

Aftermath of August 23 earthquake at AFRH

Armed Forces Retirement Home, Washington, DC- On Tuesday, August 23, 2011, at approximately 1:50 p.m., as residents and staff of the AFRH went about their daily activities, a 5.8 magnitude earthquake shook the grounds and buildings at the historic Washington, DC campus.

The hardest hit building was the 1850s era Sherman Building, home to the AFRH Corporate staff, resident activities spaces and dining services, and The William E. Doar Jr. Public Charter School for the Performing Arts (WEDJ), a DC Charter School (www.wedjschool.us). All residents, staff, and school children and staff were quickly and safely evacuated with no reported injuries.

Damage also occurred in the Sheridan Dormitory (built in 1972 and renovated in 2001), home to all Independent Living residents. Three of the five elevators were compromised when the weights inside shifted during the quake, leaving only two elevators operational.

Justin Steffens, AFRH Chief of Campus Operations, is currently working with structural engineers to shore up damaged areas in the Sherman Building. Several large stone blocks that form the crenellation around the building crashed inward through the roof into classrooms and offices and outward onto the ground. Right now, there are numerous pieces of stone that did not fall but are holding on by a thread around the parapet. This is the same condition for the chimney stacks at the historic living Quarters 1 and 2, although there is much less damage to those structures. Other than the falling stone blocks, the main issue right now is the tower of the Sherman South. There are major cracks through the arches and around one of the corners of the tower, and the structure is visibly leaning to the west. Engineers and masonry experts are on site trying to assess the situation, but the general consensus is that the structure has been severely compromised and that there is a possibility of immediate failure.

The North Sherman was occupied by Dining services, the Artists' colony, the DC Charter School, and AFRH Security. The school has been notified that it will be at least six weeks before they might be allowed to re-occupy their areas.

Because of the possibility of high winds and rain coming with Hurricane Irene, the Sherman was stabilized on Thursday and Friday



Photo by Carrie Barton

Crews access the damage of the Sherman Clock Tower before cranes are moved in place in order to secure the tower with strapping.

to prevent additional damage. The most unstable section is Sherman South due to the compromised Clock Tower. The old Scott Building across the quadrangle is under reconstruction by the construction company, Hensel Phelps. They are helping out by bringing in two huge cranes and other pieces of heavy machinery with a work crew of 32 men. They are going to "strap" the Sherman building with special 12 inch tall fabric bands to attempt to prevent more of the Tower falling. When banded, they will begin to dismantle stone from the highest points and down that will later be re-installed.

The key focus throughout the last two days has been the safety and comfort of the residents. Dining Services was relocated to the Fitness Center in the Sheridan dormitory and is fully operational. Residents have had no interruption in services: dining, healthcare, or activities. Corporate staff which was housed in the Sherman South will be relocated into other buildings not damaged.

For more information about AFRH and to see photos of earthquake damages, go to www.afrh.gov.



Sherman North (east side above security).

Veterans helping veterans

Goal of ton of food for military families exceeded

By Mary Kay Gominger

Our home is made up of many hard working volunteers that give of their time and money to help others, especially when it comes to helping out fellow veterans in need. Earlier this month resident Bob Rutherford was featured on WLOX-13 for the volunteer work he does for Navy and Marine Corps families in the area.

Bob is a Navy veteran and is an active member of the Fleet Reserve Association, Chapter 307. He believes in giving back and decided that he wanted to help the Seabee base Chapel's food pantry which supplies food to fellow service members and their families that are having difficulty making ends meet. To date, Bob and residents of the AFRH have donated 3,121 pounds of food to the Seabee base Chapel pantry which far exceeds the original goal of one ton. He has no plans in stopping though.

"As long as they need is still there, we are going to continue donating food," Bob said.



WLOX-13 TV anchor Jeff Lawson interviews Bob Rutherford in the Reception Room at the AFRH-G. Bob is spearheading the food drive to benefit military families.

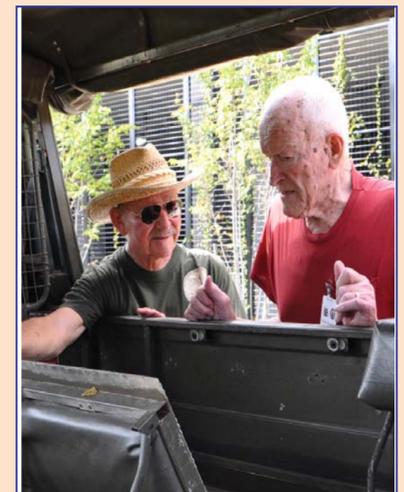
In addition to this volunteer effort, Bob stays busy volunteering in other areas around the home. He is often seen sponsoring new residents or giving prospective residents and visitors tours. He also volunteers at the USO office at the Seabee base.

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AFRH COMMUNICATOR

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

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

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.

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



Resident honored by President of Poland

Mr. Maciej Pisarski, Deputy Chief of Mission, presents George Demontfort-Proska with the Cross of the Order for his participation in the war effort against Nazi Germany and the fight for Poland's independence. This award is bestowed by the President of Poland.

The Order of Polonia Restituta is one of Poland's highest Orders. The Order can be conferred for outstanding achievements in the fields of education, science, sport, culture, art, economics, defense of the country, social work, civil service, or for furthering good relations between countries.



Tillery turns '94 Years Young'

By Sarah E. Kenan, Rec Therapy

Resident, Mr. James Tillery, turned 94 on July 25th. He was very excited about his birthday and was looking forward to having a party with cake and ice cream.

Well his wish came true! Sarah, from Recreation Therapy made him a home made strawberry cake and chocolate butter creme icing. His eyes just lit up when he found out he was going to have a party. A lot of his resident friends gathered in the LaGarde 3 dayroom to celebrate this happy occasion. Everyone sang happy birthday to him and he sang along too with everyone. Mr. Tillery was telling everyone stories about his younger days when he was a boy in North Carolina. Mr. Tillery stated that he had a good life and was a very lucky man to have grown up in this great country.

Message from the Chief Operating Officer, Acting



What a month this has turned out to be! Although I had planned to write about the AFRH Trust Fund my thoughts, as I'm sure many of yours, are on the recent earthquake and its impact on the Washington

Home and the impending Hurricane Irene.

On Tuesday, August 23rd I was in a meeting in the Sherman second floor conference room with Justin Seffens, our AFRH Facilities Manager, and many of our great consultants who had completed an energy audit of the Sherman, Sheridan, and Quarters 2. We heard a very loud rumbling. The building began shaking to include the ceiling overhead, and we realized that what we were experiencing was an earthquake. The group quickly evacuated the building as the ceiling started to give way in the conference room. However, as I reached the first floor I heard a scream come from North Sherman. As I moved in that direction I noticed debris from the ceiling and walls. As I entered North Sherman I found the woman who had screamed -- she was sitting on a chair being calmed and helped by coworkers. She had escaped near death when a huge boulder fell near where she was standing through the women's bathroom ceiling. That began a day of fulfillment -- employees, contract employees, and Residents helping each other and focused on each other needs and the safety of all.

Leaders merged at critical locations like our Sheridan dormitory for Independent Living and LaGarde for our Long-term Care, Memory Support, and Assisted Living. Our staff performed admirably. Although there were many heroes that day, Security played a vital role initiating our emergency plan to get

the residents out of the buildings. Our goal was to move residents to safety and posture for aftershocks that might be following soon. Through everyone's quick and decisive actions, residents, employees, contract staff, and the Charter School occupying our Sherman Building were evacuated to safety. Incredibly and thankfully, no one was injured. Through the day "All" worked tirelessly to do what was needed to care for residents. By evening, the dinner meal was served under clear skies in picnic style behind our Sheridan Dormitory for our Independent Living and in LaGarde's normal dining facility for Assisted Living, Long-term Care, and Memory Support.

Our nursing staff has been incredible. They have worked tirelessly promoting the wellbeing and protecting the safety of our residents entrusted to their care. Things you take for granted like a normal shift change become unknowns after a major earthquake hits the area, let alone navigating the National Capital's road system. Only through the dedication, determination, and sacrifice of employees did the shift change take place as planned, which it did. Employees arrived on schedule and prepared for whatever they encountered.

The other good news is that our Emergency Plan worked VERY well. Plus the earthquake provided a valuable "lesson learned" to include in our updates to the Emergency Plan. All the pre-planning for an emergency was well worth our efforts.

Special thanks to Hensel Phelps, our design builder for the Scott Project. Their onsite crews assisted with the evacuation of the Sheridan Dormitory, providing porta potties at critical locations, and an incredible feat of providing structural engineers onsite within hours of the earthquake. Their structural engineers worked tirelessly examining our dormitories and historical buildings. With the help of Hensel Phelps, Fire Department, and our facility maintenance team our Assisted Living, Memory Support, and Long-term Care were moved back into LaGarde within four hours after the earthquake and our Independent Liv-

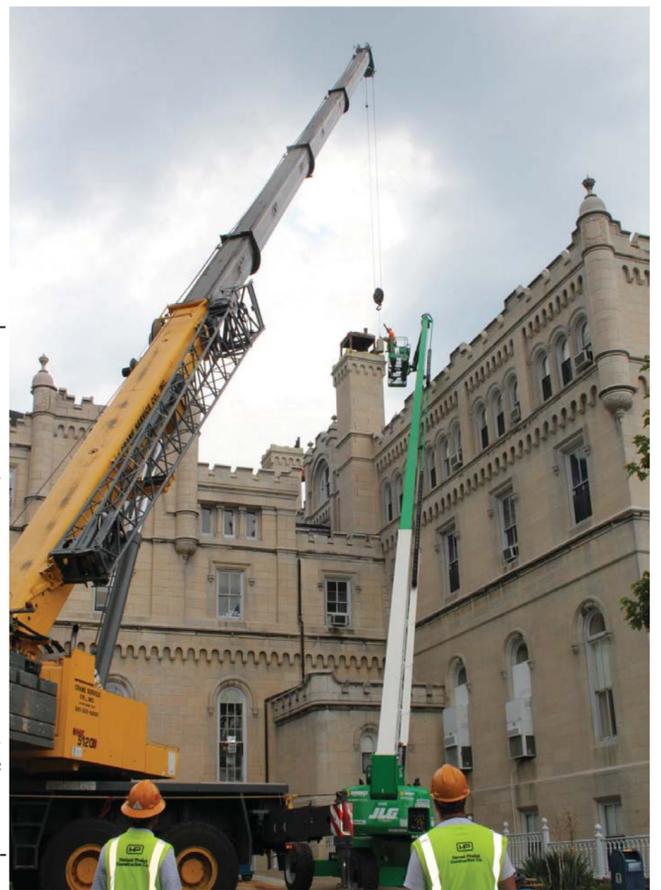
ing were able to return to their rooms in the Sheridan by the completion of the dinner meal. When you look at the response time across the city, the Home's reaction stood above all.

Another special thanks to our dining contract, Gulf Coast Services. After safely evacuating the Sherman and LaGarde facilities, where they normally prepare and provide food service operations, they were prepared to serve the evening meal displaced to a new site for Independent Living and back at LaGarde. By the next morning they had set up the new dining area for Independent Living in the physical fitness room of the Sheridan. Physical fitness equipment had been moved; tables had been leased, brought on site and set up for the breakfast meal. Just amazing!

While Resident Services and Gulf Coast were preparing for the breakfast meal, Campus Operations was working with Hensel Phelps and EHT Tracerics, our cultural manager, to assess the physical condition of our buildings and to prepare our weakened Sherman Building for Hurricane Irene. Pulling in key players within a day after the earthquake with the right skills, HP has demonstrated exemplary focus to support us in exactly the right way. Our broad spectrum of needs include evaluating the Sheridan elevators, the Sherman's obsolete masonry construction, and the historic living quarters. HP brought in exactly what we needed -- their structural engineers, large cranes, strapping which is to protect the Sherman's clock tower and a temporary roof under the damaged areas. Within a day, they were in place making every effort to save the Sherman. They then moved to the Sheridan to secure a few loose panels that could possibly come loose during the hurricane.

Unfortunately our historical building the "Sherman" suffered significant damage. As a result we began to assess programs and activities that would need relocating so that services to residents would continue without interruption. Operations and administrative activities that were held in Sherman were moved to Sheridan, LaGarde, and another historical building, "Admissions." Fortunately the IT hub in the Sherman basement continues to operate and our telecommunications have not been disabled. Our Information Technology folks have worked very hard to prevent lapses in services. Thank you to them!

August 23, 2011, was a very lucky day for AFRH because although the earthquake was a rare occurrence and a jarring one, the outcome could have been a very different story. Unfortunately, the Sherman building suffered the most and needs the most attention now. As I am writing this message, we are preparing ourselves and the Sherman for Nature's next event: Hurricane Irene, which is



Cranes are brought on site the day after the earthquake to begin stabilizing the Sherman Building.

bearing down on Nags Head, North Carolina at this time.

When waking up on the morning of August 23rd who would have imagined that Mother Nature would bare down on us twice in one week! Neither an earthquake nor a hurricane has ever come to AFRH-Washington and certainly no natural events like these in the same week of such magnitude. Looking back on the events of the week, the one thing that stands out the most is that everyone was safe, in good spirits, and focused on recovery and preparation for the oncoming Hurricane. It has been a whirlwind, but the Sheridan remains open and operational; meals are being served; Assisted Living, Long-term Care, and Memory Support levels of care are operating as normal with a person-centered care focus; and resident activities continue. Also we have given our cherished Sherman building a chance to survive the high winds expected from the impending Hurricane Irene and we have prepared to our best for Hurricane Irene.

This experience brought us together as a team and that is what made the week of August 23rd lucky for the AFRH. We have a new sense of community and together we will see this through. There are a lot of details to work out on transportation, activities and services after the Hurricane passes, but I have full confidence in our AFRH staff to deliver as they did this past week. I thank each and every one of you for going the extra mile. The standing ovation the residents gave you at the Town Hall meeting Thursday afternoon was well deserved. Thank you for all you do. Great job, team!

There are many photos on our website (www.AFRH.gov) from the earthquake and preparation for Hurricane Irene. Please take time to visit our website.

Steven McManus



Resident Services converted the Sheridan Fitness Center into the new Sheridan dining facility overnight.



The computer lab on the Sherman (south) 3rd floor received extensive damage when a large block from the clocktower went through the roof.



Several large blocks fell from the outer edge of the Sherman building onto the roof.

From the AFRH-W Director



Sharing your talent can be incredibly fulfilling

In a recent issue of the World Magazine, columnist Joel Belz tells of one of his all-

time favorite stories.

The story goes like this: In Berlin in the early 1930s, a prominent Jewish violinist was to perform at the local concert hall. But in anticipation of his performance, a music critic for the city's Nazi-dominated newspaper reminded everyone that this violinist wasn't as deserving of his reputation as some had suggested. "When he finishes his performance," the critic suggested, "our applause will be less for his skill than for the Stradivarius instrument on which he plays. It's the excellence of the violin we'll be cheering, not the man playing it."

And so it was as the performance came to its end. The applause was thunderous, but everyone – including the violinist – knew how confusing its meaning had become.

That's when the violinist walked over to a nearby chair, violently smashed the violin

against the chair's back, and held up its splintered remains for all to see.

Then he walked quietly to the edge of the stage, opened a case than no one had noticed, and took out the Stradivarius everyone thought, until then, he had been playing. The encore he played for his undeserving audience would never be forgotten.

I love that story. In the article Belz writes he tells the readers that because of the anti-Nazism in Germany, the story was never published. The truth is not certain and its authenticity has been argued by the best of scholars. Nor does any one know for certain if it was Isaac Stern or Jascha Heifetz. Yet, the story, whether true or not, is not spoiled, as it still is a great account.

Some people just have great talent.

In late July, Resident Services offered a Focus Group about the Dining Services here in Washington and the meeting was very well presented. It unfolded with people who work in the food services area of the AFRH-W each giving a short talk on their training, experience, and areas of responsibility. It was then Howard Johnson's turn. He has been working for the AFRH for the last six years and has a total of 35 years in food preparation. Howard is the head chef here and told us of his career. Howard explained that he enjoyed his work here and then stated, "I consider my work as my using my gift for you." I liked what he

said, "My gift for you".

Every single person in the world is endowed with a talent unique to his or her own. There is a parable in the Bible that makes clear that some have many talents whereas others only have one or two. But each person has at least one.

I appreciated and valued what Howard Johnson said because he regards his talent of excellence in cooking as a gift for the residents. My wish is that each of us who work at the Armed Forces Retirement Home can come to the place where we believe the same, that we are using our gifts for the residents. And may each resident come to think the same, that they can use their talents for others. It is the use of these talents that can lead you to a good purpose in life, to be happy and to help others, who in turn, will be happy too.

Sharing your interests, passions and talents with others is one of the best ways to forget your own problems and come to the sense that you are doing something with purpose, which will make a significant difference in how you feel about yourself. When you help someone else achieve a goal, you are also helping yourself. Have you ever noticed how great you feel when you have done a good deed for someone else—especially if you volunteered without the person asking? It is gratifying to be able to share a talent or a skill that you may perform well, with others.

If you are having a bad day, helping others may just break that spell. Working with

others helps keep life in perspective. If others are struggling with a task that you find easy to accomplish, then lending a hand is benefitting both of you. When you share your talent, you find that it can be incredibly fulfilling. That is the beauty of volunteering.

There are always opportunities for sharing your talents with others. Sharing these talents with others helps you to know yourself. Problems are reduced by the realization that comes by having a purpose greater than oneself. It is common in the frenzied pace of life today, to get caught up in the details of your specific tasks. But there are larger goals that can be accomplished by working together with others. Projects can be completed when we pool our talents and resources. The impact of sharing talents and passions with others can have life altering effects.

Your gifts and talents are natural abilities which come easily to you and produce extraordinary results. They are a natural part of you ... as natural as your laughter, and come just as easily as taking a breath. Yet they come so easily to you, they are often overlooked because they take so little thought or effort to use. And the end result of using one is something extraordinary ... that is why they are called gifts and talents instead of everyday skills.

Benjamin Franklin said, "Hide not your talents. They for use were made. What's a sundial in the shade?"

David Watkins

Notes from the AFRH-W Chairman, Resident Advisory Council



Well, another month, another article for the Communicator. You might have wondered just how long I have been writing articles for the Communicator well; since December 2007 these articles have been appearing and, for the most part, are welcomed by the

Residents of the Armed Forces Retirement Home Washington.

The Dining Committee met and conducted some business mainly having to do with the addition of certain items to the menu namely greener leaves to the salad mixture and getting Mrs. Dash spice back into the bins. Both of these additions were the result of Resident input during the meeting. The Dining Committee meets the second Tuesday of every month at 1400 presently in the Resident-Visitor's Lounge in the Sheridan Building.

The trip committee which meets the first Wednesday of every month at 0900 also

in the Resident-Visitor's Lounge in the Sheridan Building have made suggestions that have resulted in adding more trips to places of historical interest in the Washington area. If you have any suggestions of places that we should go and things that we should see please bring these suggestions to the trip meeting. Or, to put it another way – if you do not attend how can we go where it is that you want to go and see the things that you wish to see?

Two special trips are scheduled that are very important for you to attend first on the 9th of September, a trip for the changing of the Guard at Arlington and then a trip over to Fort Myer to visit the Ceremonial Horses of the US Army's "The Old Guard." Sign up for this on the 2nd of September and remember that it leaves the home on the 9th at 1230 and returns from Fort Myer at 1530.

On Saturday the 10th of September all ceremonial units of the capital area are taking part in the US Army's Spirit of America event at the Verizon Center. The bus for this event leaves the home at 1230 and returns at 1630. BPV's are welcome for this trip. If you wish more trips like the two mentioned please sign up AND GO. If we show interest in what

they are doing, they will show an interest in what we ask of them in the future.

The last Resident Advisory Council meeting advised approval of the budget for the Recreation budget for FY 2012, with some suggestions for changes. These changes had to do with attempting to increase the numbers of Residents who take part in the card games. To do this we suggested that if the number of players does not increase that the present amount of funds available to those games be decreased by 25% and paid monthly not weekly, as done now. Also, the RAC suggested that the funds available for the Saturday Bingo be canceled. Our reason behind this is that this amount was asked for just after the Residents of the former Naval Home in Gulfport arrived here. As the new Armed Forces Retirement Home in Gulfport has reopened, the reason for the Saturday money no longer made any sense to the members of the RAC. These suggested changes to the budget will be discussed at the next Resident Fund Advisory Board meeting to be held on Friday, August 26, 2011 the results will be noted here next month.

You may have noticed a RAC suggestion box located in the mailroom. The forms for this box start out with HEY ESKER! This format was suggested by the Chairman of the

Resident Advisory Council at the Gulfport home and, so far, has been well received. Just to let you know every morning, normally at 0730, myself, the Chief of Resident Services, and the Ombudsman go over the forms that have been received and insure that items that can be changed are done so as soon as possible. Some of the suggestions have to be staffed and take more time to get an answer but you should receive an answer from me; in person, or by letter.

Finally, do you know what to do in case you are walking down a hallway and see a fellow Resident FALL? The first thing to do is DO NOT ASSIST THE PERSON TO GET UP. Then either call security (202) 541-7500 or 7501 (from your private phone) if you call from a phone located in the hallways of Residence areas that has not been programmed call (9-202-541-7500) or call (until MIDNIGHT or 2400) the Wellness center (202) 541-7587 or 7588. Make sure that you give proper information to the person who is taking the call. In all cases DO NOT PANIC – assistance is on the way.

Well, another month passes into history and I get 30 days older. If you see a new Resident walking around the home WELCOME that person to the home.

Esker McConnell

Veteran Highlights

WWII Submariner

Kulick requested sub duty

By Christine Baldwin, AFRH-W Librarian

August "Gus" Kulick joined the Navy in October 1942. He had tried on numerous occasions to get his mother to sign him up, but she wouldn't. So, Gus decided to take matters into his own hands. He made a birth certificate that said he was 21 years old. The navy chief signed him in and did not say a word about the certificate. After he had been in a couple of months, a letter arrived from the draft board in Baltimore, MD telling Gus to report to them. It seems that he had not registered for the draft! So he asked his skipper to let him go to register. However, the skipper turned down the request. To this day, Gus is not sure he ever did get registered.

After Basic Training and A-School at Great Lakes, IL, he volunteered for the submarines. After attending the New London Submarine School, he was one of two men (out of twenty), chosen for this field. After graduating from submarine school, he got on a troop train going to California and eventually the USS Parchee. Gus tells this true story about an event while aboard.

"We were having depth charges dropped on us... you know, the ash can type things. Two of us were told to check the sea valves and make sure they were

closed. My fellow checker disappeared and I found him in an area away from the valves and asked him what he was doing. He said he was saying some prayers and did I need any help. I told him to mention my name and I would take care of the valves."

After 24 years in the Navy, he retired and worked at Westinghouse in Baltimore, MD until he was 62. Then he went California and worked for an outfit that made train signal equipment.

Gus is very active at the home. He plays bridge and pinochle and volunteers at the library. Recently, he spearheaded the cleaning of the 1868 bell in front of the old Scott building.



Gus Kulick, now a resident at the AFRH-W, joined the Navy in 1942.

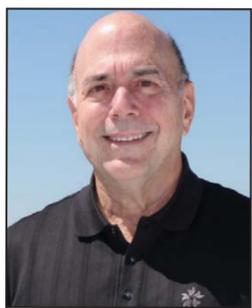
Poetry event

By Christine Baldwin, Librarian

On a very hot summer evening late July, a group of poetry lovers enjoyed several memorable poems, read by other residents and staff members. Due to the intense heat outside, this event was put on in the Sherman theatre. There were 8 readers, who covered everything from Casey's famous strikeout to the cremation of Sam McGee.

George Smith started us out with a moving poem titled "Will You Love Me When I'm Old." This was followed by Naomi Palmer's captivating "The House by the Side of the Road." Esker McConnell had us laughing with "I Lost My Laptop," and when he was done; none of us wanted to ever lose this valuable item! A poem written about a depth charge attack on resident August "Gus" Kulick's submarine, The Parchee, was read by Christine Baldwin. She then read Ray Anderson's stirring poem "Be the Best of Whatever You Are." John Miller presented a different view of "Casey at the Bat" as told by Garrison Keillor. Next, Chuck Felder read an inspirational poem that he had recently received titled "A Marine Funeral." The evening ended with Paul Grimes reciting the "Cremation of Sam McGee." Afterward, everyone enjoyed the light refreshments of wine, cheese and finger sandwiches. A truly wonderful evening.

From the AFRH-G Director



Summer is winding down and although it is still very hot outside, the whisper of autumn is in the air. It won't be long now and we can all spend more time outdoors enjoying the many outside

activities offered here at the AFRH-G and in our local communities. For those of you new to the area I encourage you to get out and explore the area. There are so many different types of things to do - flea markets, concerts, casino shows, art festivals, and seafood galore. There's something for everyone, and it is as easy as boarding the next trolley and taking a ride along Hwy 90 to begin the adventure.

Last week one of our residents in Valor Hall, Ardith Greer, celebrated her 90th birthday. For those of you who don't know Ardith, she is another one of our very busy volunteers and has been for many years. Ardith has volunteered at the Seabee base Navy and Marine Corps Relief Society for nearly 30 years. To thank her for her service, a group from the Navy and Marine Corps Relief Society stopped in on her birthday with cake and bal-

loons to surprise her on her special day. She was very surprised and so happy to see her friends.

We welcomed in eight new residents last month so you might have noticed a few new faces in the dining room or out and about in the common spaces. We seem to be holding steady about 495 residents. Our resident sponsors again did a nice job of showing the new residents around and familiarizing them with the new surroundings. As we all know, moving is a very stressful event and the more we can help newcomers, the faster they settle and feel at home and no one said it better than Dorothy in the Wizard of Oz...there's no place like home. And that's the feeling we want for everyone that lives at the AFRH-G, that it is your home and that you take pride in its beauty and are proud to show it off to family and guests.

This month's Town Hall meeting went very well. I hope if you were not able to attend the meeting you were able to view the video on The Resident Channel or saw minutes of the results of the meeting. We continue to make every effort to address questions/comments or suggestions relating to life at the AFRH-G. A few recommendations made by residents that we have put into place include the new door that connects Fiddler's Green to

the Community Center and the new car wash area on the north end of the property. Residents have great suggestions so please keep them coming.

In closing, we are all very thankful that residents and staff at our sister site, AFRH-W, were safe in last week's earthquake. The coming weeks and months will be challenging for

them as they adjust to the new dining arrangements and shuffling of staff from the Sherman building but with everyone safe, these things can be overcome. Let's all look out for one another and enjoy the coming of fall and football season.

Richard Heath



Ardith Greer (center with flowers) with birthday well wishers from the Seabee Base Navy and Marine Corps Relief Society. Ardith turned 90 years young last week.

Veteran Highlights

Resident Lanier Phillips

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

Lanier W. Phillips was born on March 14, 1923 in the rural American town of Lithonia, Georgia. The great-grandson of slaves, Phillip grew up in a time and place where racism was still shockingly prevalent. Phillips grew up assuming he would one day become a sharecropper like his parents, but this was not the case. In 1941, America entered the Second World War and Phillips decided to join the Navy. He completed boot camp when he was 18 years old and was assigned to the destroyer USS Truxtun, as a 3rd class Mess Attendant, the only position for an African American at the time. Military service, however, did little to improve his prospects.

On February 18th, 1942 Mr. Phillips was aboard the USS Truxtun while it was battered by a severe winter storm. Eventually the Truxtun and the supply ship the USS Pollux were forced onto the rocks of the southeast coast of Newfoundland. Hundreds of men from both ships died, but Mr. Phillips was among the survivors.

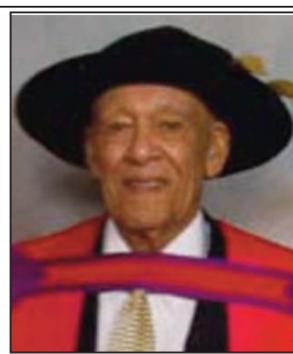
Initially afraid to leave his doomed ship because he thought he was off the coast of Iceland where he had been told blacks were forbidden to go ashore, Mr. Phillips boarded a lifecraft which capsized as it reached shore. Exhausted and covered in oil that had leaked from the sinking ships, Mr. Phillips collapsed on the shore. Gently prodded to his feet by a local resident who told him he'd freeze to death if he didn't get up, Mr. Phillips was confronted by an experience that was totally new to him: "I had never heard a kind word from a white man in my life."

Mr. Phillips was taken to the tiny coastal mining

community of St. Lawrence, Newfoundland, with its population of about 1,000. It was February 1942. He was an 18-year-old Navy mess attendant, steeped in the segregation of the American South and the U.S. Navy. Yet as he rested in the tender care of a rural housewife, the course of his life, he said, was altered forever. Scarred in the crucible of racism, he vowed to live like the people who saved him. Profoundly touched and forever changed by the kindness of the residents of St. Lawrence, Newfoundland, Mr. Phillips went on to become the Navy's first black sonar technician and vowed to do everything in his power to repay the kindness he had experienced, eventually donating enough money to St. Lawrence for them to build a children's playground and set up a scholarship for children of St. Lawrence.

Mr. Lanier's 25 year Naval career included assignments on board ships such as the USS Truxtun, USS New York Acorn 26, USS Wren, USS Chambers, USS Grand Canyon, and the USS Yosemite. His shore stations included Jacksonville, Florida, Corpus Christi, Texas, and Fleet Sonar School in Fey West, Florida. He also served during the Korean Conflict in the Korean Theater 1950 - 1951. Mr. Phillips humble beginning as a Mess Attendant when he first joined the military forced him to overcome many obstacles in order for him to advance in his career and retire as a First Class Sonar Technician E6.

Mr. Phillips was also a "renaissance man," being active in the Civil Rights Movements. He walked with Dr. Mar-



tin Luther King Jr. including the famous march in 1963 in Selma, Alabama.

After his military retirement, Mr. Phillip's worked for Edgerton, Germehausen & Grier, Inc. in Wellesley, Massachusetts, as a technical specialist in Oceanography. Now a resident of the AFRH-G, Mr. Phillips travels the country sharing his many experiences with school children, churches, and military communities.

In 2002, Mr. Phillips appeared on NBC television "Today Show." He has also been interviewed on National Public Radio and has been interviewed by many national newspapers about his life in the Navy and Civil Rights. One of Mr. Phillips most impressive awards has been his Honorary Doctorate Degree bestowed upon him on May 27, 2008, from Memorial University, Newfoundland St. John's, NL CANADA.

On September 16, 2010, the U.S. Navy presented Lanier W. Phillips with one of its highest honors, the "Lone Sailor Award." The Lone Sailor Award is bestowed upon Navy veterans who have distinguished themselves in their respective civilian careers while exemplifying Navy core values of Honor, Courage and Commitment.

Earlier this month, The Honourable John Crosbie, Lieutenant Governor of Newfoundland and Labrador and Chancellor of the Order of Newfoundland and Labrador, announced the most recent individuals to be inducted into the Order of Newfoundland and Labrador. Mr. Phillips was named and will be inducted as an honorary member into the Order of Newfoundland and Labrador next month. The Order of Newfoundland and Labrador is the highest honour of the province and recognizes individuals who have demonstrated excellence and achievement in any field of endeavour benefiting Newfoundland and Labrador and its residents in an outstanding manner. The first investiture took place in 2004.

Notes from the AFRH-G

Chairman, Resident Advisory Council



August 2011 has been another GREAT and busy month. The Resident count is now 495!!!

The 7th of the month, Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESS," Sunday Brunch with Champagne, Mimosas and Poinsettia's! Fun was had by all especially with "Music by Goldie!" Another BIG, BIG Thank You to "Goldie!!!"

More Great News!! The AFRH-G has started the long awaited wiring of the first floor for cell phone signal boosters. Work is scheduled to be complete by the end of the month. Many of the residents have been patiently (or not) waiting for the ability to make and get calls on our cell phones while on the first floor.

Now some notes from the Military Memorabilia Committee. The Committee has been working with the items of Military Memorabilia which were retrieved from the storage facilities at the CB Base. They had graciously stored items for the AFRH-G after the Katrina Hurricane. Many of the residents said there must be more items stored, but none were found. Just a couple of weeks ago, there were more cases discovered stored in another secure storage area at the CB Base. Those cases have been delivered to AFRH-G and are in the Military Memorabilia area. In the weeks ahead, the Committee will be sorting through and deciding the best area to display a part of our history. Also, note the Ground Breaking Shovels from this and the old Navy Home on display in the ground level entry area. Thanks again, to the Military Memorabilia Committee!! A Special THANKS to Mary Kay Gominger for displaying the Military Uniforms in the Lobby Foyer---makes us look like we are associated with the military, thanks Mary Kay!!

The Resident Advisory Council met on the 9th of August 2011. Some of the actions taken were:

ANNOUNCEMENTS:

-Transportation, COTR, Bob Brown, briefed the Council on the new carwash and the new transportation schedule.

-RAC has been temporarily stopped from selling any items until it has been cleared with the NEX system.

-New Resident James Stockstill is donating books and placing them in all the dayrooms on the floors, thanks Jim!

OLD BUSINESS:

-RAC received updates on all Committee Chairpersons.

NEW BUSINESS:

-RAC approved floor rep appointment, Carroll Harding C-8.

-RAC reviewed the Monthly Financial Report for June 2011.

-RAC approved no Bag Pipes playing at monthly Birthday Nights.

-RAC did not approve paying Great Southern Golf Course fees for Residents.

-RAC did not approve paying for rocking chairs for smoking area.

-RAC discussed carts for each floor; Jim Livingston will speak with Casinos for donations.

-RAC approved converting copier in the Library to a Color and Black/White Copier.

-RAC reviewed and recommends approval of Resident Fund Budget for FY2012.

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

Enjoy!!

Bill Parker

Residents wishing to attend the upcoming 9/11 Memorial Service at the Seabee Base please sign up in the Admin Office. Transportation will be provided.

AFRH-G August Activities

A Day of Paradise in Gulfport

Tropical decorations and Hawaiian Music filled the dining area at AFRH-G. With a few signature items on the menu, the dining halls were transformed into a tropical get-a-way for a few hours. Recreation Staff provided Beer & Wine to residents while they enjoyed their tropical feast. Amid the Hawaiian decor the residents, who were decked out in their tropical attire, enjoyed music provided by Goldie during the event. Later that day the Afternoon Liberty Call Dance became another tropical paradise with festive music and Hawaiian Leis for everyone. It might not have been Hawaii but it was our own little piece of paradise at AFRH. In Assisted Living, residents enjoyed Hawaiian Folk Music and were entertained by the festive staff.



From left - Ray Mulvahill, Adelina Hay and Yorda Hay enjoy the luau festivities held at the AFRH-G on Aug. 19.



Enjoying a trip aboard the Creole Queen

A bus of residents took to the mighty waters of the Mississippi aboard the Creole Queen from New Orleans, La. Residents ate authentic cajun cuisine and enjoyed the sight and sounds along the banks of the Mississippi River. After a brief visit to the Chalmette Battlefield where the historic Battle of New Orleans took place, the classic riverboat returned to port concluding the 2.5 hour trip.



Members of a unique sports team along the Mississippi Coast paid a visit to AFRH visiting with residents in Fiddler's Green on Aug 20 and promoting the Mississippi Roller Girls. Residents were invited scheduled to attend an upcoming Roller Derby event held at the Harrison County Skate Center. Team members and residents had a lot of fun talking about the sport and even partaking in some karaoke.



Members of the Mississippi Coastwatchers stopped by AFRH-G on Aug. 13 to visit with residents and show off their antique military vehicles. Some residents were even taken on rides in the vehicles.

Clothing Store has something for everyone!

By Adelina Hay, Volunteer Coordinator

Here at AFRH, there is a hidden treasure in our Chapel, the Clothing Store! Initially, there were no plans for a clothing store when the home opened last October, but after a number of residents asked about donations of clothing as well as if there would be a store, Recreation took on the challenge!

We started off with just a couple racks, two volunteers and the clothing that the newly arriving residents didn't have room for, to make a nice little inventory to kick it all off.

Since we started, we have gone from 2 days a week to 5 days a week that we are open, and so many clothes, we don't have the racks for them! We also have shoes, handbags, blankets, ties, etc.

The group of dedicated resident volunteers Ray Gischia, Solon Goodno, Mary Nelson, Buzz Bazylewicz, Clayton Hiss Donald Bourque, and the clothing store manager, Jack Faughn. Jack along with the other volunteers, have spent a lot of time organizing and sizing the clothing. Jack also spoke with Hansboro cleaners, the business that handles the dry-cleaning for the residents here, and they are now donating their unclaimed clothing to the store! After the clothing comes in and has

been in the store for over a month, the volunteers go thru the clothing and take out items that they feel are not appropriate or have been in the store long enough and place the items in a box for donation to Catholic Charities thru Father Uko. This is one way that we can give back to our community as well as serve the residents here.

All clothing at the clothing store is free for residents. You enter the clothing store on the east side of the chapel and sign in. Each resident make take 5 items per visit to the clothing store. Residents may also donate clothing items as well as items or furniture you feel might be useful in the store. If you would like to donate something, you can put the items in the 2nd floor trash room for pick up by other volunteers. If it is an item too large or heavy for you to carry, please call Adelina at 228 897-4417. We will also be having a shopping day event, one for women and one for men, in the month of September, so make sure to check your calendars and save the date!

CLOTHING STORE HOURS

MONDAY - 0830-1130

TUESDAY- 0800-1200

WEDNESDAY- 0730-1130

THURSDAY- 0800-1100

FRIDAY- 0800- 1100

Clothing store volunteers (from left) Ray Gischia and Jack Faughn put donated clothing items out on display. The clothing store is for all residents so stop by and see what's available. The price is right - it's free!



Bennie's Bell Peppers

Submitted by Susan Bergman
MT-BC, Recreation Services

The peppers were planted, the nurturing began, the wait was on...at last - the picking began - Bennie's Bell Peppers were primed and ready. On August 3, the kitchen was on fire (not literally) - commands were given! You could hear Bennie saying, "pack 'em down...no the back of the spoon...pack 'em down...get that dirty rice in there...no you're doin' it!" The dirty rice was made, peppers were stuffed, and the sparks were lit for a delicious delight! Residents on Valor Hall lit up with one bite of the bell pepper treats.

Recreation Therapy Assistant Robert Granvle checks out a bell pepper growing in Bennie's garden in Valor Hall.



Valor Hall Goes to the Mall!

Submitted by Susan Bergman, MT-BC, Recreation Services

With a morning and an afternoon trip, Valor Hall / Assisted Living residents enjoyed picking their favorite time of the day to visit Edgewater Mall. On Friday, July 29, residents were accompanied by resident volunteers, outside volunteers, and Keels Air Force Base Volunteers for a day of visiting, window shopping, museums, and ice cream. The Maritime Seafood and Industry Museum located inside the mall was a treat!

Residents enjoyed seeing various boats and learning about the oyster industry & history in Biloxi. Many of Martin Marlin's amazing wood carvings were on display, too. Martin Marlin is known on the coast for creating wood carvings along the beach highway that transformed the damaged trees from Hurricane Katrina into healing art for hope. At the end of each trip, all gathered for ice cream and were even joined by a cow - chuckles abounded!



Residents of Valor Hall have lunch at the food court during a recent trip to Edgewater Mall.

Don't Miss the Labor Day Picnic

Friday, Sept. 2 11:30
Liberty Call 2 - 5 p.m.

AFRH-W August Activities

The ultimate tropical getaway

By Nicole Chappell/Michele Bailey

Think Hawaii and you think of the ultimate tropical get-away - beautiful weather, gorgeous beaches, exotic food and drinks, relaxing music and entertainment. On Friday August 19th, AFRH celebrated our tropical getaway inside the Sherman Dining Hall. Although, the event took place indoors, the terrain made it seem like we were on a tropical island. There were plenty of food and dessert choices such as lemon chicken, Hawaiian shrimp, sweet and sour pork, tropical fruit and Petit- Fours. In addition to beer, San-

gria was served to set the mood

The guests in attendance were also entertained throughout the evening with a band and dancers. The band played several Hawaiian selections while the Hula/ Polynesian ladies dangled their hips to the music. However, audience participation was necessary during this event, sitting was not allowed. The residents and guests learned how to dance and greet people in the Hawaiian culture. We also learned how to move our hips in a circular motion just like the Hawaiian women.

Special thanks to Michele Bailey for all her assistance planning this event. In addition, to the Airmen Leadership School out at Andrews Air Force Base, Mary Catherine, Susan Chubb, Reggie Ragland, Mr. Snow, and Dining Hall staff. Until next year, Aloha!



Johnnie Powell enjoys the luau held at AFRH-W on Aug. 19.

Poker and Black Jack tables hot spots at KHC Casino Night

By Carol Mitchell, Recreational Therapy

Blackjack! Poker! Roulette! Spin-The-Wheel! On July 26 approximately 60 residents of King Health Center enjoyed an exciting and fun casino night. Residents were given a set number of poker chips and at the end of the night the top six chip holders won wonderful prizes provided by the NCOA National Defense Foundation. Throughout the night a variety of prizes and gift cards were given out at all the gaming tables. The Spin-The-Wheel table which was operated by Recreation Specialist Sarah Kenan was a big hit... providing prizes to all who spun the wheel. The roulette table run by resident Bill Jenterra gave out gift cards to residents hitting their lucky numbers. Blackjack and Poker tables were the most popular of the night! The two poker tables which were playing five card draw gave out gift cards and plants to residents having pocket aces and flushes and the three blackjack tables also gave out prizes for all "21's." Recreation Therapist Amanda Jensema worked the refreshment stand which was enjoyed by all and included assorted chips, hot dogs, beer, and sodas. A special thanks to all the volunteers and nursing staff who made this event a success.

KHC High Chip Count Winners

- 1st - Paul Manno
- 2nd - Joseph Redding
- 3rd - Harold Shultz
- 4th - George Jackson
- 5th - William Palmer
- 6th - Margaret Tuck



A group of residents trying their luck during Casino Night held at King Health Center on July 26.

Perfect day for trip to Atlantic City

By Mary Catherine Murano

Thank goodness for AFRH'S Casino Nite held July 29th, organized and directed by Nicole Chappell. On August 20th, residents decided to up the ante and head north this time-to Atlantic City, that is. Led by a motorcade of motorcyclists, 27 residents from AFRH arrived just in time for lunch. Some headed to Morton's Steakhouse lured by the mouth-watering sign on the side of Caesar's, while others chose between the boardwalk, their favorite casino, and outlet shopping. A perfect day, I followed my buddy Pete while he set out on a mission to find his favorite jaunt from days past-the Irish Pub. Always reliable, and open 24/7, we had a great lunch delivered with exceptional customer service. Afterwards, we headed back to the boardwalk-and for the

next five hours, time seemed to evaporate as we enjoyed the sights, sun, and sand of a perfect Atlantic City day. I couldn't resist the famous dollar a minute A.C. boardwalk massage (believe me-I needed it - and that's coming from a licensed massage therapist!) worth every penny, while Pete visited the dollar store. After strolling a while along the boardwalk, our next stop was the Steel Pier Amusement Park. I can't BEGIN to explain how much fun we had-just check with Pete-if we weren't riding rides, we were watching everyone else enjoy theirs. Our recommendations: Ditch the Rocket and the Sea Dragon-guaranteed to surely lose your lunch-and head for the good ol' Rock-n-Roll and Disko; kind of like a buffet of rides, if you will. Make the Crazy Mouse your final destination-consider it a dessert of sorts-if you like yours flambé style!

The Wheels "They Are a Turning"

By Lori Thompson Art Specialist

On Monday, July 25th, residents enjoyed a pottery wheel workshop with first time volunteer, Colby Baughman. Laughter punctuated the hands-on demonstration and instruction. It was hard to determine who was having more fun, the Residents or Colby. Everyone commented on how much they enjoyed the workshop. Residents are now honing their skills in anticipation of his promised return. Colby starts college this fall but is committed to returning to work with the residents when his schedule allows.

Volunteer Colby Baughman demonstrates use of the pottery wheel for residents of the AFRH-W.



From a seed to the table

Stone Soup served up in at the garden

By Jerry Carter
Recreation Services

The residents and gardeners gathered once again for the 20th Annual Stone Soup Luncheon & Garden Judging contest. Sarah Kennon, our super chef, prepared a delicious stone soup. Not only was it fun for everyone, but it provided a healthy lunch for everyone. Yellow squash, green beans, cabbage, cucumbers, zucchini, all kinds of pepper, egg plant, lettuce, and spices combined with the special stone made this a flavorful feast!. Recreation services thanks Sarah Evans for her cooking expertise, co-workers, judges from the USDA-Fruit Lab, and all the residents who attended this event. Lastly, to all our 2011 gardeners for their effort and hard labor throughout the garden season. Congratulations to the following garden competition winners: First place- Hank Smith, Second place- Jessie James, & Third place- Chester Mahaffey.

What is "Stone Soup"?

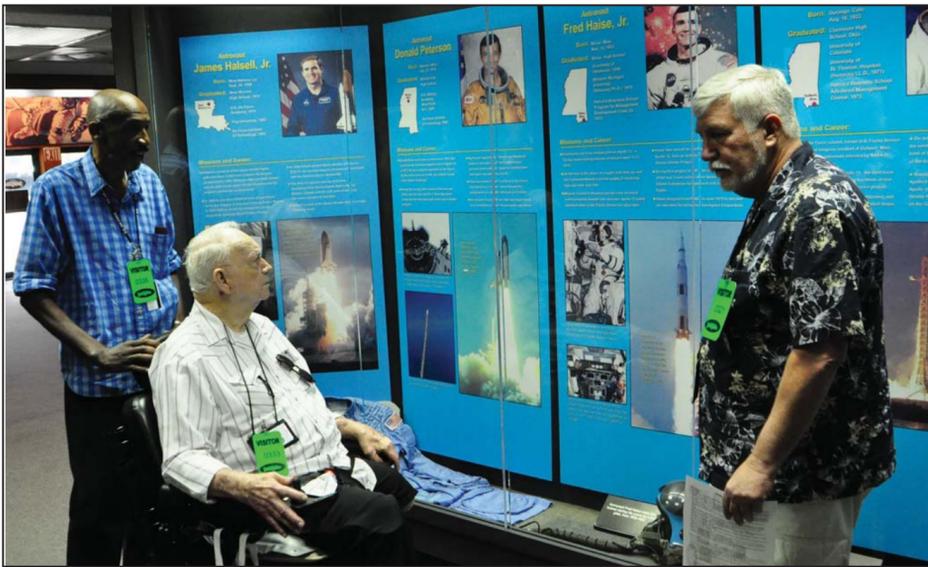
By Sarah E. Kenan, Recreation Therapy

Does everyone want to know the secret of the soup? First you start with a pot of water and broth, then you add a stone that you've scrubbed a lot. Is this the secret of the soup? Then you add all the vegetable's from the garden that you've grown. Add salt and pepper with some herbs. Could this be the secret of the soup? Let the soup heat through and through and let it brew. Finally you taste the soup and when it's done you share with everyone! This is the secret of the soup; to share it with everyone you love.

So on a hot Friday August afternoon the traditional Stone Soup was shared and enjoyed by our residents and staff. Not only was there soup, but delicious assorted sandwiches, fruit salad, chips, and homemade chocolate chip cookie bars, all washed down with cold ice tea. This was a nice gathering of residents and staff to share and remember what the secret of Stone Soup is.



David Watkins presents Hank Smith with first place honors in this year's garden growing contest.

In Gulfport, MS**Residents enjoy day trip to Stennis Space Center**

Jesse Self (center) reads over one of the displays at Stennis Space Center during the day trip residents took on Tuesday, August 23.



Joe Lavryk gets behind a space suit.



Resident Page Noe figures out how to work the controls.

In Washington, DC**Casino Night****Clark hits it big on playing slot machine**

By Mary Catherine Murano, Recreation Team Leader and Nicole Chappell, Recreation Specialist

On July 30th, cha-ching cha-ching was the sound of choice coming from the dining hall as residents once again enjoyed Casino Night. With 50,000 start up money, each resident set their sights on the grand prize of a trip of choice a \$1,200 value. Once the room opened and play began, residents enjoyed moving between such popular table games as poker, black jack, and craps. Competition was keen as residents tried to out think each other, outsmart the dealer, and in general, try their hand at luck. This was a great night for newcomers to learn a few tips from the dealers who were friendly folk from Vegas Times. This year, and back by popular choice, the slot machines saw steady play as residents dropped tokens reminiscent of days past. For those that preferred watching, there was plenty of table space to socialize and enjoy ice cold beer, wine and soda. Snacks served by volunteers from Washington Gas dressed in casino attire helped to make the night festive and fun.

Highlights of the night included Edward Clark's 3 million dollar win at the slot machines-some serious cha-chinging going on there!; Oohs and Aahs from the Money Wheel folks; all the residents who rolled lucky 7's on the craps table!; and

LaGarde resident's Robert Stevenson's mini jackpot win. Remember, next time you play roulette make sure it's with chips; you are only as good as Lady Luck will let you be, and, if you stay long enough, your luck is bound to change!!

This event once again would not be possible without the sponsorship and volunteer support we receive each year. We would like to give a special thanks to our main sponsor, the Non-Commissioned Officer's Association, National Defense Foundation for their continued generous support which covered the prizes. Thank you also goes out to The Chief Warrant Officer's Association for all of the door prizes and to the Washington Gas Volunteer Family



Russell Smith (Far left) along with fellow resident gamblers stare down the dice at the craps table.

for all that they did to make the event run smoothly.

This was a great success and everyone

had fun. Everyone is looking forward to next year's event. Till next time-Let Em Roll!

Congratulations to the Casino Night winners!!

1st place: Edward Clark, 2nd place: Emil Byke, 3rd place: Dallas Lamb, 4th place: Ralph Wineland, 5th place: Mary Taylor, 6th place: Johnnie Powell, 7th place: Jessie Hines, 8th place tie: Raymond Brown, 8th place tie: Robert Cavanaugh, 9th place: Robert Stevenson, 10th place: Billy White, 11th place: Roy Webb and 12th place: Catherine Deitch.

Gift Card Door Prizes were presented to Louis Damiani, Ralph Wineland, Neil Ferguson, Mimi Rivkin and Muriel Kuper-smith.

Resident volunteers Susan Chubb, Ruby Bloomer, and Billy White, deserve a Big Thanks for all of their behind-the-scenes support as well as time spent volunteering during the event. Lastly, thank you to the AFRH staff Michele Bailey, Steve Briefs, and the entire dining hall staff for all their involvement to ensure the success of this event.