



AFRH-W residents enjoying their evenings in England with Chelsea residents and guest.

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# NCOA Sponsors Residents Trip to England

By Hal Grant (W)

Through the generous support of the Non Commissioned Officers Association, four residents of the Armed Forces Retirement Home-Washington were able to visit the Royal Hospital Chelsea, the British counterpart of what was once know as the Soldiers' and Airmen's Home, the week of August 4-11, 2003. Traveling to London were MSG Kennard (KC) Collier, USAF. Ret., MSgt William (Bill) Jentarra, USAF, Ret., SGC Henry (Ski) Kwiatkowski, USA, Ret., and CPO Harris Bircher, USN. Ret. There were accompanied by AFRH-W staff member, SGM Hal

Grant, USA, Ret.

This was the fourth in a series of exchange visits between the two homes. In-Pensioners (as the residents of RCH are called) and a staff member, visited here in November 1999 and again last November, and four of our resident and the Associate Director, Resident Services Chuck Dickerson and his wife, Miko, traveled to England in July 2001.

There were four In-Pensioners who escorted the AFRH-W group from the minute they arrived until they saw us off at the airport-Tony Tremarco, Jim McGovern, Ralph Dickinson and Charlie Parker. The

host was Colonel Nigel Gilvert, a Captain of Invalids at the Royal Hospital with the great assistance of his wife, Maureen.

Among the attractions seen were Windsor Castle, Buckingham Palace, a Bandmaster Concert, Parliament, The Tower, the London Eye, a boat trip on the Thames and Sandhurst Military Academy where the AFRH-W residents marched on with the RHC In -Pensioners to applause from the reviewing stands after being announced.

# AFRH COMMUNICATOR

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

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

Editorial views and opinions expressed in these pages are not

necessarily those of AFRH or the leadership of each Home.

Please be aware that any mistakes in this publication are there for a purpose; we publish something for everyone and some people are always looking for errors.

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

## Letter to the Editor

I would like to commend Mr. Earl Maurice Farmer from the AFRH-W Maintenance Department.

I called the workshop to have someone put my bed back on the head block. It had slipped off when I moved the bed.

I told Maurice just to put the bed back on the short wood block which I had made for me here at the Home.

He said "no", putting the bed back on this same block would be dangerous, you could fall off and be injured."

Maurice said, "I'll go to the Carpenter shop and make you a longer and safe block." I expected a wait of three to four days at least. Maurice completed the project in a few hours which is very efficient. Maurice was very kind and courteous during the entire time.

I certainly appreciate his concern and help.

Thank you,

Katherine B. Kinney  
AFRH-W resident

## AFRH-W Editors Column



### Letters to Editor

For many years the "Letters to the Editor" column(s) have been enjoyed by many residents. After speaking with our Director, Captain Jerald Ulmer, and hearing his thoughts on this subject. While generally the column is not abused, there are always a few miscreant. Therefore, I will reiterate previously published guidelines for letters to the Editor. With two campuses, it becomes necessary to define the term "Editor."

Until such time as our comrades at ARH-G choose to designate an editor there is only one editor. This is not by design.

(1) A Letter to the Editor expresses the opinion of the writer and does not necessarily represent the views of the Armed Forces Retirement Homes.

(2) All letters must be signed, however, names will be withheld on request.

(3) A letter to the editor will not be used to abuse or attack any resident.

(4) A letter to the editor will not be used to abuse or attack any employee. No one has to apologize for doing their job.

(5) Should a letter express a grievance, real or imagined, we expect a suggested solution to be oart if it. It will then be referred to the person or department responsible and their response will be published in the next issue of the AFRH Communicator.

I have noticed a decline in the number of letters to the editor. It is your right to have an opinion. T here is no reason for anyone to fear writing a letter. Many of our comrades have fought and died for the right of "Freedom of Speech and Expression." This is another avenue which may be used to dispel rumors and achieve understanding.

I wish to express my appreciation to all who have contributed to this newspaper's production. It would not be a reality without the efforts of residents and staff of AFRH-W and AFRH-G.. We have a great newspaper this time around. Enjoy **your** newspaper!

**AFRH NEWS**

# Message from the Chief Operating Officer

On September 16 & 17, 2003, I met with the Home's senior leaders to discuss each AFRH program and initiative which impacts our two facilities. It was obvious from our discussions during this two-day session that CDR Paul Soares, USN, (AFRH-W) and

Lt Col Wendy Van Dyke, USAF, (AFRH-G), our new Deputy Directors, bring a wealth of knowledge and desirable skills to their positions. Residents should feel very comfortable in knowing that their senior leaders are true professionals who understand the Agency's mission and who are committed to making the AFRH vision a reality.

We are blessed with leaders who are resident focused, and I sincerely look forward to working with these energetic individuals as we move out on implementing our new operating model.

I would also like to take this opportunity to personally thank the staff and residents who contributed in so many ways to "accommodate" our unwelcome visitor - Isabel! Overall we faired well. We did have some tree limbs down, and some minor damage, but we all need to be thankful that we didn't have any injuries or loss of life. Prior to the storm, CAPT Ulmer and CDR Soares assured me that they were ready for any and everything, and I think we all owe them a sincere thank you for having the right staff members in place to take care of this emergency situation. A special "thank you" also goes to the staff members who spent the night on campus and to those staff members who went the extra distance to ensure our residents' safety and comfort.

TIMOTHY C. COX



CMDR. Soares and Tim Cox attend CAPT. Ulmer's All Hands meeting in the Scott Theater at AFRH-W.



Happy Birthday U.S. Air Force! CAPT. Ulmer joined AFRH-W residents and staff during the recent birthday celebration.

# GULFPORT NEWS

## Office of the Director

### The AFRH Campuses Best of the Best

Our aspiration as a collect is to serve you better. We are confident that our campuses have no equal. In numerous side by side "price to service comparisons," we're enviable in the continuing care retirement community market. We are number One.

Surely, industry leadership in any category is impressive. Our quest is not only distinction but absolute superiority in quality for every service feature. We offer the most comprehensive range and depth of life enriching activities for your dollar in combination with others who contribute in your behalf

We're convinced that our market-place prominence is also a direct result of having a staff genuinely committed to it's patrons...YOU! Responsive and trustworthy are also among the additional reasons AFRH becomes the choice of the military family. We "covet" the opportunity to serve each of you. We are always delighted to hear from each of you; it keeps us connected. Thank you for choosing us!!!

CAPT Jerald Ulmer

### New Resident Council Chairman

AFRH-G elected a new Resident Counsel Chairman. After many years of campaigning, Mr. Joseph (Donald) Hernich has become the new Chairman and will relieve Mr. Pete Louque in October 2003. Congratulations Don!



New Chairman Don Hernich

### Terry James Retirement

By Robert Mears (G)

What can we say about someone that all of us have grown to know and love?

He was always there when needed. He would stop whatever he was doing in order to answer a question or just chew the fat. I personally do not know of anyone that didn't respect and care for Terry.

From 1992-2003, Terry was directly involved in the admission of over 1600 residents. He was always quick to volunteer - especially when it was to enhance the quality of life for the residents. He always worked closely with our student interns that came to help us.

He has two favorite pastimes: Pinochle and Golf. Prior to coming to work here, Terry was the Office Manager for a steel working company.

Terry, you will be missed by a lot of people. We wish for you only the best in life. So, "Fair Winds and Following Seas.."



A great man sharing his thanks with us.



Terry and Skeet Powers reminisce over a good moment.

**WASHINGTON NEWS**

## Office of the Deputy Director

Well, we survived Hurricane ISABEL in superb fashion thanks to a little bit of luck and a superb effort by our support staff. Thanks to all our many staff members who braved the weather to provide care for our Residents, staffed the dining hall so it remained open past midnight, and worked so hard to clear roads and make needed repairs! We lost 11 large trees and suffered the most damage when a tree fell onto a carport and privately owned vehicle here on campus. Overall, we were very fortunate to have retained power throughout the storm, especially when you consider how many people went without power

for several days after the storm. Given the strength of our buildings and disaster preparedness plans we have in place, it's safe to say the AFRH-W campus is a safe place to be when a hurricane hits!

As we enter into the new fiscal year, we will all face a year of much transition. We are working hard to reduce costs while maintaining and even improving service to our Residents. These changes are necessary for several reasons, but that doesn't mean they will be easy to do, especially for anyone impacted in a negative way. As with so many things, including Hurricane ISABEL discussed above, it seems worse

beforehand and even frightful when you are going through it, but then the storm passes and we all recover and move on with our lives. We will see these changes through together and years from now, each of us will look back and hopefully, nearly all of us will be better off for them.

As the next several months go by, I plan to get out and see our staff members and Residents as often as possible. I look forward to seeing staff members out on campus doing what they do best, supporting our Residents!

CMDR Paul Soares



Top left: Ron Simth receives the 3rd place award in the Garden Judging from CMDR Soares.

Top: Colonel Arnold Smith shakes hands with Frank Gannon before his farewell to residents and staff.

Left: Home residents Anne Munzer and Ed Woessner enjoying the Stone Soup with friends and fellow residents.

# HEALTH NEWS

## Ten Million Americans Suffer From Osteoporosis

### National Institutes of Health (NIH)

According to the National Institutes of Health (NIH), ten million Americans (80-90% of them women) are known to suffer from osteoporosis. In addition, an estimated 18 million women with low bone mass have yet to be diagnosed or treated.

Even though osteoporotic fractures are more common in women than heart attack, stroke, and breast cancer combined, many physicians do not consider osteoporosis a leading diagnostic priority. A recent large study in New England noted that less than 10% of all clinicians, regardless of specialty ranked bone density as the first or second most helpful screening test (in relation to blood pressure, cholesterol, mammogram, thyroid, PSA and stool testing). GYNs were more likely to rank osteoporosis screening as a priority (50% of GYNs vs 13% of internists and 10% of family physicians).

In another recent study, only 20% of older women who sustained fractures were given a bone density evaluation by their health care practitioner.

### What Is "...bone density"?

Bone is dynamic, always being built up, always breaking down. Bones have a central matrix or "cortex" that maintains their strength. New bone is always being made by cells called osteoblasts, and older bone broken down and metabolized by cells called osteoclasts. In with the new and out with the old! The idea is to build up enough new and not lose the old!

### How to Build New Bone and Prevent Loss

The most important element in bone metabolism and whether or not you'll get osteoporosis is genetics. But, since there's no cosmic way I'm aware of to modify your genes, let's stick with what we know.

To build new bone you need 3 things: protein (from food); calcium and vitamin D (and maybe magnesium) from

food or supplements; and exercise (to mobilize the calcium). Calcium requirements are approximately 1200 mg per day under age 60 and 1500 mg per day over 60/65. Vitamin D 800 I.U. per day and magnesium maybe 600 mg (although not absolutely necessary). Dietary sources of calcium include milk and yogurt (+/- 300-400 mg/cup), broccoli, collards, bok choy, kale, sardines, and tofu with calcium sulfate (200-300 mg/serving). "Older" (over 70/75) people should pay particular attention to protein, calcium and vitamin D intake.

Bone loss rates are very much up to genetics, but sex, age, and mineral supplementation play a large part. Women, who have an abrupt cessation of estrogen production at menopause, lose bone faster than men, who experience a much slower tapering of their testosterone levels as they age. Both estrogen and testosterone help prevent excessive bone loss.

Other compounds that may be utilized for bone loss prevention include the SERM (Selective Estrogen Receptive Modulator) raloxifen or Evista. "SERMs" are compounds that "look like" estrogen to the bone (and occupy estrogen receptors), while acting like an anti-estrogen in the breast.

A class of compounds called "bisphosphonates" (Fosamax, Actonel, Didronel) also help prevent bone loss and have no hormone-like actions.

Testosterone and DHEA may also be helpful in preventing loss.

The best way to treat osteoporosis is to prevent its occurrence! Once it has occurred, however, it is of paramount importance to stop it in its tracks and hopefully reverse the loss. If the situation is severe, a combination of two methods may be helpful. If it is quite severe and/or you've already sustained a fracture, a new

daily injectable medication called Forteo (synthetic parathyroid hormone) is the very best to reverse loss. Needless to say it is extremely expensive.

### Who is at Highest Risk for Osteoporosis?

Although anyone may develop bone density problems, Caucasians and Asians not ingesting a lot of soy are at increased risk, especially if they are slender. Smoking, excessive alcohol intake, sedentary lifestyle and, of course genetics (family members with osteoporosis) are risk factors.

Another significant risk factors are certain medications, the worst of which are steroids and some anti-convulsant medications. Individuals on long term corticosteroid therapy for rheumatoid arthritis, asthma, or other pulmonary conditions should take some form of protection.

Likewise, women who have (had) an eating disorder or very low BMI and have missed periods, or women who have taken Lupron or Provera over 6 months are at increased risk.

### Diagnosis (who should have a bone density)?

Anyone who is at risk should have a bone density determination. This may be via a peripheral (heel) screen or central DEXA (Dual Energy X-ray Absorptiometry). A calcaneus (heel) screen gives an idea as to whether you are "OK" or potentially low. If you are low, you will need a central hip/spine DEXA to determine your exact loss.

All women should have a peripheral screen at menopause, as should high risk individuals at a younger age. Women at significantly increased risk (2 or more risk factors) should probably have a DEXA, as should all women over 65. Every 2 years is an appropriate interval to follow the results of therapy (and for women over 65), although occasionally a greater or lesser interval is appropriate. New urine test (Pyrilinks, CTX, NTX) are also helpful in ascertaining bone loss.

Remember what your mother said: "an ounce of prevention is worth a pound of cure."

## RESIDENTS CORNER

# Welcome Home

## New Residents at AFRH-G

Robert Brooks USAF  
Parkersburg, W.Va.  
James Hardesty USN  
Baltimore, MD  
James Daniscsak USA  
Morristown, NJ  
Godfry Slimmer Jr. USA  
Millville, NJ  
William Adams USMC  
Johnstown, PA  
Joel Webb USA  
Elrod, AL  
M. Wabiszewski USAF  
Milwaukee, Wis  
Harvie Edwards USAF  
Goree, TX  
Walter Stevens USA  
Franklin, NJ  
James Williamson USN  
Centralia, IL

## New Residents at AFRH-W

Billie Lewis USAF  
Mead, OK  
Frank T USAF  
Port Huron, MI  
Terry Sawyer USA  
Norfolk, VA  
David Alley USMC  
Irvine, CA  
Garland Sanders USAF  
Riverside, CA  
Harold Farbarik USA  
Monroeville, PA  
Stephen Jennison USN  
Tampa FL  
Paul Root USAF  
Rancho Cordova, CA  
Dean Cuppette USAF  
Haymarket, VA  
John Joyce USAF  
France  
Robert Ward USAF  
Orlando, FL  
Warren Penney USN  
Bronx, NY  
John Thomas USA  
St. Louis, MO  
Frances Murphy USAF  
San Antonio, TX

# Campground Humor

Submitted by Byron Dennis (G)

A very proper lady was planning a week's camping retreat for her church group. In writing to a campground down here on the coast for reservations, and wanting to make sure it was fully equipped, she was too proper to write "toilet", so she used the term "Bathroom Commode". Still not comfortable, she decided to just use the initials "B.C.". The campground manager didn't know what "B.C." meant until one of his helpers suggested that it meant Baptist Church. So he sent this reply:

Dear Madam: The B.C. is located nine miles from the campground in a beautiful grove of trees. I admit it is quite a distance if you are in the habit of going regularly. No doubt you will be pleased to know that it seats 350 people at one time, and it is open on Tuesday, Thursday and Sunday of each week. Some folks like to take their lunch and make a day of it. The acoustics are very good, so everyone can hear even the quietest passages. It may interest you to know that my daughter met her husband there. We are also having a fund-raiser to purchase new seats, as the old ones have holes in them.

Unfortunately my wife is ill and has not been able to attend regularly. It's been a good six months since she last went. It pains her very much not to be able to go more often. As we grow older, it seems to be more of an effort, especially in cold weather. Perhaps I could accompany you the first time you go, sit with you and introduce you to all the other folks who will be there. I look forward to your visit. We offer a very friendly campground.

*HURRICANE ISABEL Score: 13 trees and 1 CAR. The trees belong to the Home and the car belongs to Chaplain Father Ed Walsh.*

*Photographs by George Lynch*



## HISTORY

### Memorabilia in Gulfport (Cannonballs)

By Nancy Littrup (G)

Upon entering the foyer of the AFRH in Gulfport, one will see two large round stone cannonballs from the 15th century, weighing 1,200 pounds each.

It is said that these are of Turkish origin and were obtained by Commodore J. D. Elliott, USN, at the Hellespont on the Adriatic side of the Dardanelles in the year 1838. "They were brought home in the U.S.S. Constitution and presented by him to the old Naval Asylum." This is the inscription on one of the two rock balls located at the front entrance, just inside the door. Bill Myers was curious enough to do some research about them and this is what he found. It is his belief that these artifacts were derived at that point in time.

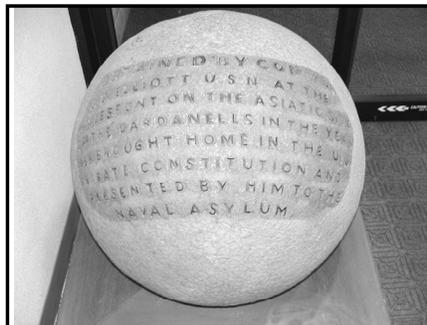
"The Battles That Changed History" by Fletcher Pratt (page 136) had this to say: "The supply of good blood in the Othmanli line seemed inexhaustible. By the middle of the fifteenth century the whole of the Balkans and Greece were Turkish and their fleets began to dominate the eastern Mediterranean.

One of the specific Excellencies of that Ottoman line was its ability to learn. It is not certain when and where they first encountered cannon - probably in the hands of Venetian sailors - but it did not take them long to discover that this invention covered the one technical weakness of an army essentially nomadic by habit and thought, its ability to handle siege operations. The new device was adopted with enthusiasm, and under the influence of the Turkish penchant for magnificence the Ottoman heavy artillery speedily became the best in the world. When Mohammed II reached the throne in 1451 he at once began casting enormous guns weighing twelve tons, by a Hungarian designer, that

could fire 1,200 pound stone balls up to 25 inches in diameter. Two years later he turned them on the greatest city in the world and knocked down the walls of the fort at Constantinople."



**Cannonballs by main entrance** - It is said that these are of Turkish origin and were obtained by Commodore J. D. Elliott, USN, at the Hellespont on the Adriatic side of the Dardanelles in the year 1838.



Donation of Cannonballs.

### Walter Anderson Centennial

By Byron Dennis (G)

The Old Capitol Museum joins the Walter Anderson Museum of Art in celebrating acclaimed artist Walter Anderson on the centennial of his birth by displaying his pottery, figurines and fairy tale linoleum block prints from the Old Capitol collection. The Walter Anderson Centennial Celebration opens Monday, September 8 and hangs through Sunday, February 1, 2004.

Anderson received his formal education at the Philadelphia Academy of Fine Arts and continued his study in Europe. He joined his brother Peter at the Shearwater Pottery in Ocean Springs and, during the years that he worked there, created a large body of work in clay - bowls, dinnerware, sculpture, ceramic molds and more. He was also a prolific painter, observing and capturing vivid images of the plants and creatures that he observed on his frequent trips to Horn Island. He expressed in his art and intimate, almost mystical relationship with nature. Anderson's delight with stories and books is obvious in much of his work, especially his popular fairy tale block prints and figurines. He died in 1965 at the age of 62. (We are fortunate at the AFRH-Gulfport in living just ten miles west of the Walter Anderson Museum in Ocean Springs. He left such an abundance of material that the exhibits are changed about every three months. It's difficult to imagine him rowing all the way out to Horn Island in a very unseaworthy-looking rowboat. Well worth your time to visit this museum!

°Thanks to the Mississippi Dept. of Archives and History

## METRO NEWS

# NFL Kickoff Honors Service Members

### Defense Link (DOD)

WASHINGTON D.C. - A little rain didn't deter thousands of military people and family members from staking out prime spots for the National Football League's kickoff concert on the National Mall Sept. 4.

The event, formally promoted as "NFL Kickoff Live 2003 From the National Mall Presented by Pepsi Vanilla," saluted America's service members and Department of Defense civilians. It was open to the public, but was designed to honor America's military forces, as part of Operation Tribute to Freedom, especially those who have participated in the global war on terrorism.

Army Reserve Staff Sgt. Philip Nelson, a respiratory specialist with the 865th Combat Support Hospital from Utica, N.Y., was one of the first to camp out next to the stage.

Nelson was dressed in his desert battle dress uniform, his boots caked with fresh mud. The week's rain took its toll on the mall's infield, leaving ankle-deep mud and puddles. But the noncommissioned officer had become used to navigating the slippery field. He arrived Sept. 1 to help as a volunteer with NFL Kickoff 2003, and decided to stay for the concert.



Nelson was dressed in his desert battle dress uniform, his boots caked with fresh mud.



The concert concluded with Aretha Franklin performing the national anthem just before the kickoff of the first NFL game of the season.

As a light rain began to fall, the staff sergeant who served in an armed forces hospital in Camp Doha, Kuwait, used a towel to wipe his brow.

"We just got back," he said. "We were there Dec. 2 (2002) until July 4 (2003). I wish our whole unit could be here. It's great that they're honoring the service members."

As a civilian, Nelson works for Oneida (N.Y.) Health Care. He said his employer, neighbors and community were very supportive while he was away.

He said he had support when he deployed during 1991's Operation Desert Storm, but it was "not like this." "I received a package almost every day, which put me in a little trouble with the other soldiers - but it was a good trouble," he noted.

"When I came home, there was a 'Welcome Home' sign on my house. The support has just been great," he added.

Army Reserve Pfc. Eric Ambler, a military policeman with the 447th Military Police Company, Akron/Zainesville, Ohio, said his employer also has been very supportive. Just back from working in a prison in Iraq, Ambler came to the concert with a group of service members who are being treated at Walter Reed Army Medical

Center here. The private first class said he was taken to a hospital in Germany, and then to Walter Reed after suffering from seizures. His fellow MPs, including his wife, Shannon, a specialist assigned to the company, are still in Iraq.

The young man's eyes teared as he said, "I wish I could trade places with her."

As for the concert, Ambler said it was a very nice event. "I just hope all the troops who come home will be treated just as well," he added.

As festivities got under way, Interior Secretary Gale Norton welcomed the crowd and encouraged guests to volunteer with the Take Pride in America Program.

While local band Good Charlotte from Waldorf, Md., appeared to have quite a following, it was headliners Mary J. Blige, Britney Spears and Aerosmith who drew the most applause.

Eleven-year-old Molly Brown, who attended the concert with her stepfather, Marine Corps Gunnery Sgt. Terry Loman, Company B, Marine Cryptologic Support Battalion, Fort Meade, Md., said she was there to see Britney, and wouldn't leave even if it rained harder. But as the concert kickoff approached the skies cleared and the pre-teen didn't have to make good on her boast.

Loman, whose unit provides intelligence support to troops on the front lines, called the concert an "outstanding" event. "It's great they're providing support and honoring the military, especially the guys up front."

The concert concluded with Aretha Franklin performing the national anthem just before the kickoff of the first NFL game of the season. Jumbo-sized monitors set up along the mall carried the national telecast of the season opener between the Washington Redskins and New York Jets at nearby FedEx Field. The Redskins won, 16-13, in the final seconds with a 33-yard field goal from former Jet John Hall.

AFRH-W

# Gardening — Sunflower Style

*Dedicated to our AFRH Gardeners who will try to grow the World's biggest tomatoes.*



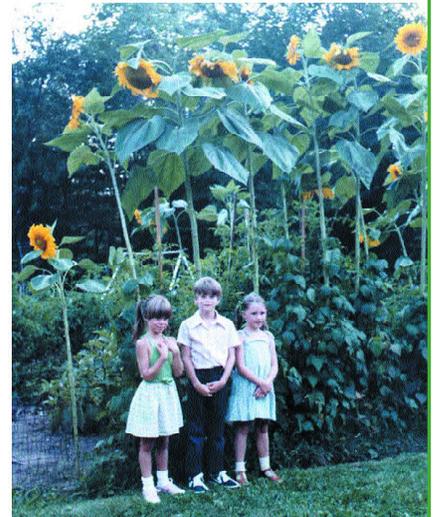
At first you might think these sunflowers were grown in Texas (*Everything's big in Texas.*), or perhaps Kansas, "The Sunflower State."

How Kansas picked the Sunflower? "<http://www.geobop.com/World/NA/US/KS/Flower.htm>"

Actually both photographs were taken in West Milford, New Jersey.

August 17 2003 – At left is Joan Hopper who says, "...I didn't know they would get so big. I just planted them because a friend told me they would help my beans grow..."

August 1983 – Joan's sunflowers create the background for three of the younger members of the Klan. Left to right are: Amy Hopper (5), Rob Hopper (7), and Jennifer Womack (5) a niece visiting from Florida. All the youngsters are grown and married now. The picture was taken for a story in a West Milford newspaper.



**Prospective Resident Gilbert (Gil) Doty, has a late entry to the "Fishing Derby"**

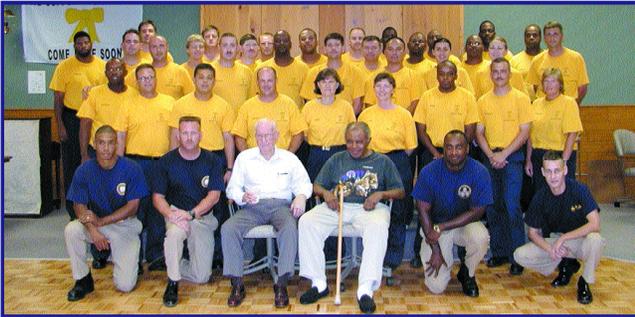


Above Prospective Resident Gilbert (Gil) Doty asks if we will accept a late entry in our Fishing Rodeo. Sorry Gil, you'll have to join our ranks and enter next year.

Left – Resident Butch Snee. He poses with the freindly birds while visiting the Torpedo Factory, an art colony in Alexandria, VA. The Navy really had torpedoes made there. See [http://www.robinsonterminal.com/history/old\\_town/default.htm](http://www.robinsonterminal.com/history/old_town/default.htm).

**AFRH-G SPECIAL  
EVENTS**

**Millington Chief Selectees**



Shortly after the Labor Day celebration, we had some more visitors. From Millington, Tennessee came 38 Chief selectees to spend the week with us. Millington is the new home for BUPERS. They were all over the place in their bright colored shirts. Fixing this, moving that, weeding flower beds and just about anything that would help us. They joined us at our meals and listened to all the stories that everyone had to tell.

Finishing the week was their farewell ceremony to us. Rousing renditions of all the favorite Navy songs were sung with gusto. And the Master Chief egged them on to "Sing it once again." Everyone enjoyed their visit and asked them to please come back again. Congratulations to all of you and may the fairest of winds blow you to the most exotic of ports.

By Robert Mears (G)

**AFRH-G Receives Donations From NCOA**

Dear Director,

I am most pleased on behalf of the NCOA National Defense Foundation to provide this grant award in the amount of \$13,120.00. The grant is intended for the following purposes:

Fishing trips and Recreational Programs \$5,000.00 and Theater Projection Equipment \$8,120.00

The Foundation appreciates your efforts to create optimal activities for the welfare of all residents of AFRH-Gulfport. There is no doubt that the continuation of fishing trips, newly created recreational outings, and soon "blue dot free" movies will further enhance the quality of life at the Home.

Sincerely,  
Executive Director  
NCOA National Defense Foundation



*"We Must Remember This - 'A Kiss Is Just A Kiss'"*



Fishing trip on the Gulf of Mexico

**AFRH-G  
SPECIAL EVENTS**



Left: Patriots Day colors Above: The Color Guard pauses while entering the auditorium.



**AFRH-G FALL GAMES:** The games were started many years ago and this year we had over 100 participants. Games included: Outdoor shuffleboard, basketball free-throw, Golf, predictability walk, Bocce ball, croquet, horseshoes, football/softball throw, relay races, darts, outdoor washer toss and table tennis.  
Above Ms. Rhea holding closing ceremonies. [More photographs on page 22]

**AFRH-W SPECIAL  
EVENTS**

## Resident Golf Tournament



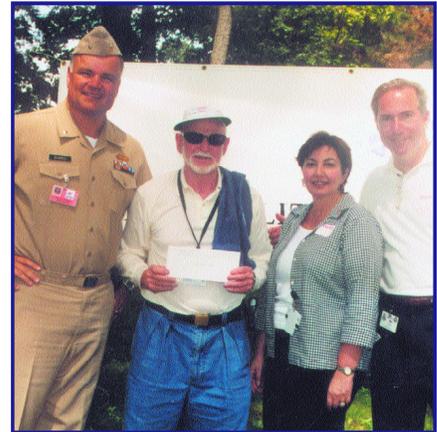
Home resident Joe Taylor receives his prize for Sierra Military Health Services Inc. staff and Cmdr. Soares.

### Final Results

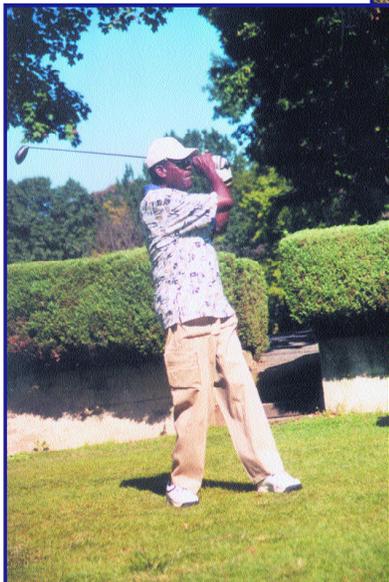
**18 Hole (Scratch)  
Club Champion**  
1st place: **KC Collier**  
2nd: **Joe Taylor**

**9 Hole (Calloway)**  
1st place: **Chuck Jones**  
2nd place: **Richard Heinrick**

**Most Accurate Drive: Mimi Rivkin**  
**Closest to the Pin (9 Hole):  
Rich Mansell**  
**Closest to the Pin (18 Hole):  
Joe Taylor**



New home residents John Anderson won a door prize from Sierra Military Health Services Inc.



Left: Teeing off with the big boys. Raymond Whitelow aims for the middle of the fairway on number 5.

Above: John Gree keeps his eye on the ball during this long drive.

Right: Club Champion KC Collier cuts his shot under a tree and onto the green.



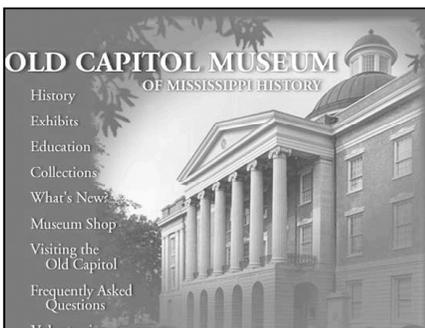
**COSTAL NEWS**

# Old Capitol Museum of Mississippi

By E. Byron Dennis (G)

The Old Capitol Museum is well worth stopping to see when going to or through Jackson. This was the State Capitol Building during and after the Civil War. As a bit of information "Capitol" is the building itself. "Capital" is the city. This building served as the Capitol until 1909 when the new Capitol was built, (also a very interesting building to tour). The old Capitol is on State Street, which was for many years U.S. Highway 51 through Jackson until the interstate system came along. Either the Pearl Street exit or the High Street exit takes you close to this building. The state fairgrounds lie between this building and I-55.

*°From the Mississippi Department of Archives and History*



A new permanent exhibit on the history of the state capital opens Tuesday, September 2 at the Old Capitol Museum of Mississippi History. "Mississippi's Capitals and Capitols" will explain the circuitous history of Mississippi's many capital cities and capitol buildings.

Throughout Mississippi's territorial period and well into statehood, the government lacked its own capitol facility.

Officials had to meet in rented space in the capital cities of Natchez, Washington and Columbia until Jackson was founded and selected as the state's permanent capital.

Even this designation did not create instant stability. Several attempts were made to relocate the capital and it took a constitutional mandate to secure Jackson's future as Mississippi's capital city. The Civil War caused more instability, as government officials were forced to flee Jackson on several occasions, moving temporarily to Enterprise, Meridian, Macon and Columbus. Three buildings have served the state's needs in Jackson. The first, built on the Corner of Capitol and President Streets, no longer stands. The second is the Old Capitol and the third is our current statehouse, the "New" Capitol, also a very interesting place to tour.



Visitors view "The Struggle for Equal Rights."

On display will be architectural elements from the Old Capitol and New Capitol, a legislative journal from the territorial period, historical photographs and clothing, and other artifacts.

# The Euro Currency

Submitted by Pat Patteson (G)

Some particulars of the European currency:

There will be 7 euro notes and 8 euro coins. The notes will be - 500, 200, 100, 50, 20, 10 and 5. The coins will be - 2 euro, 1 euro, 50 euro cent, 20 euro cent, 10 euro cent, 5 euro cent, 2 euro cent and 1 euro cent.

The designs of the euro notes are closely related to the historical phases that make up Europe's architectural heritage. Windows and gateways dominate the front side of the notes as symbols of openness and cooperation in the European Union.. The reverse side features a bridge from a particular age, a metaphor for communication among the people of Europe and between Europe and the rest of the world. The notes differ in size and their colors include shades of green, yellow, blue, mauve and orange.

The following are the relative values of the euro currency:

- 2 euro = \$4.00**
- 1 euro = \$2.00**
- 2 - 50 euro-c = \$1.00**
- 2 - 20 euro-c = 40 cents**
- 2 - 10 euro-c = 20 cents**
- 2 - 5 euro-c = 10 cents**
- 2 - 2 euro-c = 4 cents**
- 2 - 1 euro-c = 2 cents**

## FROM THE TOP

# Military Service Members Making a Difference In Iraq

### Defense Link (DOD)

**San Antonio, Tx.** - American service members are making "an amazing difference" in the lives of Iraqis, Air Force Gen. Richard B. Myers said Aug. 25.

Speaking at the annual Veterans of Foreign Wars convention in San Antonio, the nation's top military leader said the deaths of Saddam Hussein's sons Uday and Qusay sent a message to the Iraqi people that America is not going to let a similar regime back in power.

The chairman of the Joint Chiefs of Staff told the veterans and their families that while major combat operations are over, the coalition is still on the offensive in Iraq to root out the former regime loyalists. He said U.S. troops participate in more than 2,000 patrols "day and night" in Iraq. They have targeted "the Fedayeen Saddam, the Baathists, the criminals, as well as foreign fighters and jihadists and everyone else who wants freedom to fail in Iraq."

The chairman said he was encouraged by a recent visit to Iraq. He detailed how the coalition has recovered thousands of tons of munitions, including rocket-propelled grenades, surface-to-air missiles, mortars, rifles and other weapons. He said many of these weapons were stored in schools, hospitals and mosques.

If you remember that deck of cards (designed by coalition forces to identify the 'most wanted' members of Saddam Hussein's regime), we've now captured 42 of the 55 faces that were in that deck of cards," Myers said.

The death of Saddam's sons sent a particularly important signal to the Iraqi people. "That signal is that we will not let

Saddam or his supporters bring back the reign of terror," he said. "The Iraqi people understood that. In fact, right after those two despicable people were killed, the number of Iraqis coming forward to report former regime loyalists and weapons caches increased dramatically. They frankly weren't afraid anymore."

Myers said Saddam Hussein left a horrible legacy to the Iraqi people: fear, corruption, a crippled economy and a badly deteriorated infrastructure. "In a matter of just a few months, America's sons and daughters ... are making an amazing difference in the lives of this newly liberated land," he said.

Myers told the veterans more than 30,000 Iraqi policemen are working to establish law and order in Iraq, many of them being trained by U.S. forces with ethics as part of the training regimen. Hundreds of Iraqi courts are up and running, and U.S. military lawyers are advising the Iraqis on how to conduct fair trials.

Most banks are operating, and the Iraqi Central Bank is now paying salaries to police, schoolteachers, hospital staff, petroleum workers and other key people.

Our forces helped deliver more than a million tons of food and thousands of tons of medical supplies," he said. "Of course, there are still many challenges and much room for improvement, but there is no food or medical crisis in Iraq despite dire predictions."

Almost all of Iraq's hospitals and clinics are treating patients. "Our forces are providing security for many of them and some, sadly, have lost their lives defending these medical facilities," he said.

Almost all the schools are open

again. U.S. forces are helping to repair and rebuild many of the schoolhouses. "(The schools) are now being used for education instead of storing weapons, and education is not being taught with a Baathist agenda any more," Myers said.

U.S. troops are working to restore bridges, rebuild or dig wells, rescue homeless children from the streets and help at medical clinics. "There are more than 5,000 different projects that our troops have done while at the same time they are trying to bring security to Iraq," Myers said. "Every day they go beyond what is asked of them to find new ways to make things better. Character and compassion ... are just as much a part of the American armed forces as courage and combat capability."

But international terrorists still are adapting to counter U.S. tactics. "They are still very shrewd, and they are still evil - as we witnessed less than a week ago with the bombing of the U.N. headquarters in Baghdad and the bus bombing in Jerusalem," Myers said.

The Defense Department is working to examine the lessons learned and will configure the military to best fight the al Qaeda and other terror groups. "We owe it to our nation to stamp out this terrorist that is so contemptuous of the innocent both in America and abroad," he said. "We're as focused and committed as we can be, and there should be no doubt that we will not fail in our mission."

**MILITARY  
NEWS**

# Remembering 'El Alamo'

**Defense Link (DOD)**

**FORT BRAGG, N.C.** - The Texas flag that flew over the Alamo in San Antonio during last year's Sept. 11 remembrance ceremonies has added more history to its legacy.

The flag, returned this summer for permanent display where a small band of Texas volunteers defied Mexican dictator Santa Anna's army of thousands for nearly two weeks during 1836, now boasts seven months of battlefield duty in the war on terrorism.

The odyssey began when Army Sgt. 1st Class James Michael Mauldwin of the 7th Special Forces Group here learned his unit was about to deploy to Afghanistan. Mauldwin began searching for small Texas flags to put on his team's vehicle antennas. When his search came up short, the Alamo Society stepped in. The society offered

Mauldwin and his fellow soldiers in Special Forces Operations Detachment-A 762 eight small Texas flags, as well as full-size U.S. and Texas flags that flew over the Alamo during ceremonies recognizing the first anniversary of the Sept. 11, 2001, terrorist attacks.

After deploying in late September 2002, the team officially raised the Texas flag over its firebase, which was dubbed "El Alamo." The firebase, within two kilometers of the Pakistani border in Afghanistan's Paktika Province, saw heavy action during the next 56 days, receiving more than 59 rocket attacks.

When the firebase was closed in mid-December, Mauldwin transferred the colors to his vehicle for a seven-day journey to Kandahar. From there, the flag accompanied the team to Helmand Province for a special reconnaissance mission, then into Zabol province for an unconventional warfare assessment mission in January.

The "El Alamo Battle Flag," as it came to be called, flew once again from Mauldwin's vehicle when the detachment, along with six other special forces detachments, moved into Baghran Valley in Helmand Province the next month. Two days

into the reconnaissance mission, the soldiers were ambushed and engaged in a 43-hour battle.

About a month later, the flag -- by then well known by U.S. forces throughout Afghanistan -- accompanied the team as it returned to Kandahar to prepare for re-deployment to the United States. On April 13, El Alamo was honorably retired after seven months of combat duty.



The Texas flag that flew over the Alamo in San Antonio during last year's Sept. 11 remembrance ceremonies has added more history to its legacy.



The "El Alamo Battle Flag," as it came to be called, flew once again from Mauldwin's vehicle

This summer, Mauldwin and three of his children returned to San Antonio to return the flag to the Alamo Society administrator.

The flag began its journey at the Alamo, and it's only fitting that its story should end there," he said. "The flag represents not only the men, women and children who died on Sept. 11, but also the Green Berets of the 7th Special Forces Group and their dedication to protecting freedom and freeing the oppressed around the world."

The flag [left] is now on permanent display at the Alamo. More Alamo photographs: "<http://www.watermelon-kid.com/history/alamo/alphotos.htm>"

## RESIDENT'S DESK

### Joe's Casino

By Joe Salerno (G)

Owning a casino can be a lot of fun or it can be one big headache. Every day you have to be on the lookout for the one person who will try to cheat you. I have cameras and a good security force all over the casino. So far I have been lucky enough to prevent anyone from cheating me, I think. Well, maybe I was cheated one time, I'm still not sure. Let me tell you what happened.

One day a kindly faced old lady ran up to one of my security guards holding a slug between her fingers and yelling, "What did I win?" When the security guard spotted the slug, his eyes widened. He said to the kindly faced old lady, "You better come with me." He brought her to my office and told me about the slug. I took a look at the slug and saw some funny marks on it and wondered how it got passed thru my slot machine. In the mean time, the kindly faced old lady kept yelling, "What did I win?" I told the kindly faced old lady, "This slug is illegal and the only thing this slug will win you is a long jail sentence." She put her kindly old face about one inch from mine and said, "Young man, don't you try to cheat me out of my winnings. If you don't give me what I won I will call the police." I saw I was not going to get anywhere with this kindly faced old lady so I said, "Yes, you did win something. You just won 50 dollars." She jumped with joy. As I walked her to the door I gave her a new, crisp 50 dollar bill and I said to her, "If you ever get a slug from one of my slot machines give it to me and I will give you 50 dollars." She promised and left.

I walked back to my desk thinking I better examine that slug and see if I can find out how that slug got passed thru my slot machine. I knew I had put that slug on my desk, but I could not find it. I searched the whole office and could not find the slug anywhere. Then it hit me - the kindly faced old lady stole the slug. Was I taken!

### Train of Thought

Submitted by "The Ole Salt" (G)

While sitting here trying to cope with this electronic monster, I said to myself, "I'll never fathom this confounding apparatus." This changed my train of thought; it doesn't take much to do this. Although the word FATHOM is used as I used it in the last sentence, it really is a unit of measurement. Used nautically, it is primarily a measure of the depth of water that your ship is sitting on, which changed my chain of thought again. See, I told you it didn't take much. This time I thought about, of all things, A CHINESE FIRE DRILL - how it got its name. Any evolution on board ship that does not go as it should is said to have gone like A CHINESE FIRE DRILL....

This is how that came about. Some years ago a Chinese pirate; there were a lot of them in those days, was returning to port after a long and very successful tour at sea. As every good pirate knows, the water gets shallow as one's ship nears the shore. The captain told the mate to put a man up forward to tend the lead line. A lead line, as the name implies, is a long line with a piece of lead attached to the end. This line is marked in FATHOMS and is used to measure the water under your ship. Every good captain is concerned with how much water is between the bottom of his ship and the bottom of the water it sits on. The mate took care of this as the captain knew he would.

As I said before, this had been a very profitable outing. The last ship that the pirates met and pillaged contained gold and silver, live pigs and good wine. These, under the rules of pirating became the property of the pirate. The captain, being the good skipper that he was, decided to use a couple of the pigs and a little of the wine to reward his crew. He told the ship's cook to barbeque the pigs on the fantail and set out a keg of wine for the crew. The cook did as

he was told and soon there was a real good old fashioned picnic going on the fantail. The captain saw the crew having a ball and decided to join them on the fantail. The lead linesman saw the captain go aft to the fantail and decided, "If the captain was not worried about the depth, why should he." He joined the crew on the fantail.

As can be expected, it didn't take long for the bottom of the pirate ship to hit the bottom of the water. In naval parlance, this is called grounding - which will always ruin a perfectly good day for a sailor. As the pirate ship ran aground, a British frigate was passing. The Officer of the Deck noticed a large Chinese junk with much smoke coming from the fantail with Chinese sailors running about shouting in a state of frenzy. He would have taken his ship to render assistance but it was teatime so he told the quartermaster to log, "Past large Chinese junk conducting fire drill."

That's why a nautical SNAFU is called A CHINESE FIRE DRILL....

### Some Facts From 100 Years Ago

By Byron Dennis (G)

The average life expectancy was forty-seven.

Only 14 percent of the homes in the US had a bathtub.

Only 8 percent of the homes had a telephone.

A three-minute call from Denver to New York City cost eleven dollars.

There were only 8,000 cars in the US and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa and Tennessee were each more populated than California. With only 1.4 million residents, California was just the 21st most populous state in the Union.

°More facts next month

## RESIDENT PROFILES

### Joseph T. McDonald Career Navy Man

By Nancy Littrup (G)

Joseph was born in Mascote, Florida in 1908. He joined the Navy at age 17 and served 20 years. Upon retirement he was Chief Aviation Machinist's Mate. He served in WWII on the U.S.S. Arizona.

As one of our most senior residents, he has had a full life. After his discharge he worked in Civil Service, also in aviation, and remembers the hand-cranked props on early planes which he serviced.

Joseph married and had three children while living in Pensacola. One of the

many occupations he had while in Florida was as an alligator skinner. He sold the skins to dealers, who made them into shoes and purses.

Joseph taught himself to play the harmonica and plays many favorite tunes. He formerly played in a residents' band here at the AFRH - Gulfport. His descendants still live on his parents' old farm in Lake County, Florida. He has many fond memories of his life in Florida long before its vast expansion and said it was a paradise in those days.



Mr. Joseph McDonald can play several tunes with his harmonica.

### A Week To Remember

By Fred Fayerweather (W)

"Ambassador For Peace"

That was the title officially bestowed upon AFRH-W resident Robert Edwin Letskus this past July by Dr. An Joo-Seob, Minister, Patriots and Veterans Affairs, Republic of Korea (ROK), and ROK General (Ret.) Lee Sang-Hoon, Chairman, Korean Veterans Association. "Bob" Letskus received the proclamation certificate during his one-week visit to Korea on July 24th, 2003, as an invited participant in the 50th anniversary celebration of the Korean War Armistice Signing Commemoration.

A native of New Haven, Connecticut, Letskus saw duty in Korea from 1952 to 1953, compliments of the U.S. Marine Corps. His primary duty during that 11-month stint was as a K-6 Marine Air Wing crash crewman, providing rescue and recovery assistance to damaged and low on fuel fighter aircraft and crews returning from enemy bombing and strafing missions. His tour ended one month before the "war" was terminated; and, following six years with the Marine Corps,

Letskus then enlisted in the Air Force. He eventually became an AFRH-W resident in 1990.

Letskus' week to remember actually took root earlier this year when he spotted a notice in an issue of VFW (Veterans of Foreign Wars) Magazine. The notice invited veterans of the 1950-1953 Korean armed campaign to fill out and submit the included raffle entry form for a chance at a weeklong all expense paid trip to Korea. With nothing to lose but a postage stamp, Bob sent in his entry and became one of 400 candidates selected nationwide to attend the 50th anniversary event.

On July 24th, Letskus took off from nearby Dulles Airport. Fourteen non-stop hours later, he landed at Korea's Incheon Airport, heralded as the 4th largest airport in the world. "I quickly became aware of how much planning and coordination went into this anniversary event," he exclaimed. "The Korean government and their supporting sponsors took care of everything, including the handling of our baggage."

Bob's whirlwind week began at 0830 hours the following morning (July 25th)

when a bus picked him up at his assigned hotel for a trip to the Korean National Cemetery, where he observed a wreath laying ceremony and toured the burial grounds. From there, he was whisked to the War Memorial, followed by lunch at a 4-star restaurant before returning to his hotel for a planned 90-minute respite.

Letskus welcomed the break - it gave him a much-needed chance to freshen up and prepare for the USO-organized banquet at the Hotel Grand Hyatt that evening. The menu: "Mushroom Soup with Chive Cream; Lime and Tea Sherbet; Grilled Sirloin of Beef with Red Wine Sauce; Truffle Cake with Vanilla and Chocolate Sauce; Strawberry Ice Cream; Coffee or Tea." Our pooped but satiated trooper returned to his hotel at 2030 hours.

The next day and the days that followed were even more densely packed with non-stop activities. There were palace tours, trips to various sites in the Korean Folk Village, a visit to the DMZ (Demilitarized Zone), daily lunches at exotic restaurants, events hosted by the Korean government and sponsoring agen-

Continued from page 20

# A Must Read

## Amtrak Adventure by Two AFRH-G Residents

°As told to Nancy Littrup (G)

Bruce Melton and Weyman (Andy) Anderson decided to travel west the old fashioned way, via railroad. They left here August 4th and arrived in Desert Springs, California August 7th. The ride was very pleasant and they saw many interesting sights along the way. The food was excellent!

They leased a car there and drove to see friends and relatives in Arizona, Oregon and Utah. While in California, they drove up the coast to see the Sequoia



Bruce and Andy standing outside the Amtrak station in Gulfport.



Track side! Bruce and Andy are standing along side the tracks at the station.

National Forest, which is spectacular! They decided to return to Gulfport via Greyhound Bus. While on the bus they met a lady from the Ukraine who spoke very little English, but she knew one complete sentence. She asked this; "Are you Christians?" She said she was. This was important for her to know. Bruce helped

her with lunch and meeting some friends, as she seemed to be in need of friends. She was grateful for this kind gesture.

All in all, they had a good time and hope others will be adventurous and seek new vistas. It's never too late to travel.

## Ambassador For Peace

Continued from page 19

cies and, of course, the Armistice Signing Commemoration in Panmunjom on Sunday, July 27th.

"I was totally amazed at how very different the country looked since I last saw it 50 years earlier," said Letskus. Different indeed! Long gone were the sights he remembered: trench latrines, muddy roads, and the outdoor showers that were gravity-fed water from discarded wing tip tanks on overhead scaffolds.

"Most of the time back then, we just used our helmets to shave and take sponge baths," Bob continued. This time around, surprisingly, he found himself gazing at modern high-rise buildings, immaculate and paved boulevards, neon lights and, of course, the ubiquitous McDonalds and Coca Cola signs.

Monday, July 28th allowed Letskus the option of visiting certain battlefields

and the Memorial Monument, using the day for pure leisure or shopping for souvenirs at Seoul's famous Itaewon Market. This final full day of the visit concluded with a lavish banquet hosted by the Federation of Korean Industries. For the farewell dinner, Letskus and his fellow ambassadors and guests were treated to "Smoked Salmon with Caviar, Cream of Asparagus Soup, Fillet Mignon Steak with Crushed Pepper Sauce, Seasonal Salad with Balsamic Dressing, and Chocolate Mousse with Fruit."

A weary but well fed Letskus boarded a Korean Airlines jet on July 29th for his return to Washington DC and his AFRH-W home for the past 13 years. Despite the 14-plus hour trip, and thanks to time zone differences, he arrived here on the same day that he departed his rediscovered Korea.

The AFRH-W menu on the day of his arrival: Well, lets just say it was a wee bit different from the menu above.

A row of bottles on my shelf  
Caused me to analyze myself.  
One yellow pill I hope to pop,  
Goes to my heart so it won't stop.

A little white one that I take,  
Goes to my hands so they won't shake.

The blue ones that I use a lot,  
Tell me I'm happy when I'm not.

The purple goes to my brain,  
And tells me that I have no pain.

The capsules tell me not to sneeze,  
or cough, or choke or even wheeze.

The red ones, smallest of them all,  
Go to my blood so I won't fall.

The orange ones so big and bright,  
Stop my leg cramps in the night.

Such an array of brilliant pills,  
Helping to cure all kinds of ills.

But what I'd really like to know,  
Is what tells each one where to go  
(author unknown)

## Mascot Program - "Kabie" The Greyhound

### Submitted by AFRH-G

Kabie will only be as good to and for the Residents in LTCU and ALU as we are committed to making this program work. The following points are presented in brief:

1. Kabie is onboard at the AFRH-Gulfport four days a week, from 0730 Monday morning to 1530 Thursday afternoon. Only residents who complete the training program can work with Kabie at this time.

2. Therapeutic Recreation is coming onboard with their program and will take Kabie to many therapeutic activities. This schedule, when she will be out of the office, is part of a sign-up sheet in Security. Check it out. You can sign up to take care of her for an hour on some days, a week at a time, or even a whole month.

3. Those who have been through a training class are permitted to exercise

Kabie. Those who wish to participate can go through a formal training session. See Mary Dorris, Security Div. (Ext. 4200), Mike Girouard, Campus Operations (Ext. 4282) or Robert Locke (Ext 4020). The MASCOT RUN, located just north of the Rose Garden off LTCU, is now open with 8 signs designating many outdoor areas where we can walk Kabie.

4. Kabie is on a rather strict schedule for feeding and visiting the outside for her nature calls, and we need assistance in these areas. Her schedule for feeding is between 3:00 PM and 4:00 PM each day. Her food and water is in Security. Her nature calls are at 5:00 AM, 9:00 AM, 2:00 PM and 7:00 PM. Please consider signing up to take her at these times or on a regular basis.

5. Kabie will be programmed to visit only on the 3rd floor (assisted living) and LTCU at present. Please let the nurse know

when you are visiting on these units.

6. Please report to Security before taking her out.

7. When you first meet Kabie hold your hand to her nose so she can recognize your scent. Please do not use a lot of words or give too many commands. She is not a trained dog, only a very loving animal.

8. Talk to her. It is common belief that dogs understand some of the things you say in conversation.

9. Do not feed Kabie anything but that which is prescribed. NO HUMAN FOOD.

11. PLEASE DO NOT TAKE KABIE INTO AN ELEVATOR. Hopefully, she will be trained to do this.

As noted, this is a brief description of the program. The full 24 points of the program are in Security for you to read.

## Remember

By Lt. Col. (Rev) Denis Edward O'Brien, USMC

It was the Veteran, not the reporter, who has given us freedom of the press.

It was the Veteran, not the poet, who has given us freedom of speech.

It was the Veteran, not the lawyer, who has given us the right to a fair trial.

It was the Veteran, not the campus organizer, who has given us freedom to demonstrate.

It is the Veteran, who salutes the flag, who served under the flag, and whose coffin is draped by the flag, who allows the protester to burn the flag.

## Roundtable

Submitted by AFRH-G

*Overheard:* Three old pilots were taking a turn around our walking trail. One said, "Windy, isn't it?" The other said, "No, it's Thursday." The third said, "So am I. Let's go have a beer."

*Cowboy's Ten*

*Commandments:* Contributed by James H. Beitman, AFRH-G

1. Just one God

2. Honor yer Ma & Pa

3. No tellin' tales or gossipin'

4. Git yourself to Sunday Meeting

5. Put nothin' before God

6. No foolin' around with an other fellow's gal

7. No killin'

8. Watch yer mouth

9. Don't take what ain't yers

10. Don't be hankerin' fer yer buddy's stuff

*Just remember, a lot of money is tainted. - Taint yours and taint mine!*

# FALL GAMES



## Submitted by AFRH-G

We started the games many years ago and this year we had over 100 participants. Games included: Outdoor shuffleboard, basketball free-throw, Golf, predictability walk, Bocce ball, croquet,

horseshoes, football/softball throw, relay races, darts, outdoor washer toss and table tennis.

We had three categories for the competitors. Overall champions were:

**Men 75 and below - David Hartung**

**Men 76 and above - Amos Nissley**

**Women - Bobbie Naboni**

Congratulations to all the winners!

Labor Day 2003 at  
AFRH-G



Left, Captain Ulmer addresses the Chief selectees, residents and guests. Right, Fun for all! Assisted Living and LTCU.



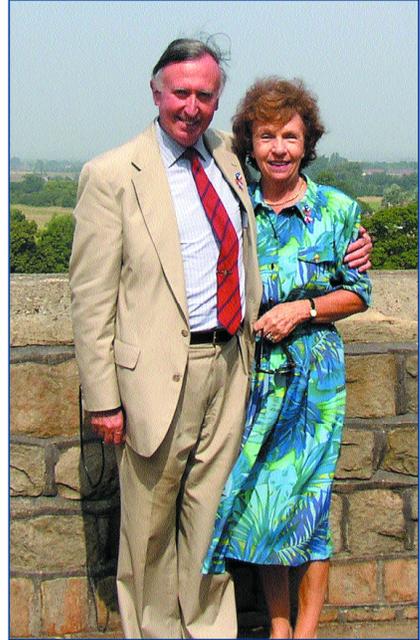
Above-eighty five new chiefs seranande residents and guests. Below-A hardy meal is enjoyed by all..



**“Non Commissioned Officers Association, sponsors a trip for four AFRH-W Residents to the Royal Hospital Chelsea British counterpart of our Home”**



**AFRH-W group visits the Sandhurst Military Academy – Hal Grant, Bill Jentarra, Henty Kwiatkowski, KC Collier, and Harris Birrcher with their hosts, In-Pensioners Jim McGovern, Ralph Dickerson, Charlie Parker, Tony Tremarco and Colonel Nigel Gilbert.**



**Above, our hosts, Colonel Gilbert, Captain of the Invalids, RHC, and wife, Maureen, at Windsor Castle.**



**To our left, our group visits with the Governor of RHC, General Sir Jeremy Mackenzie, GCB OBE.**

*“KC” Collier was asked, “What was his most vivid memory of the visit to the Royal Hospital Chelsea?” After split second thought, he responded, “laughter”. Indeed, laughter dominated my (our) time with the gentlemen of RHC. From the moment of their meeting us at Heathrow Airport, to our last night when hosted at a dinner on our behalf by the charming Maureen Gilbert and her laughter – ringmaster Nigel (has there ever been a more English name than “Nigel Gilbert?”), we mostly roared.”*

**Below, Lunch at a Pub after tour of Windsor Castle**



**Marching to their seats at the Sandhurst Military Academy – Bill Jentarra, Henty Kwiatkowski, KC Collier, and Harris Birrcher with their hosts, In-Pensioners Jim McGovern, Ralph Dickerson, Charlie Parker, Tony Tremarco and British Sergeant Major WO1.Gilbert.**

