169th Engineering Battalion from Ft. Belvoir toured the AFRH this month. Visits like these are a great way to show our active duty members how their 50 cents per month contribution is being used.

Gulfport Update

Progress:
Design-Build - Main Facility Notice to Proceed January 3, 2008,
Total Completed and Stored 68.52% or $131,280,249 of $194,453,454.
Design
o Design - 100% Complete and drawings Issued for Construction Drawings
o Finishes and final color selections final
o Furniture, Fixtures and Equipment procurement packages final
o Design - Swimming Pool 85% Complete (Modification to Base Contract)
Construction: Estimated Construction Completion - July 2010
Structure: Complete
Remaining concrete is exterior to the building (on-going)
Exterior Stairs, loading Dock Complete, electrical platform
Sidewalks, concrete paving, hardscape, signage
Architectural:
Temporary dehumidification of: Areas of Level 1 and Level 2 to allow installation of drywall and finishes.
Framing, interior and exterior metal studs (85% Complete - On Going)
Exterior waterproofing (95% Complete - On Going)
Dry-in Building (Roofing barrier lower levels - 80% Complete)
Pre-Cast Paneling (100% Total)
Continue installing masonry at 1st level, kitchen, stairwells, day rooms and mechanical room Pavilion Penthouses
Balcony Waterproofing and Railings
Exterior Doors/Curtain Wall (40%)
Painting walls of Mechanical Rooms
Elevators:
Separator beams and rails
Installing Elevators 1 & 2, Delivery of 3 & 4
Other:
Rubbish Chutes installed
Mechanical/Electrical/Plumbing/Fire Protection
MEP Infrastructure (On Going)
Testing of Components has begun (On-Going)
Beach Access:
o GSA Modification to W. G. Yates for Design/Build Services
o Estimated Construction Completion: March/April 2010
Chapel: Notice to Proceed June 8, 2009
Total Completed and Stored 18.77% $344,212 of $1,834,000
o Existing Roof demolition and replacement completed to dry-in building
o Trenching and placement of conduit for main service feed completed
o Coordination with Willet Hauser (Stained Glass) commenced
o Estimated Construction Completion: March/April 2010

A resident room in Tower A.

A crew from Yates Construction guide the base of the flag pole as the tower crane slowly puts it into place in the new location. The flagpole was moved just west of its original location.

A view from Tower C, 5th floor looking NE.

Elevators on the 2nd floor, Tower A.

DCOO/CFO provides an update on AFRH Trust Fund revenue

The 50 cents deduction levied on active duty enlisted and warrant officers has become a topic of interest to many residents. On June 17, 2009, the Resident Advisory Council (RAC) voted by unanimous decision the following motion:

"…that the Local Advisory Board request Secretary of Defense increase the amount collected from the pay of each enlisted person, warrant officer, and limited duty officer of the armed forces on active duty from 50 cents (the current amount) to $1.00 (the amount authorized by Congress.)"

The Agency believes it is prudent to review all forms of revenue and discuss with the Local Advisory Board during the next scheduled meeting in November of this year. As a result the Agency has taken the following actions:

- Notified the RAC and the resident body during the most recent Town Hall meeting of the Agency's intent to discuss the 50 cent issue with the Local Advisory Board in November and provide a recommendation to the Secretary of Defense after discussions with the Board.
- The Chief Operating Officer addressed it at a Town Hall meeting with residents on August 11, 2009.
- The Chief Financial Officer discussed the topic for over 80 minutes with the RAC at their most recent meeting on August 19, 2009.
- Published this article for general resident awareness on the topic.

A little background about the Agency's five forms of revenue, which are: (1) gifts, sale and leases; (2) resident fees; (3) fines and forfeitures; (4) deductions; and (5) interest for investments. Title 10, Chapter 24, Subchapter 419 addresses the five forms of revenue. The current language is displayed below:

Sec. 419. ***Armed Forces Retirement Home*** Trust Fund

-STATUTE-

(a) Establishment

There is hereby established in the Treasury of the United States a trust fund to be known as the Armed Forces Retirement Home Trust Fund. The Fund shall consist of the following:

(1) Such amounts as may be transferred to the Fund.

(2) Moneys deposited in the Fund by the Retirement Home Board realized from **gifts or from the disposition of property and facilities** .

(3) Amounts deposited in the Fund as **monthly fees paid by residents** of the Retirement Home under section 414 of this title.

(4) Amounts of **fines and forfeitures** deposited in the Fund under section 2772 of title 10.

(5) Amounts deposited in the Fund as **deductions** from the pay of enlisted members, warrant officers, and limited duty officers under section 1007(i) of title 37.

(6) **Interest from investments** made under subsection (c) of this section

The Home's greatest source of revenue is fines and forfeitures, which contributed $37M or 56% of the total revenue in Fiscal Year 2008. What many may not realize is fines and forfeitures are only based on need. Current legislation for fines and forfeitures is reflected below:

(a) Deposit Required. — The Secretary of the military department concerned shall deposit in the Armed Forces Retirement Home Trust Fund a percentage (determined under subsection (b)) of the following amounts:

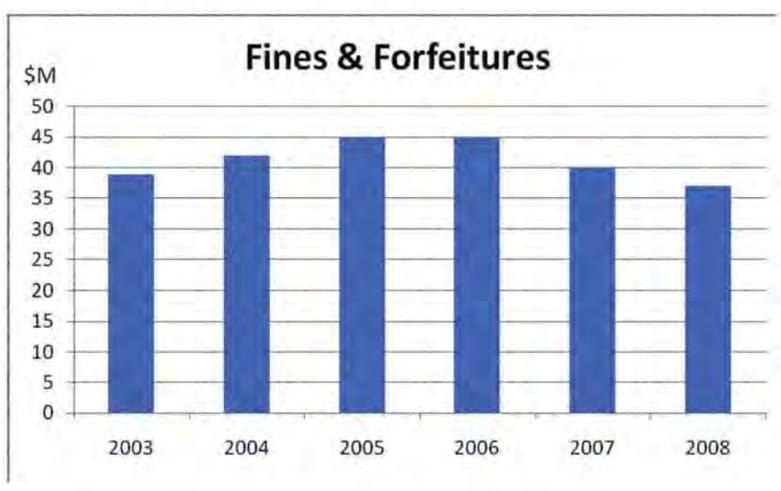
(1) The amount of forfeitures and fines adjudged against an enlisted member, warrant officer, or limited duty officer of the armed forces by sentence of a court martial or under authority of section 815 of this title (article 15) over and above any amount that may be due from the member, warrant officer, or limited duty officer for the reimbursement of the United States or any individual.

(2) The amount of forfeitur es on account of the desertion of an enlisted member, warrant officer, or limited duty officer of the armed forces.

(b) Determination of Percentage. — The Armed Forces Retirement Home Board shall **determine, on the basis of the financial needs** of the Armed Forces Retirement Home, the percentage of the amounts referred to in subsection (a) to be deposited in the trust fund referred to in such subsection.

(c) Application to Coast Guard. — In this section, the term "armed forces" does not include the Coast Gu ard when it is not operating as a service in the Navy.

Over the years fines and forfeitures have fluctuated with 2005 and 2006 being peak years. In 2008, fines and forfeitures ended the year with earnings of $37M and an additional $4M in receivables.



Resident fees have leveled off at approximately $11M over the past three years. As we open the Gulfport facility and downsize at Washington we expect revenue from fees to increase slightly reaching approximately $13M in 2014. The following chart reflects income from resident fees over the past few years:

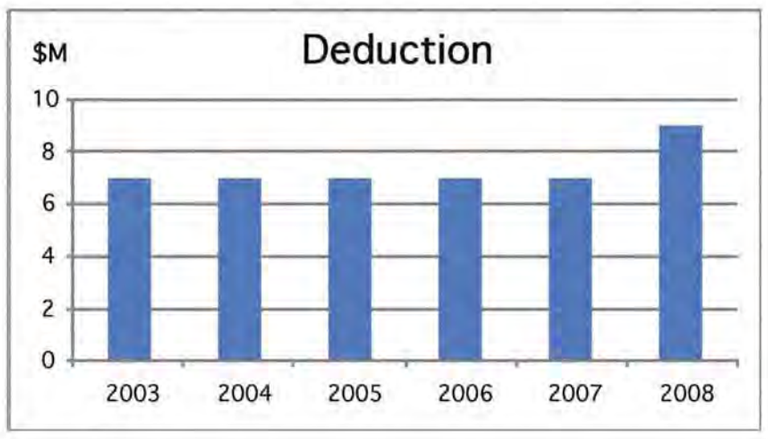
As we open our Gulfport facility in Fiscal Year 2011 the operational costs far outweigh the revenue generated from resident fees by 4:1. Although we are still working the numbers for Gulfport, last year we projected costs to be approximately $22M in comparison to $5M from resident fees, which are from primarily an independent population.

In FY 2008 the Home received approximately $9M from active duty or roughly 14% of our revenue. The current deduction is 50 cents. The history of the 50 cents deduction is captured in the chart below:

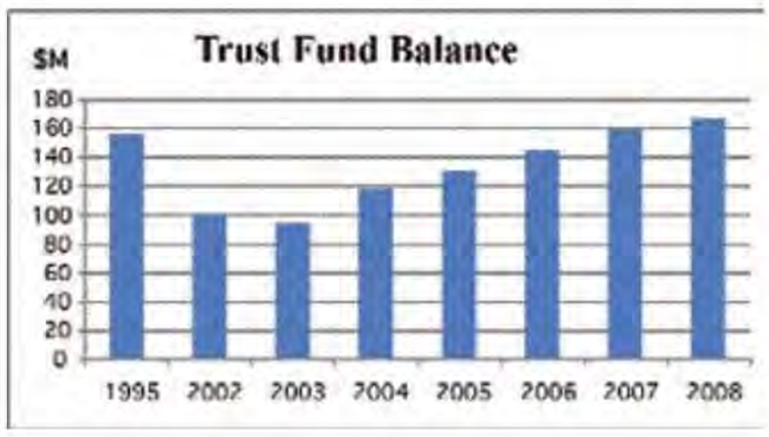
	History of the Deduction
YEAR	**EVENTS**
1796-1935	20 cents contribution per month taken from every active duty Navy for the relief of seamen in the service plus fines create the Navy Hospital Fund
1815	Pay of a Private in the United States Army was cut to $5 per month
1851-1859	25 cents deducted per month from enlisted and Warrant Officers in Army which percentage wise is the equivalent of $35 per month in 2006 Private's pay or 3% of their salary per month
1859-1908	12 1/2 cents deducted per month from enlisted and Warrant Officers in Army
1936-1942	25 cents deducted per month from enlisted and Warrant Officers in Army
1943-1974	10 cents deducted per month from enlisted and Warrant Officers in Army and then Air Force too
1947	Soldiers Home becomes USSAH (US Soldiers and Airmen's Home)
1974-1977	25 cents deducted per month from enlisted and Warrant Officers in Army and Air Force
1977	50 cents deducted per month from enlisted and Warrant Officers in Army and Air Force
1991	50 cents deducted per month from enlisted and Warrant Officers in all services including Navy

Over the years the Home has averaged $7M in revenue from deductions. In 2008 we saw an increase of $2M as our forces grew supporting the surge in Iraq. We are working with the Force Structure folks in the Pentagon to validate our projections in this area. An increase of 50 cents would increase revenue from active duty contributions by approximately $7M to $9M.

The chart below depicts our constant revenue stream from deductions over the past few years:



Congress gave the Secretary of Defense in 1995 the authority to increase the deduction from 50 cents up to $1.00 dollar in Public Law no. 103-337. In 1995 the Home's Trust Fund balance was $156M. In FY 2003 the Trust Fund reached an all time low of $94M after many years of costs exceeding revenue. At the completion of FY 2008 the Trust Fund balance reached a high of $167M - the highest balance since 1995 as reflected in the chart below.



Although the Department of Defense (DoD) was given authority to raise the deduction from 50 cents to $1.00 in 1995 legislation, they have chosen to keep the deduction at 50 cents for all the right reasons. On August 13, 2004, DoD made the response to a personal inquiry about the 50 cents.

"Thank you for your letter dated July 7th, which included a funding proposal for long-term stability of the Armed Forces retirement Home (AFRH) Trust Fund. Although the Secretary of Defense received legislative authority to increase the military payroll deduction from 50 cents to $1.00 in Fiscal Year 1995, it has always been the Department's expectation that management and operational changes that are consistent with standard retirement community business practices will provide better services to residents and will produce the necessary financial growth and stability for the Home. As such, Congress directed many of the changes in the National Defense Authorization Act for Fiscal Year 2002….We are already seeing positive results from the many financial, facilities, healthcare, and personnel actions that are currently underway. We believe these actions set a positive course for change…"

In 2004 the Trust Fund grew by $24 million reaching a balance $118 million from a low in 2003 of $94 million. In 2008 the Trust Fund balance reached $167 million, an increase of $73 million in five years. Current legislation for the deduction is highlighted below:

§ 1007. Deductions from pay

(i)

(1) There shall be deducted each month from the pay of each enlisted member, warrant officer, and limited duty officer of the armed forces on active duty an amount (determined under paragraph (3)) **not to exceed $1.00** .

(2) Amounts deducted under paragraph (1) shall be deposited in the Armed Forces Retirement Home Trust Fund.

(3) **The Secretary of Defense, after consultation with the Armed Forces Retirement Home Board, shall determine from time to time the amount to be deducted under paragraph (1) from the pay of enlisted members, warrant officers, and limited duty officers on the basis of the financial needs of the Armed Forces Retirement Home.** The amount to be deducted may be fixed at different amounts on the basis of grad e or length of service, or both.

(4) In this subsection, the term "armed forces" does not include the Coast Guard when it is not operating as a service in the Navy.

(5) This subsection does not apply to an enlisted member, warrant officer, or limited duty officer of a reserve component.

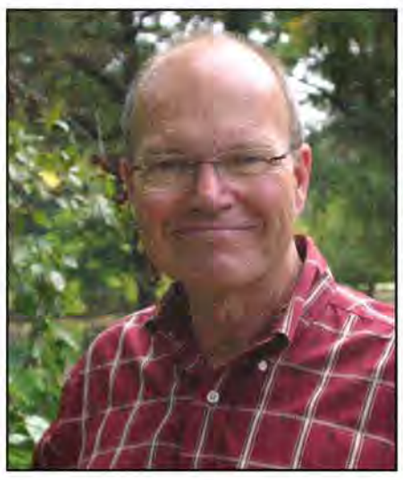
Over the next two months, until the next Local Board meeting in November, the Home will carefully review all forms of revenue to include the legislation noted above and discuss it with the Board. Some time prior to the new calendar year the Home will provide a recommendation to the Department of Defense.

Over the past few months I have had numerous discussions with residents on the 50 cents and I'm sure we will have many more before the Board meeting in November. I appreciate your candor and willingness to discuss. My door is always open.

Steve McManus

For questions and comments concerning the 50 cents military deduction contact a representative of your Resident Advisory Council

From the Director



The morning before our return to the US, a Chelsea In-Pensioner asked me if I'd met the Queen of England. I replied, "No unfortunately." And he told me, "She's been asking for you!"

Meeting Her Majesty, the Queen, of course, would have been very special, but it would have been very difficult to make our trip any more remarkable. And to put it as the English would say, "It was lovely" in every way.

Six of us were hosted by Colonel Nigel Gilbert, his wife, Maureen and four Royal Hospital at Chelsea Pensioners. The Royal Hospital in Chelsea is the equivalent of the AFRH in Washington, DC. The Royal Hospital was started in 1681 by King Charles II, to provide a home for Army wounded in wars. 300 In-Pensioners live there and retired Army provide the management for the Home. It is an amazing place as what was built then still stands and is used today. The Royal Hospital is rich in history and proudly displays their heritage. .

The AFRH group was Esker McConnell, John Miller, John Porter, Hugh Wingo and my wife Sue and me. We were provided true "red-carpet" treatment, for instance, while thousands of people were clamoring outside the gates at Buckingham Palace, we were able to stand next to the Palace and watch the Changing of the Guard without anyone impeding our sight. When at Windsor Castle, we were escorted on the tour of where only heads of state tour by the Superintendent of the Castle.

Our group discussed among ourselves what the favorite part of our trip was and none of us were able to determine what that would be. The trip was one great event, tour, or pleasure after another. What stood out for Sue and I was being with our residents and the Chelsea Pensioners. We made a trip to the village of Duxford to visit the Royal Air Force Museum which also had an infantry and land warfare building. While walking through the museum I happened upon one of the In-Pensioners, Lewis Prangle. As we went around a corner he saw a British Soldier (mannequin) who was sweeping with a metal detector. He said, "That is what I did while in the Army". He served in 1939-1946. He went on to tell me that he was the Sergeant in charge of a platoon that went before land craft to locate mines and clean the path. He told me that one time they came upon some dead soldiers and he and his men dug graves to bury them and just as they were finishing, the enemy came upon them and killed four of his men. He said, "We had to bury them in the graves they had just dug.

"And I had to tell their mothers."

Whether in England or here, working with you, the Residents, who are walking history, enriches my life. Thank you for allowing me to have such a high privilege of knowing you. It is an honor to work here.

David Watkins

Representatives of the AFRH with Pensioners of the Royal Hospital in Chelsea, England.

Welcome Aboard

Name: Leonard Jozwik
Branch of Service: USN
Entry Date: February 1946
Separation Date: December 1974
Rank: E7
War Theaters: Korea

Generosity runs deep at AFRH

By Alan Hess
AFRH Food Drive Coordinator

The results are in for the second collection of the Feds Feed Families Food Drive. The AFRH exceeded its' goal by over four times of those established by Office of Personnel Management and Chief Human Capital Officers' Council of five pounds per person weighing in at 6,135 pounds or 22.89 pounds per person (268). These are indeed outstanding results and will undoubtedly feed numerous families in our area.

We are in second place to the National Capital Planning Commission who weighed in at 1,625 pounds or 40.625 pounds per person (40). For a complete list of all the agencies who have participated, visit ***www.fedsfeedfamilies.gov*** and click on "partners." Results of the final food drive, which will be held on Aug. 28, will be published in next month's Communicator. Thanks to everyone that participated in this year's food drive.

From left - Steve McManus, AFRH Deputy Chief Operating Officer and Chief Financial Officer, Alan Hess, AFRH Food Drive Coordinator, Adam Reze and Paul Hessler prepare to send off a shipment of food donations given by employees and residents of the AFRH.

AFRH-W welcomes new Facilities Services contractor

Welcome CMI Management

For Your Comfort

AFRH-W welcomes CMI Management, Inc., as our new Facilities Services contractor. CMI is performing maintenance and repair on electrical, plumbing, HVAC, and mechanical systems and services for room turnover. CMI takes resident service calls, offers an on-site help desk, and tracks and follows up on services. CMI crews are on call 24/7 and on site 24/5.

Service Reception Desk

Tshambra Boyd is CMI's Production Control Clerk. You will hear Tish's voice when you phone (202) 730-3241 for services. She logs and tracks all calls into CMMS (the computer maintenance management system), sends out the service response team, and makes sure CMI follows up. In short, Tish is the first and last line of CMI's customer satisfaction team.

Management and Crew

CMI's on-site team is multi-talented and cross-trained with certifications and licenses to prove it.

Troy Phillips is the Project Manager and Chief Engineer. Troy is an RPA (Real Property Administrator), Steam Engineer (2nd Class MD, 3rd Class DC, CFC certified), and Electrician (Journeyman DC, MD, VA) with 24 years experience, including 14 years supervising. Troy will be kept very busy overseeing all work at the AFRH campus. Despite this, if you see Troy, he will offer a genuine smile before he turns to direct another crew, take another call, or meet with the AFRH Technical Representative.

"We are committed to the comfort, safety, and overall satisfaction of the occupants and visitors of the AFRH facility," say Troy Phillips, CMI's Project Manager.

Ray Campbell is the Assistant Chief Engineer and Quality Control expert working closely with Troy. Ray is a Steam Engineer (1st Class MD, 3rd Class DC, CFC certified) with over 10 years experience. His training includes: fire/life safety, water treatment, boiler operations, electricity, HVAC, instrumentation and controls, and indoor air quality solutions. You most likely will see Ray hard-at-work ensuring performance is top quality and timely and employees are professional.

Steve Taniredjo, System Administrator for CMMS, works behind the scenes on the computer system that tracks and reports on all service for AFRH. Steve keeps Tish smiling at the Service Reception Desk and keeps Project Manager Troy fully informed with reports and spreadsheets.

CMI's on-site crew includes: Electrical and HVAC Engineers, Electricians, Plumbers, Locksmiths, Carpenters, Painters, Maintenance Mechanics and Helpers.

Performance and Follow Up

CMI makes every effort to perform work while residents are present. If a technician can enter the area and perform the work, he will leave a Service Request Notice stating: the date and time; his name; and the work he performed. If, however, the technician is unable to enter the area, he will leave a 'Sorry We Missed You' Notice stating: the date and time; and a note asking the resident to reschedule.

Responsiveness

If residents need facilities service assistance, they can call Tish at the Service Reception Desk, (202) 730-3241. If the AC or heat is not working, a fawcett is dripping, or lights are out, just phone Monday through Friday 7 a.m. to 3:30 p.m.

If there is an after-hours emergency, call the Security Desk. Security will contact CMI for immediate response from the engineer on duty.

Health and Safety

CMI's professional coordination and quick response includes a focus on the safety and comfort of occupants. For occupant safety, technicians install hot water tempering valves. CMI crews use Green-friendly cleaning products, reusable microfiber towels, HEPA filters on vacuums, and VOC, non-toxic paint with low-level emissions. Keeping a focus on green products and safety controls is healthier for residents and the environment.

The CMI Management Team, AFRH-W's new Facilities Services contractor.

Notes from the Resident Advisory Council Chairman

Well, August 2009 is almost over and what a month it has been. With people moving, coming into the home, leaving the home, going on vacations and then coming back from those vacations it has been a very busy month.

At the start of the month the director of the Washington home and his wife along with three members of the home (John Miller, John Porter and Hugh Wingo), and myself traveled to London, England, to visit with members of the British version of our home (the Royal Hospital Chelsea).

Our little group left from the grounds of the home early in the evening of the third of August, traveled overnight and arrived in London at about 10 a.m. We were met at the airport by our hosts and traveled to the Royal Hospital. After arrival we went to our rooms and then went to lunch at their dining facility (called the Great Hall). We received a tour of the Royal Hospital and then back to the Great Hall for Tea (a light dinner). Then we went to their club to meet other members of the home. I must confess that going to the club was somewhat of a new thing for me as I (until I got to London) had not had anything to drink for many decades. But in the club I discovered (with the assistance of our Director) the joys of cider. There are many types of cider, all with differing percentages of alcohol in them. After we finished at the club, we went to our rooms and slept the sleep of the sleepless ones.

The next morning we awoke for breakfast and off to meet the director of the British home and then off to Buckingham Palace to view the Changing of the Guard Ceremony. This was special as we got inside the gates and stared back at all the tourists looking at us. At the appointed time two groups of troops arrived (with bands) marched into the Palace grounds and then proceeded to peel off and go in different directions only to appear later only they were not the same people who had marched off in the beginning. All the while, two other members of the Guard marched back and forth across the field going to all four corners of the Palace ground (some of the areas they marched to had no guards there). After about 45 minutes of marching those who had been on guard got into the marching positions and marched back to their barracks. As we left the grounds I noted that the people who were in the guard shacks were not the same ones that were there when we arrived. Our Host (Colonel Gilbert) remarked that the group that was on Parade was from his former military organization and he had made special arrangements to have a photo taken with the two Sergeant Majors who were at the Parade. After our photo shoot, back on the bus and to the Royal Hospital for lunch. After lunch back to the Palace for a tour.

We arrived back at Buckingham Palace and took our place in line to have our tickets purchased. We then moved down the street to get into another line to go through a security check. Then into the Palace to view what are called the State Apartments. That was an interesting place to view many rooms, many people viewing rooms, what made it better was that they give everyone a device so that you can wander from room to room and hear about what is in that room. After we walked through the public areas we exited the building at the rear of the Palace and walked to the exit where we boarded our bus and back to the Great Hall for Tea. Then we left for an evening at the Theater

The Theater was the Criterion where we saw a show put on by four people who played at least twenty other people. The Play was The 39 Steps and somewhat like the movie directed by Alfred Hitchcock was very interesting. The exception from the movie was that the play was funny, well British funny. There were several times during the play where I fully understood the words that were spoken but the jokes just went over my head. At the conclusion of the play we departed on our bus back to the Royal Hospital. We were happy but tired and soon fell asleep.

It is now Thursday the sixth of August 2009, and we awake and go to the Great Hall for breakfast and then off to the Palace of Westminster, but we arrived earlier than planned and went across the street to the Abbey of Westminster where we were given a special tour of the Abbey and were able to have our picture taken by the book maintained that honors military members who lost their lives during the liberation of Europe. After this tour we walked back across the street to the Palace of Westminster to see the House of Lords, The House of Commons, and other areas of interest. After this tour we returned to the Royal Hospital for lunch and had the afternoon free. At 1845 we all met in the In-Pensioners' Club for a social period where I continued my discovery of the joy of cider. At 2000 we boarded a bus and off to the Tower of London we went for a special tour. Upon arrival at the Tower we were given a special tour of the area that the guards sit at and saw a display of the names of the Yeoman Warders. We then left that area to observe the ceremony of the keys. This is a 700 year old tradition of locking up the Tower. Well, it is now raining, really hard and we tried to see the ceremony through the umbrellas (that is almost impossible to do). Well it still was a wonderful experience. One thing I do have to tell you and that is that one of our group got into some trouble when they tried to take a photograph of what was going on. I cannot tell you who this person was but I can tell you that he holds a certain position of authority at the Armed Forces Retirement Home. We departed the Tower at about 2230 and returned to the Royal Hospital wet, yet thankful for the special tours that our group was receiving. Tomorrow will be another day of fun and adventure.

Our group left the Royal Hospital at 0845 traveling to the Royal Military Academy at Sandhurst. We arrived about 1000 were met and enjoyed a small tour of the Academy, a drink in the Sergeants' Mess and then formed up to march to our places in the front row to observe the what is called the Sovereign's Parade. This is the graduation ceremony for the Sandhurst Military Academy. This ceremony was just as one might expect groups of marching troops, bands, presentation of awards, a speech by a representative of the Queen and then the class marches off into the main building followed by a horse. Then next year's class marches off to ready themselves for the next year when they will graduate. We then got on the bus again and off to the Gurkha Company for lunch. And what a lunch it was. You will have to ask the others just what it was as I had no idea just what it was that I was eating. It tasted like chicken to me.

After lunch we left Sandhurst for our travel to Windsor Castle for a VIP guided tour. We were met at Windsor by the Castle Superintendent, Major Alan Denman, MBE who introduced us to others who took us around Windsor, into the kitchen, showed up how some of the fire damaged areas had been restored and then into the other areas of the Castle that are not normally seen by members of the general public. I can say this about the Royal Family, they know how to live. And on a grand scale too. After our tour we departed the Castle and returned to the Royal Hospital tired, again but ready again to go forth and see what had to be seen. And for some reason we did not have to walk as much as other groups from the Armed Forces Retirement Home have said they had to walk. Maybe we are younger in spirit.

So now it is the next morning, Saturday. And off we go to visit the Royal Air Force Duxford to view the American Air Museum. Again we see airplanes, then more airplanes. Planes from the First World War. Planes from the Second World War. One or two aircraft used in the Vietnam War. Planes to the left of us, planes to the right of us but ever onward our group went until we entered the ground warfare section. Here we saw many types of weapons used by forces of both the West and the Soviet Bloc during the Cold War. Here again weapons to the left of us; weapons to the right of us. The members of our group who were into airplanes or cannons, tanks, staff cars, etc., were in a world all to themselves. Myself, I was bored senseless. Show me a good keyboard or computer tower and I would have been just as happy. After the tour of the base, we all departed for a "typical" British Pub for lunch. Again good food, better cider left a warm glow in your writer. After lunch we left and returned to the Royal Hospital for Tea in the Great Hall and then another round of social drinking in the In-Pensioners' Club. We departed the Club about 2200 to sleep and awake for another round of travels.

The travelers from AFRH enjoy lunch with their friends in England.

Awake in enough time to get to breakfast in the Great Hall and then our entire group attended Chapel. So now it is Sunday afternoon and there is nothing scheduled until 1900 hours. Time to hit the town to purchase presents for the folks at home. The Director, his wife, and myself took off and after a short trip arrived downtown London where we all shopped to our hearts content and then to go back to the Royal Hospital. But wait, our numbered bus is not working, it is just sitting there. Well, this official person announces that you should go to this street and catch the bus there. Well, none of our group could understand what the person said. The person was speaking English but we did not understand a word. So we did what any person who lives in a large city, we just went to the next bus stop - no bus there. So we continue down the street for another two bus stops where we found the bus. Arrived at Royal Hospital in enough time to change and get ready to go to the Sticky Fingers Restaurant, where we ate and ate and then ate some more. The food was that good. I will have to go on a diet of another three months after eating the food at the Sticky Fingers Restaurant. At about 2200 we departed for the Royal Hospital and another evening of restful sleep. Knowing that tomorrow was the day before we departed London for the good old United States.

A Royal Hospital Chelsea In-Pensioner stands by a static display.

After breakfast in the Great Hall, we board the bus and off we go for a guided tour of Saint Paul's Cathedral. We pulled into the Cathedral and as tourists looked on we entered the structure where we were guided through the massive building. We saw many areas that the normal tourist does not normally see. As we finished our tour and left the grounds we were treated to the arrest of an ice cream truck driver and his truck. It seems that as he pulled up to the Cathedral he did not have the proper documents to do so and they checked further. Good job English Police.

Our group then moved up the street to the Wapping Police Station for our lunch and a tour of the Marine Division Museum. We ate prior to our trip up and down the river Thames on the Police Commissioners' Launch. This trip was one of the highlights of our trip (well, it was for me anyway). We passed the Tower of London, The Wheel, Big Ben, Tower Bridge, and Westminster Palace and then turned around and went the other direction and saw the same things we went down the river to Greenwich seeing the Naval College and the Royal Observatory. We then returned to the Wapping Police Station, boarded the bus and returned to the home to prepare ourselves for our final evening which was a supper at home of Colonel and Mrs. Gilbert.

We had a very good meal at the Gilberts and exchanged gifts, said kind words to each other and told stories that should be written down and saved for others to tell. After all this at 2200 we departed and returned to our rooms, packed our bags, and fell asleep.

Our final day arrives and we awake and go for Breakfast in the Great Hall. Say our goodbyes to the friends we have met among the In-Pensioners' and gather our bags, get on the Esker Bus (yes Virginia, there is an Esker Bus works), and depart the Royal Hospital. Arriving at the airport we check in and are given an upgrade of our tickets that allow us to travel back in Business Class. This upgrade makes the trip back more enjoyable as one get to relax so much better than the people in tourist class. And the trip back as with the trip to England was so smooth that it was strange. No bumps, not problem. In fact, the trip back to the Armed Forces Retirement Home-Washington was bumpier that the entire trip to and from England.

I must tell you of a problem that one of our residents had when they arrived back in the United States. Well it seems that this resident just had to have an apple. And he might have been able to get through the gate to the outside if it had not been for that dog. The dog sniffed out that apple and Mr. Wingo was sent off to another room. He soon returned and with the apple. Oh well, age has its privileges.

If this program is continued I urge as many residents as possible to apply to go. I am sure that future trips will include female residents as the Royal Hospital is finally accepting females into their ranks. At the present time three of the more than 300 In-Pensioners are female.

Esker F. McConnell

Luau festivities enjoyed by all

By Laura R. Fogarty
Recreation Director

ALOHA.....greetings from the Island of Paradise

The AFRH Hawaiian Luau was an event to remember. As the transformation began in the Dining Hall residents were anticipating some great Hawaiian food and entertainment. Volunteers and staff began right after lunch preparing for this fun event. Bright balloons, colorful orange and fuchsia tablecloths and decorations created a Hawaiian paradise. As the event began, residents received Hawaiian leis from the Navy volunteers.

The food was available and plentiful, having a variety to choose from. The band played some authentic Hawaiian music which was well received by all those in attendance. The highlight of the evening was the one hour dance performance. There was plenty of audience participation as the dancers taught the hula dance. Several brave participants walked onto the dance floor to learn the various dance moves of this dance.

Thank you to the VFA-106 NAS Oceana volunteers who came up from Virginia Beach to help. This group of folks stayed throughout the entire event which helped tremendously. Resident volunteers Jesse James and Ruby Bloomer assisted with the behind the scenes as well. Lastly thank you to the staff Jerry Carter, Carolyn Weber and Nicole Chappell for assisting to make this event a success.

Wearing decorative leis, brave dancers try a hula dance.

Dancers perform during the AFRH Luau. After their performance, the dancer's taught participants a hula dance. The dining hall was brightly decorated with festive balloons and Hawaiian decorations for the event.

Thank you to all those residents who attended this event. We hope you had a good time. ALOHA.....

Diamondbacks end fun season with a win

By Jerry Carter

Our Diamondbacks won the final season home game on August 26, 14 - 9 over Providence Hospital. This was a fun season and the team really showed togetherness and teamwork throughout the 09 season.

I am very proud of each member of the D-Backs and this season has been the most rewarding. We would like to thank all of our fans who watched the home games and look forward seeing them again in September when our team participates in the 1st Annual George Hancock Softball Tournament!

Focus Group Meetings

Gulfport Focus Group Meeting will be the 3rd Tuesday of each month at 10:00 a.m. Scott Lounge. (September 15)

D.C. Focus Group Meeting will be 4th Tuesday of each month at 10:00 a.m. Scott Lounge. (September 22)

Bowling News

By Ed Crump

A total of 14 bowlers participated in the GEICO tournament last month at the Bowling Center. It was a four day event totaling 12 games and when it was all over Pete Hudson took the championship edging Clarence Peterson by eight pins 2600 to 2592. These two were neck to neck the whole tournament. Peterson was 24 pins ahead after the second day of competition, but that all changed the third day when Hudson rolled a 603 scratch series in which he had games of 221 and 214. This put him in the top spot after the third day by 26 pins with one more day to go. On the fourth and final day of the tournament both these bowlers were bowling on the same pair of lanes which made things that much more exciting and with one game to go Pete Hudson had a four pin lead over Clarence Peterson. His handicap a game was 31 pins less than what Clarence had which meant he had to win the last game by a minimum of 29 pins to clinch the championship. Clarence started slow, but made a strong finish to end up with a 136 game. He needed to mark in the tenth frame to have any chance of beating Pete Hudson. He did get that mark in the key tenth frame which meant Pete Hudson also needed to get a mark to clinch first place. He managed to get that mark to finish with a 171 game and win the tournament by eight pins. He just started bowling in the shootout back on June 11 and had bowled the minimum of 12 games in the shootout to qualify for the Geico Tournament. He not only won the Geico tournament, but was also named the Bowler of the Month for July in which he had a first, third and fourth place finish in the shootout to end up with 13 points. Jerry Lugar finished with 11 points while Mimi Rivkin finished third with 10 points.

Mimi Rivkin became the fourth bowler in the shootout to end up in the top four places in four consecutive weeks. She joins Charlie Gammon, Jim Vancil and Buron Noel who's done it twice to accomplish this feat. So I send my congratulations to her. Nice job Mimi.

I welcome back Jim Vancil, Chuck Merlano, Eugene Allison and Steve Kostick to the shootout. Hopefully they'll be around from here on and be able to participate in the shootout the majority of the time without anymore medical problems.

On Tuesday, August 4, 2009, the new Military District Of Washington Command Sergeant Michael W. Williams talks with Smokey Prussman during a tour of the AFRH.

Jim Vancil accomplished something in the shootout you don't see that often when he rolled three identical games of 135. It's the first time I can recall of anyone in the shootout doing that. It's not that easy to do. Had he done that in a league he would have received a patch.

Attendance so far this year in the shootout is not much different than this same time last year. We had 497 participate at this time last year compared to 489 so far this year. So not much difference.

Geico Tournament Final Results:

Pete Hudson	**2600**
Clarence Peterson	**2592**
Willa Farrell	**2472**
Smokey Prussman	**2449**
Buron Noel	**2499**
Jerry Lugar	**2437**
Bob Schunherr	**2418**
Paul Rawling	**2396**
Phyllis Bradford	**2393**
Ed Crump	**2376**
Eugene Allison	**2361**
Curt Young	**2350**
Mimi Rivkin	**2302**

ALP's Old Fashion Lunch!

By Sarah Kenan, Recreation Specialist

On Tuesday, August 18th, ALP residents and staff located on the 3rd floor of LaGarde had a McDonald's luncheon. Everyone enjoyed a delicious cheeseburger, fries, apple pie and sweet tea. Some residents remarked it had been a long time since they had eaten a big fat juicy burger. The best part of the lunch was the old time Motown music that we played. Memories were flowing back to days of long ago and dances they had done in their youth.

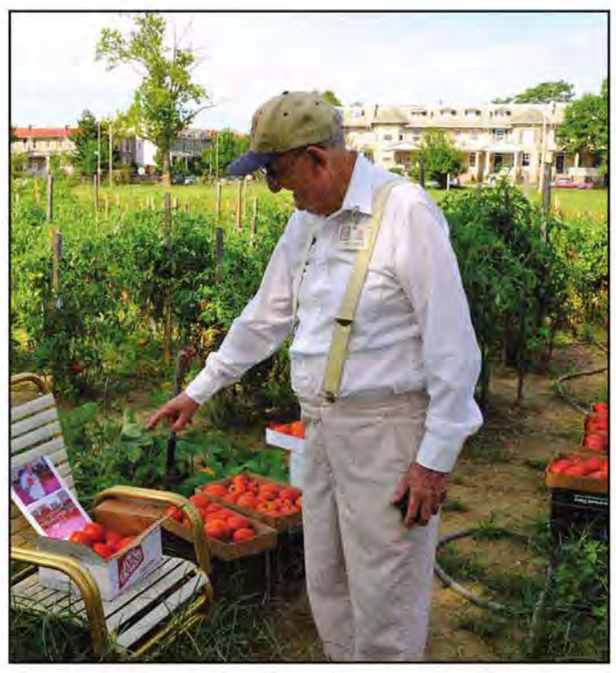
The staff were also very helpful with the luncheon and with the residents. It was like one big happy family Reunion, everyone enjoying the music, dancing and stories of times long ago.

SOUPS ON!

By Sarah Kenan

On Friday, August 7, twenty of the King Health Center residents attended the annual "Stone Soup" event. Gardeners from all living areas at the AFRH-W provided fresh grown vegetables from their gardens. A delicious soup was cooked up by KHC Recreation Assistant Sarah Kenan with help from volunteer Jesse James.

The resident gardens are also judged yearly at this event for "Best Garden," by the U. S. Department of Agriculture. The KHC Resident Garden group looks forward to entering next years' competition.



Frank Nelson, the 'tomato man' with some of this year's crop.

Correction

Please note the unintended omission in the AFRH Senior Olympics medal listings. Ida Simpson of the LaGarde King Health Center placed 1st in the Women's Softball Distance Throwing event.

Resident celebrates 104th Birthday

By Steven Briefs
Supervisor of Recreation Therapy

Mr. Lorenzo Senires, who resides in LaGarde, turned 104 on Monday, August 10th. He was born in Sabu Cebu, Philippines, in 1905 and served in the U.S Navy from 1926 through 1956.

KHC residents and some of his family gathered to sing "Happy Birthday" to him as he blew out a candle. Mr. Senires enjoyed a slice of chocolate cake and ice cream and many of our residents and staff came up to greet him. Mr. Senires continues to participate in most of our daily activities and we appreciate his friendly smile. We look forward to celebrating his next birthday!

A lesson not found in books

Visit to AFRH gives student a better understanding of sacrifices Veterans have made through the years

Kim Adams Williams and her dad resident Bill Adams have a photo made with the bronze statute of Abraham Lincoln and his horse which is located next to the historic Lincoln Cottage on the grounds of the AFRH-W.

My Summer Vacation

By Kim Adams Williams

I have returned to college and am preparing my senior project on "Lincoln Leadership." I visited Washington, DC, with the intention of touring the Lincoln Summer Home on the grounds of the Armed Forces Retirement Home with my dad. I came home with a surprising result. The veterans I met there sparked a heartfelt appreciation for this group of men and women and their contributions to our country.

"...A lone walker...where has he been and what stories might he share about his adventures in the service..."

Veterans I met talked about their experiences; one had pictures of the flag raised over Iwo Jima, one survived Pearl Harbor, two women were Marines and one man who served in VietNam had trained with grenades at Camp Lejeune while my father supervised as EOD.

Between the men and women I met there, I found camaraderie, acceptance and genuine kindness. My father and I were granted a tour of the White House. As we moved from room to room, we could hear "oooorah" from the Marines who recognized the red USMC cap my father held. Camaraderie runs deep in the military.

July 4th was celebrated at the AFRH with a picnic, ice cream sundaes and watching fireworks from downtown DC on the patio. A band played songs from generations prior to my own and we enjoyed watching couples dance to the beat. Others around the patio were deep in conversation, laughing or just enjoying the beautiful weather. For me, the sight of an American flag, snapping in the breeze on a front porch nearby, aroused unusually strong feelings on this particular July Fourth. I have a magnet on my car that reads: "The home of the free because of the brave." Along with our active military, these retired men and women are also "the brave" and because of them and their sacrifices, I and other Americans are free. We must never forget.

Quarters 6, on the grounds of the AFRH-W, displays an American flag.

My father and his friends are surrounded by their peers, men and women who shared similar experiences, some who have known each other for years and others who met for the first time when they moved to the residence. They can be seen taking walks after meals and visiting with each other outside, surrounded by wildlife and nature. Now that I am home, my father emails regularly giving updates on the deer that roam the property.

After dinner one evening, I walked along the road around the field out back and noticed a man walking ahead of me. Initially I was curious about who he was, but then I wondered where he had been, what experiences did he have before retirement and what stories might he have to share about his adventure in the service?

I feel privileged to have met each and every one of the men and women I was able to speak with and to reconnect with my father. These men and women made me feel very welcome and I look forward to seeing them all again in the future.

Soldiers of BOSS share camaraderie with Veterans

By Carolyn Weber

HOOAH! The familiar cheer was echoed by over 200 Army members of BOSS (Better Opportunities for Single Soldiers) as they rallied up their fine men and women from around the world on the grounds of the Armed Forces Retirement Home on Wednesday, August 12th. During their week-long annual conference in Washington, D.C., the soldiers look forward to this opportunity to spend time with our military retirees, hear their life wisdom and share that special camaraderie.

A hearty welcome and history of the Home was shared by David Watkins, Director of AFRH-W. An auditorium full of cheers and applause broke out as our veteran team leaders were introduced. Our resident leaders included: Phyllis Bradford, Robert Carlozzi, Bob Carson, Chuck Felder, J.C. Fitzpatrick, Bill Fowler, Al Giunta, Jim Grant, Bert Huff, Doris Jones, Corrine Robinson and Lloyd Turner.

With paint brushes, dust clothes and three hours to spare, the team of Army volunteers went to work. Led by our resident volunteers and staff, they cleaned the Stanley and Rose Chapels, Library, Dining Hall, Scott Lounge, Craft Cottage, American Legion, Artist's Colony and scraped and painted both gazebos. After the work was complete, volunteers made their way to the Bowling Center to bowl, play pool and ping pong, and to enjoy time with our residents.

The conversation and good cheer continued through lunch as the BOSS representatives shared stories with our residents who made them feel at home. Thank you to the Dining Hall staff who fed and accommodated our hard working volunteers and Campus Operations for overseeing and supplying projects. A special thank you to the Army BOSS Headquarters and SGT Danielle Colson for her coordination and planning assistance. BOSS STRONG till next year!

Soldiers of BOSS (Better Opportunities for Single Sailors) and AFRH residents take a group photo in front of the Sherman building.

Two soldiers clean a glass window at Lincoln Cottage as part of their volunteer work on the grounds of the AFRH.

A BOSS (Better Opportunity for Single Sailors) volunteer touches up the paint in the gazebo between the Sherman and Sheridan buildings. Soldiers of BOSS from around the world were in DC for a week-long conference and they spent the day, August 12, at the AFRH - touring, visiting the residents and volunteering on various projects around the Home.