



Freedom Day hosted at AFRH-W

A Celebration of American Liberty and Military Service

The Armed Forces Retirement Home - Washington continued its rich tradition of supporting America's veterans with the national "Freedom Day" event held on September 22, 2009. The daylong celebration honored the 147th anniversary of President Lincoln's signing of the Emancipation Proclamation, the birthday of the Home's founder General Winfield Scott, and American military service, past and present.

This event was co-hosted by President Lincoln's Cottage - the original "Soldiers' Home" established in 1851 - and now an historic landmark that sits on the AFRH-W grounds. President Lincoln was living there when he wrote the Emancipation Proclamation, and since, then, thousands of veterans have lived there.

Freedom Day will go down in history as a memorable gala that featured a Joint Service Color Guard, the U.S. Armed Services School of Music, Fife and Drum, Bucktails, and Comrades of the Civil War. There were also comments by Tim Cox,

AFRH Chief Operating Officer, Frank Milligan, Director, President Lincoln's Cottage, David Moshier, Director, Soldiers' Home National Cemetery, and Master Chief Petty Officer of the Coast Guard Charles Bowen.

"This is a great way to celebrate our freedom and salute our service members," said Timothy Cox. "And, it is a fine opportunity to re-introduce America to the new AFRH," he said. In recent years, AFRH has evolved into a modern retirement community with evolving amenities. In 2010, AFRH will re-open its rebuilt facility in Gulfport, Miss.

Al Mori, a retired Command Sergeant major in the U.S. Army, serves as the Home's Ombudsman for residents.

"It is important for today's young service members to realize what the Home offers them in their golden years," said Mori. "It is just as important for them to get to know the legends who live here - and the contributions they have made to our great nation. Truly, it



Freedom Day provided the perfect opportunity for veterans of the AFRH to swap stories and get to know active duty members.

is an honor and privilege to be a part of this great celebration," he said.

Former Gulfport resident Bill Parker traveled from Gulfport to Washington to attend the ceremony.

"It was so great to see everyone and to attend Freedom Day," Bill said. "It was a good event and I can't wait until we all get back together in Gulfport next year when Gulfport re-opens."



Active duty military took part in Freedom Day both as volunteers and as participants.



Military units salute as the Joint Service Color Guard posts the colors.



Master Chief Petty Officer of the Coast Guard Charles Bowen (center), with look-alikes Abraham Lincoln and General Winfield Scott during Freedom Day activities.

About AFRH-Washington and President Lincoln's Cottage

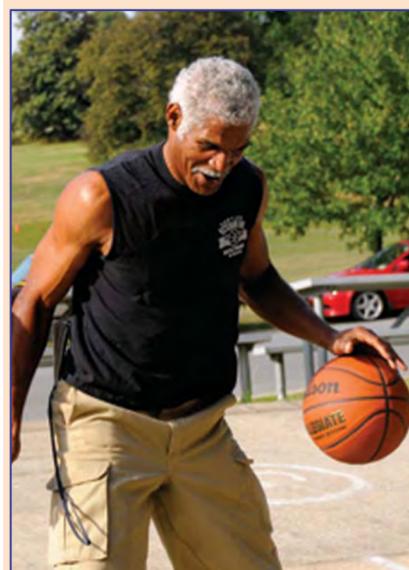
In the early 1800s our nation's leaders sought to establish a Home for "disabled, invalid and homeless veterans." By 1851, the U.S. Government bought the Riggs family cottage and farm, which sat on a breezy hilltop in the countryside of Northwest Washington, DC. There, the Government established the "Soldiers' Home" with just three "inmates." In the ensuing decade the Home's residency grew and additional living quarters were built. With the outbreak of the Civil War, President Lincoln asked to reside in the original cottage in summer months to seek relief from the oppressive humidity and political pressures of the White House. While living here Lincoln drafted the Emancipation Proclamation, which ended slavery, and he signed it on September 22, 1862. It served as Lincoln's family residence for a quarter of his presidency, and it is the most significant historic site directly associated with his administration, aside from the White House.

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Notes from the Resident Advisory Council



Well, here we are again and it just came to me. Yes, less than one year until the next Resident Advisory Council (RAC) election. How time flies when one is having fun. Well most

of us are anyway

The first Freedom Day was held on the 22nd and the proceedings went off just as they should have. Thanks to all the Residents who took part in the event. Many kind words were spoken to me about your hard work.

I was just thinking that the next Chairman of the RAC is going to have it easy. About half of our population will be returning to the rebuilt home in Mississippi and the rest of us will be waiting for the Scott Building to be rebuilt. Gads, what a glorious time it will be to serve your fellow residents by serving on the RAC. So prepare now if you would like to serve your fellow residents as a floor representative (you have to run for that office), or as the Chairman of the RAC (you have to run for that also). As for me, only time will tell.

As usual in the running of the RAC, there are many positions that were filled by residents that are now not being filled. This was caused by residents leaving the home, losing interest in serving etc. In the next few weeks I will be putting out information about those positions that need to be filled and request your assistance in filling these positions.

Now let me write about how we treat some of our residents. I mean it is just the little things that make a person's stay at our home enjoyable. You know, residents take part in some of the tournaments around the home and they end up in first place. In most homes that is looked upon with some announcement. You know, a picture, a line in the paper, etc. But often times here at the home some people are just overlooked. And I am sure that you will agree with me that is just not fair. Every person who wins an event should receive some sort of mention of what they have done. And the group or person who sponsored that event should also be noted. It is a small thing, but it goes a long way toward making every person who resides in our home feel that they are accepted. In fact every person who takes part should be mentioned. I am just as guilty of this as the next person so if I have not mentioned something that I should have please forgive me and I will hopefully do better in the future.

Now, I need your assistance in letting the Resident Advisory Council in on what you think some of the important things that should be worked on in the coming year. I am not talking about reinventing the wheel but things you might want to see happen. Trips to new places of interest that is important for you to see. New shopping areas that you might want to go to. What about going to new places to eat? These are the things that are important to consider as they might be important to you. It, of course, will be more of a challenge to get some things accomplished (what with the moving ahead with the new construction and office assignments being made), but things that still important to you. Let your floor representative know of your concerns. Attend one of our meetings (especially the Pre-RAC meeting where we set the Agenda for the upcoming RAC meeting). Your views are important to the well functioning of your home.

Esker McConnell

Volunteer Today
Contact Carolyn Weber at ext. 3410
or stop by the
Volunteer Office,
Sheridan Room 1024

AFRH COMMUNICATOR

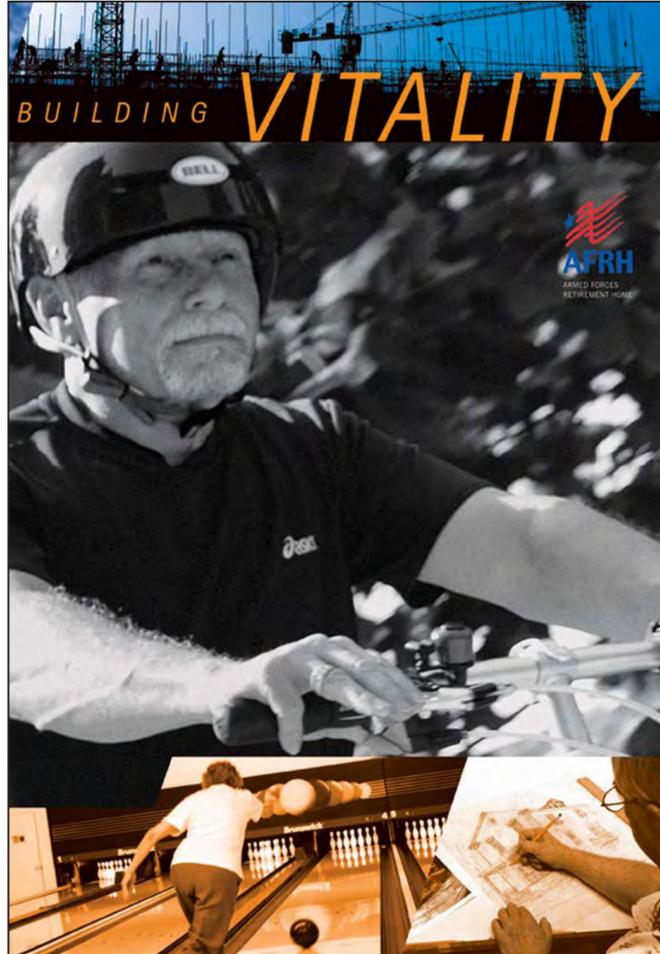
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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic 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



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

Eligibility:

Military veterans from each service branch can live at AFRH.

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

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

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

Female veterans who served prior to 1948.

To receive an informational brochure

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

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

Become a resident today!

AFRH Community Action Response Element (CARE)

Our Job Is You!

RAC Floor Reps

Your RAC Floor Reps are your first line of action to help you. Speak to your floor reps if you have issues or suggestions. Fill out the RAC forms (located near the Scott dining hall) and take to your floor representative who will take the initial action on your request.

RAC President

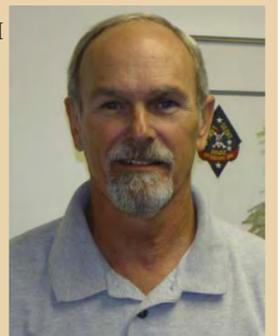
As your RAC President I look forward to working with you all to insure we have the finest retirement community possible. If you are having any issues please contact me at my email address at esker.mcconnell@us.army.mil or leave a request form in the RAC Comments Box.

This CARE information is located on each resident floor bulletin and can be found on the AFRH website (www.afrh.gov)

Ombudsman

As your AFRH-W Ombudsman I am designated to work through the RAC for all residents in order to resolve disputes and investigate complaints and concerns.

If you have any issues please contact me at 202-730-3312 or email me at albert.mori@afrh.gov.



AFRH IG

As your AFRH Inspector General I am charged by the Secretary of Defense to investigate any charges or allegations concerning AFRH. Call the AFRH Hotline 24 hours a day at 1-866-769-2068 or email me at IG@afrh.gov. My job is resolving your issues.



DoD IG Hotline – If you are unable to get resolution through your CARE team you have the right to contact the DoD IG at 800-424-9098 (e-mail: hotline@dodig.mil).

Message from the Chief Operating Officer



Without a doubt the highlight of this month was the spectacular Freedom Day event held here on September 22. Freedom Day celebrated the birthday of our founder General Winfield Scott and the signing of the Emancipation Proclamation on September 22, 1862, which, as history would have it, was done right here at President Lincoln's Cottage on the AFRH-W grounds.

More importantly, Freedom Day was a tribute to all the service men and women who have answered the call of duty during war and peacetime. Since 1776 to present service, men and women have served in the U.S. Army, Navy Air Force, Marine Corps and Coast Guard.

Co-hosted by President Lincoln's Cottage, our Freedom Day event drew a crowd of approximately 1,400 guests and participants. For those in attendance, it was a unique opportunity to step back in time and witness the transformation of our campus into the pre-Civil War times, the early days of the Soldier's Home. With a little stretch of the imagination, you could see our surroundings as they were seen then. President Lincoln strolling the grounds as he so often did during his Presidency, as soldiers in uniforms of the era performed live re-enactments, and local military bands kept the tempo of the times lively with music to match the decade.

Equally intriguing was watching our Resident population mingle with active duty guests and volunteers throughout the day. Nearly 200 active duty military members were on the grounds to take part in the festivities and seeing them interact with our Residents was heart warming. The years between today's active duty and our AFRH veteran population melted away and the past and present blended together as we collectively paused for the day to reflect upon and celebrate the freedom that we as Americans enjoy. There was a wide spectrum of people in attendance, from the retirees and veterans of the AFRH-W, our staff, men and women from all branches of the service, serving now, community leaders, history re-enactment units, and wonderful music performed by the U.S. Armed Services School of Music. Children from the Tri-Community Public Charter School located on campus attended and they appeared to be both fascinated and delighted as the pages of history unfolded in front of them.

The many hours of planning and coordination that AFRH staff members, Residents and volunteers as well as coordination and efforts by the President Lincoln's Cottage team was clearly evident as the day's events went off without a hitch. The food, provided by our Dining Services team, was both delicious and plentiful. It was truly a remarkable day. We all look forward to hosting future founder's day events as the AFRH stands out as the premier retirement community for our nation's veterans.

In other AFRH news, we now have one year until we open the new Gulfport facility. The Focus Group meetings have been well attended for both the Gulfport

StandUp and the Scott Project, which will begin shortly after Gulfport opens. The new architectural rendition below depicts for you more clearly the look of the campus at the completion of the Scott Project. The Resident Advisory Council continues to provide valuable input and feedback in many areas of AFRH operations. A Communication Plan that covers all ongoing AFRH projects is posted on the AFRH website (afrh.gov) and it is updated frequently. It is a good point of reference for information as it outlines steps of action, addresses timelines, and answers questions that Residents have brought to our attention. Residents have some very good ideas, recommendations and suggestions to offer and we hope the communication continues as we move forward with all of the projects we have underway

Timothy Cox



The newest architectural rendering of the AFRH-W grounds at the completion of the Scott Project.

Gulfport Update



N West side of Tower A with a sample of a balcony screen.



AFRH-Gulfport, a view of the front.



Renovations of the AFRH Chapel are ongoing. A photo feature will be included in the next issue of the Communicator.



A resident room in Tower A, third floor west.



In between Towers A and B.

Welcome Aboard



Name: Warren Pospisil
Branch of Service: USN
Entry Date: September 1961
Separation Date: November 1983
Rank: E7
War Theaters: Vietnam

From the Ombudsman

PROJECTS UPCOMING HERE AT THE HOME!!

By Al Mori, AFRH-W Ombudsman

We are currently working with Navy Construction Battalion 202, DC Detachment from Anacostia in getting an anchor for prominent placement out by our plane and tank. Most of the unit members have been overseas on deployment and are just returning. We are still working with them to get the anchor in place before we start getting real cold weather. Once I have clear guidance on what, when and where, I will pass the information out.

The Home is in the process of having large magnetic signs made that will be placed on the side and the front of off campus shuttle buses. This will ensure Residents are able to more easily identify a Home bus from other buses that look similar in nature to ours. This action is currently being worked with our Contracting Office and we hope to have it on the buses soon.

COMCAST has been an ongoing issue with service and billing related problems. We have entered into discussion with COMCAST and they are working on putting together an action plan that will ensure we get better customer service in all aspects of COMCAST support to Residents of the Home. We have scheduled for them to have the plan in place so that they can attend the October Town Hall and discuss it with Residents. More to follow on this as we keep working with COMCAST and our Contracting Office.

SOLDIER TALK AT THE LIBRARY

On Friday, September 11 in the Scott Library, residents were entertained and informed by William F. McSweeney with a "Soldier Talk" discussion.

Mr. McSweeney, a combat soldier in the Korean War, also talked about his career as a war correspondent, which he had for 25 years. The talk included experiences in World War II and Vietnam, and what is happening today with the military. He even added interesting insight into the Civil Rights movement with his friendship with basketball legend, Bill Russell. Along with his wife Dorothy and daughter Kate, were community members from the "Double Nickels" group, who sponsored Mr. McSweeney's talk.

The Double Nickels Theatre Company is a volunteer group that celebrates the lives of seniors by creating theatre from their memories. The Managing Director of the Double Nickels is the daughter of one of our residents, James F. Taylor.



AFRH celebrates USAF 62nd Birthday

On Sept. 18, 1947 the United States Air Force was born. On that day, the Air Force became an equal branch of the United States military. Shortly after this historic event, the Air Force was called upon to help save Germany's capital from a Soviet Union imposed blockade. Since then, the Air Force has answered America's call to action in almost every corner of the world.

At AFRH (From left) TSgt Paige Martin (singer), A1C John Vandeusen, the Youngest Airman, Garland Sanders, Oldest Air Force resident, SSGT David Perry, guest speaker and Esker McConnell, RAC Chairman cut the cake at the AFRH Air Force Birthday celebration.

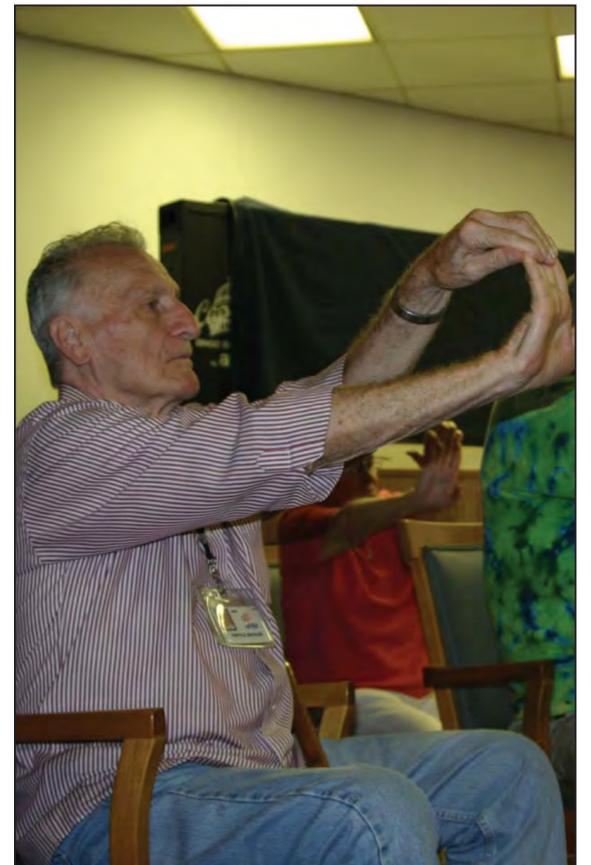
Residents learn the benefits of CANE FU

On Thursday, September 24, the AFRH-W lounge was filled with residents as they actively participated in a Cane Fu exercise and self-defense class. Led with demonstrations by Mitchell's Martial Arts located in Salisbury, MD, 43 residents observed then participated in a series of moves designed specifically to develop strength and cardiovascular training, with the use of a cane. After learning how to use the cane for stretching and flexibility and to develop strength, residents then were shown several self defense techniques, performed using the cane, which many seniors have readily available.

The Cane Fu event was sponsored by Recreation Services. Cane Fu has been taught by Mitchell's Martial Arts, located in Salsibury, Maryland, for the last five years and has gained in popularity. Mitchell's has been helping seniors get back into fitness and exercise in a safe fun educational way. Fox News DC was on hand filming the presentation for local airing.



Resident learn how to use the cane to as a simple, effective way to exercise with no impact or stress.



Gentile Bufalini goes through the stretching exercises during the Cane Fu session held September 24.



Two residents in the Cane Fu class use their canes to gain the benefits of stretching, flexibility and as a way to build strength.

All of You

By SSGT David Perry

Guest speaker at the AFRH-W Air Force Birthday Celebration

To all of those who paved the way,

To all of those who faced certain death and chose to stay,

From all wars past to the ones that are new, we have learned and evolved from the stories of you,

It was all your sacrifices that gives me chills when the taps begin to sound, it's how you served with such honor that makes me stand so sharp so proud,

It was all our warriors MIAs and POWs that persevered our way of life,

So let us never forget their sorrow, their struggles and their strife, let us never forget our ultimate heroes all those that gave their life.

From one generation to the last, we stand together and vow we will never forget our unshakable past. Lastly to all those that came before,

Your sacrifice, your service, and your legacy shall live on forever and more.

From the Director



Many years ago I caught the movie, "A Man for All Seasons," Robert Bolt's account of Thomas More in 16th century England. I was transfixed by Bolt's depiction of this man whose integrity and personal strength in the face of pressure from King Henry VIII stood him head and shoulders above his generation.

After seeing the movie, I read everything I could find on St. Thomas More.

In his introduction of the play, Robert Bolt pays tribute to the chief characteristic of Thomas More that made him who he was. "As I wrote about him, (More) became for me a man with an adamant sense of his own self. He knew where he began and left off, what area of himself he could yield to the encroachments of his enemies, and what to the encroachments of those he loved."

"He knew where he began and where he left off," what a fascinating way of putting it. Knowing himself so thoroughly, More was able to turn down all kinds of bribes and threats thrown his way to entice or coerce him to violate his own conscience. He ended up paying for this kind of steadfastness and integrity with his life.

The ancient Greeks made much of the importance of a

person knowing himself. We don't hear much about it these days, which is a shame, because many a heartache and tragedy in life could have been avoided by a person truly knowing himself.

The task of understanding and truly knowing oneself is a lifelong occupation. One reason this is so is that we are always in transition, growing and learning, failing and succeeding, with starts and stops, always becoming something more or less than before.

My Dad, Herb Watkins, last month. Some of my family and I will traveled to Texas for his funeral. Considering his life, I think Dad, too, knew where he began and where he left off. I will always be proud of him. He chose to be thankful, following the guidance of his favorite Scripture verse, Colossians 3:17. His decision to be thankful was a quality that allowed him to be effective with so many people of dif-

ferent cultures. It was one of his greatest strength's.

It's never enough to know our strengths and to use them wisely. Unless we also know our weaknesses and protect ourselves in those areas, we will be defeated at the very moment we are doing what we do well - and will be completely surprised in the process.

I'm often amused at the way some people argue over tiny elements of the person and character of God. What is there about the human spirit that makes us think we can comprehend God when we know so little about ourselves?

Someone once asked a friend of Albert Einstein if it was true that only ten people in the world truly understood the man. He replied, "Oh, no. There at least twenty, but Einstein is not one of them."

David Watkins

AFRH ART EXHIBITION

The AFRH Art Gallery resident artists will be displaying their paintings during an Art Exhibition in the Sherman South Bldg on October 2-4, from 10 a.m. to 2 p.m. on the 1st and 2nd floors. On Friday evening, October 2nd, the artists are hosting a welcoming reception for friends and guests from 6 - 9 p.m. Guests from the private sector and the military have been invited to this reception to see how vibrant and creative our AFRH artists are.

The artists have been preparing this show for several months, and the best work of all our artists will be on view for your enjoyment. (Note: we prefer that any art work that is purchased should not be removed until the show closes on Sunday afternoon.) The AFRH permanent collection will also be on display. You may remember the artists who no longer live at our Home - and you will certainly recognize those who are still painting and adding to the collection.

AFRH-W News

Use the Service Call System

By Jerry Wessel
Campus Operations

I hope this will help all AFRH-W residents and employees understand how the service call system works. The service call system is classified into three categories: Emergency, Urgent, and Routine.

1. Emergency Service Call - An Emergency Service Call is one that threatens life or injury, severe property damage, or major disruption to AFRH-W operations. Examples are utility system outages, overflowing drains, broken water pipes, and things of this nature. The contractor, during regular working hours, will respond within 30 minutes and within one hour after normal service hours.

2. Urgent Service Call - Urgent Service Calls are services or correcting failures which do not immediately threaten personnel health, property, or AFRH-W mission but which would soon inconvenience and/or affect personnel health or being, lead to property damage or disruptions in the operation of AFRH-W missions. Urgent calls are normally issued during normal working. Response time is 2 hours.

3. Routine Service Call - Routine Services Calls are received and entered into the contractor's CMMS system during regular working hours. They shall normally be accomplished during the contractor's regular working hours within four days and often sooner.

I hope this helps everyone understand how the service call system works. Please call in work requests to the service call desk at ext. 3241. For Emergency Service Calls after normal working hours call Security at ext. 3111. Please use the service call system. Call the service desk and give the system a chance to work, I think you will find that it will work.

Thank you.

SAFETY BRIEFING FROM THE SAFETY OFFICE

AFRH has many guiding principles for the residents and staff, all of which are developed towards the goal of maintaining a high standard of care and constantly improving services provided to the residents of the home.

A primary importance to all of the residents at the home is the constant improvement and revisions made to our fire protection system. During the last year, AFRH has been working with our fire protection contractor to bring about improvements.

We are striving to reduce the number of false alarms that disturb residents and have developed a standard notification message for residents that is clear and provides directions on the actions to be taken in the event of an emergency. We have held several floor meeting to answer questions related to the established AFRH fire procedures.

On July 8th, 2009 the DC Fire Department accepted an invitation to provide an overview of their role as first responders'

in the event of a fire. Two sessions were offered to the residents at the home, one in the Scott auditorium and one for the residents in the LaGarde building. These forums provided an opportunity for the first responders to become more familiar with our facility and residents in order to provided a quick and effective response if needed. The AFRH Safety Office is constantly working on developing and sustaining relationships with Emergency Responders to ensure that the AFRH's needs are met.

While the efforts made by our staff are extremely important it is just as important that all residents follow some of the basic safety rules. I would encourage each of you to review the section in your resident handbook that addresses safety, and become familiar with the emergency exits nearest you. I would ask that you notify the AFRH Safety Office if you have any questions about what to do in the event of an emergency.

AFRH-W Campus Operations On-Going and Planned Projects



The area around the Eagle gate receives a fresh coat of paint.

At this time, there are a multitude of projects that are on-going and planned for before the end of the year.

1. The brick columns are being painted after the crews finish scraping the old loose paint off.
2. The bob wire on top of the stone fence is being removed
3. The chain

link fence on top of the stone fence around Eagle Gate is receiving a black coat of paint to freshen it up.

4. The electrical network in the Sheridan Building is being trouble shot and repaired
5. The 6" water pipe breaks running down to the ponds are being repaired
6. Nearly 25 Fire Hydrants are being replaced or repaired and a multitude of underground water valves are being replaced.
7. The Clock Tower Guts are being replaced with modern time keeping and musical systems
8. The guard shack is receiving a small face lift with a new roof, painting of interior and exterior wood, and power washing.
9. The Gazebo received a new walk path
10. Tree area in between the Lincoln Cottage and the Sherman Building received a new peanut tree bed.
11. The Bowling Alley Renovation has moved to the next phase. We have had a consultant come and provide recommendations on the items that need to be remodeled. The scope of work for the bowling alley has been completed off of that recommendation. We are now putting the project out for bid.
12. The scope of work for the Keyless Door Lock System for



This huge tree, located in the center of the AFRH-W campus, died but the remaining part of the tree will be carved into artwork that reflects our military heritage.

the Sheridan Building has been complete. It is now being put out for bid

13. Replaced the hallway carpet in the dementia wing of the second floor of LaGarde
14. Have the old dead tree in front of the Sherman Building carved into something with a military theme.
15. Many dead condensate and pump motors are being replaced before the winter months to prevent the loss of heat.

Days in jungle leave Air Force veteran with many good memories

By Wilfred 'Mac' McCarty

"I could not have had a more fun career," said 80-year old AFRH resident Roger W. Davidson, speaking of his 24 year in the United States Air Force.

The fun started in 1946 when Roger joined the then Army Air Force and took basic training at Lackland in Texas. Some of his other fun assignments included 18 months in Japan and Korea in 1950 when the Korean War started; nine months tour of duty in French Morocco in the Sahara desert in 1953 and one year in Vietnam just before retiring in 1970. For three years, from 1963 to 1966, Roger was the Non Commissioned Officer in

Charge of the Air Force Jungle Survival School in Panama (Tropic Survival School USAFSOUTHCOM).

Roger volunteered to go through the survival school before taking charge and had fun eating things like Iguana, mayman (alligator), a Boa (a very very large snake), three toad sloths, monkeys, grass hoppers and anything that moved or did not move. Two abandoned baby ocelots were too cute to eat so Roger adopted them and took them home but because of their BO problem his wife made him return them to the jungle.

While there also, Roger was a student of the Choco Indians. They taught the astronauts (and others) how to survive if they came down in the jungle. The men of this tribe were small in height and unclothed. One Master of Survival was Chief Antonio who spoke no English. He taught over 10,000 astronauts how to survive. Antonio found flush toilets and fluorescent lighting fascinating. The staff members of the school trilingual speaking English, Spanish, and Portuguese. Roger came from a family of 10 children, all girls except him and an older brother. He older brother had gone ashore in France on DDay plus six. He later died of wounds he received in France.

Roger first heard about the AFRH in the Air Force



Roger Davison, 6th from left, with a boa during the Air Force Jungle Survival School in Panama.

publication, *The After Burner*. The always upbeat, cheerful, talkative, very active Air Force veteran enjoys walking and can be seen daily on the Home grounds. He walks so much, in fact, that in July he received the 24,000 Miles Around the World Club award, having logged in 25,697 miles in his walking book. Several active duty Air Force members from Bolling AFB came to the Home to present his award.

Volunteer work is also Roger's passion. He can be seen in various areas around the Home, volunteering wherever he is needed. Between his walking and volunteer work, he stays busy 365 days a year.

He had a unique career and willingly shares his experiences. The above barely touches on his experiences.



Roger Davison in Panama during the 1960s.

KHC September Events

KHC CRAFT NIGHT

By Carol Mitchell

On September 1, the KHC Residents enjoyed a night of crafting. Various crafts kits including woodworking, painting, leather work, and many other kits were donated by the Help Hospitalized Veterans (HHV). The kits are sent by HHV as an expression of care and appreciation for Residents service to our country. This dedicated organization has been providing kits to the AFRH-W King Health Center for the past 20 years. The kits enable the Recreation Therapy department in providing wonderful creative and leisure opportunities for individual and group activity participation throughout the year.



John Davies does some woodwork.



Clara Boyd gets a new pair of moccasins at the KHC crafting event. Crafts kits, including leather work, were donated by the Help Hospitalized Veterans (HHV).

Residents enjoy farm tour

By Carol Mitchell

On Wednesday September 16 the residents of King Health Center took an off-station trip to Watkins Park and visited the Old Maryland Farm. The residents strolled through the farm visiting a variety of farm animals including ducks, horses, sheep, cows, peacocks, rabbits and a huge hog.

The trip brought back old memories of farm days gone by, smells and all!



Animals of the farm mingled with residents.



KHC SPORTS NIGHT OUT

By Carol Mitchell

On Tuesday, August 15 the residents of King Health Center had a wonderful evening of fun at the KHC Sports Night. The weather was perfect for various events held at the LaGarde Fountain area including basketball shootout, dart throwing, horseshoes, putting, and watermelon seed spitting contests. Residents also enjoyed burgers, beer, and sodas with local Naval volunteers.

Apple Pie Festival

By Carol Mitchell

On Monday, September 21 the residents of King Health Center enjoyed a kick-off to the Autumn season with an "Apple Pie Festival." Residents listened to the history of Apple Pie, music by resident Ray Anderson, had Apple Pie Trivia, and of course ate delicious Apple Pies with Apple Cider. Throughout the day the residents and staff tried to guess the nine different types of apples showcased by Recreation Therapy, unfortunately no one could guess all nine. The types of apples included were Fuji, Pink Lady, McIntosh, Golden Delicious, Enza, Granny Smith, Gala, Rome, and Gravenstein.

Residents Leo Soloman and Elliott Bronfman tied for first and KHC Nursing LPN Modinat Mumuni guessed the most overall.



Modinat Mumuni and Elliott Bronfman knew their apples in the KHC Apple Pie Festival held on September 21.

Every Friday King Health Center hosts a Friday Social at 1:30 in the Recreation Center.

Bowling Column

By Ed Crump

It took a strong final week in August in the Bowling Shootout by Chuck Merlino to earn him Bowler of the Month. He had his highest series ever in the shootout when he put together games of 167-199-215 for a 581 series. He had a first, second and third place finish during the month which was worth 10 points out of the 13 he had for the month. The other three points came as a result of having a game at least 50 pins over his average plus a series of at least 75 pins over his average and his 581 series was the highest of anyone for the month. He averaged 171 for the month which is his best ever for any month.

Henri Gibson, who finished in second place for Bowler of the Month honors with 10 points, had an incredible final week when he put together games of 155-162-234 for a 549 series. Both his 234 game and 549 series are his highest ever in the shootout. His previous high game was 230 which he did last August while his previous high series was 505 which he rolled back in June. His 714 series with handicap earned him a first place spot in the final week beating out Chuck Merlino who had a 701 series. It's the first time ever two people had over a 700 series in the same week in the shootout. Henri also took high game scratch for the month with that 234 game along with high game handicap of 289 besides that 714 series with handi-

cap. The 289 game with handicap is now high for the year beating the previous high of 284 held by Jerry Lugar. For the first game and a half that final week Henri could not make his spares, but then for the last one and a half games he didn't have to worry about too many spares as he was stringing strike after strike. He had four in a row in the late frames of the second game and five in a row the last game. What made that third game so special was both Chuck Merlino and Ralph Wineland both had over a 200 game as well. Chuck had a 215 while Ralph had a 214 and this just motivated Henri to keep stringing them strikes being they were all bowling in the same set of lanes. When it was all over they all congratulated each other.

Phyllis Bradford has been the talk in the bowling shootout the past couple months and last month she put it all together with her best month ever when she had a first place finish along with two fourth place finishes.

Mimi Rivkin accomplished something last month I can't remember ever happening in the bowling shootout before when she rolled an all spare game of 184.

In closing I want to congratulate Willa Farrell who finished in sixth place in the singles event in bowling in the Senior National



Winners of the GEICO tournament.

Olympics out in California last month. I was also a participant in the 1500-meter walk race where I finished in 12th place out of 21 people in the race in my age group. I was very happy to finish where I did being it was my first time ever in the National Senior Olympics. It was an experience to be part of this year's event and to represent the AFRH was an honor. I hope to be part of another Senior Olympics in the near future.

started and to edge my way over to get into the first lane was not easy. I didn't want to take the chance of bumping into someone because that could mean disqualification from the race, which I sure didn't want to happen. So about a quarter of a way around the track I managed to get myself into the first lane and from there on I gave it all I had

"...when I stepped out on the track at Stanford University I had tears in my eyes I was so happy to be part of the event..."

Ed Crump

and managed to finish in 12th place out of the 21 participants in the race. This is one race you abide by the rules and they stick to it, believe me. Out of the 21 in the race, nine of them got disqualified because of some violation. The big thing in this race is you must keep the front leg straight. If you don't you get carded and if you get carded three times it means disqualification from the race. I didn't get carded once. I made sure I kept that front leg straight all the time. So all in all it was a great honor for me to compete in the National Senior Olympics and I'm extremely happy where I finished. Hopefully if things go as scheduled I hope to be competing in the next National Senior Olympics in 2011 in Houston, Texas.

After the Senior Olympics I spent five days in San Francisco where I walked across the Golden Gate Bridge and took in many other sights. I must have taken over 400 photos in my three weeks in California. It was no doubt one of the highlights of my life. It will be hard to top.

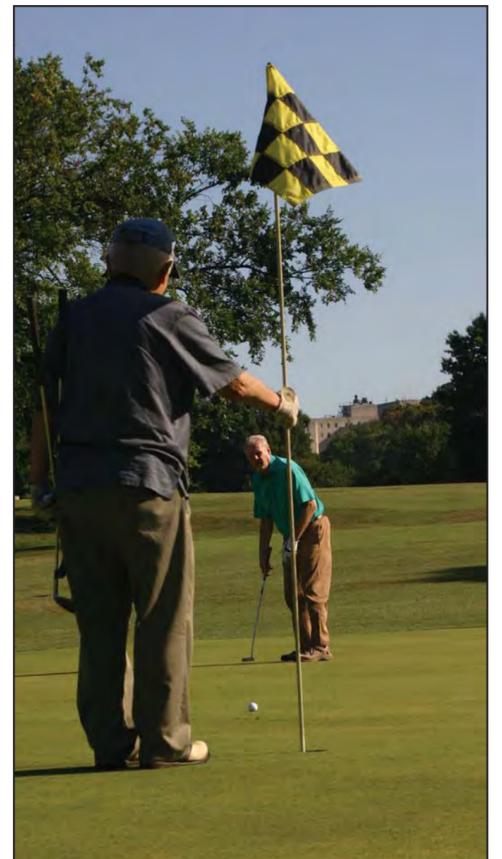
NCO Resident Championship held at AFRH-W Golf Course

By Matt Kayson
AFRH Golf Pro

On Friday, September 3rd, sixteen AFRH residents met at the golf course for perfect weather and the chance to claim the title of Resident Golf Champion for 2009. At the end of 18 holes, Roy Wheeler won the title for the second straight year with a score of 73. Second place went to Rudy Holloway with an 81. In the net division Curt Young's 63 took first place as Roy Webb was second with a 70.

Special thanks again to the NCOA's National Defense Foundation for their continued support to our annual golf championship and the Home! Fiona Schneider of the NCOA was gracious to participate in the awards ceremony.

Ernie Fowler shoots a long putt on the number three green during the NCO Resident Championship held at the AFRH-W Golf Course on September 3.



Frank McCabe putts on the number three green.

Resident has positive experience at National Senior Olympics

By Ed Crump

On the 10th day of August 2009 I had one of the greatest experiences of my life when I competed in the 1500-meter race walk at the National Senior Olympics at Stanford University in Palo Alto, California. I became eligible to compete in the race when I finished first here in the DC area last May. Of course when I was notified of eligibility to compete, I did not hesitate. I made out the necessary forms and sent them in so I would be registered in the 1500-meter walk race. I didn't want to miss this opportunity and the way things turned out, I'm extremely happy how I finished.

I walk everyday but I still figured it would be a challenge for me to prepare myself to compete against the best in the country. I didn't really push myself and do anything different from my normal routine. I didn't want to take the chance of possibly injuring myself which could prevent me from competing. Before I departed for California I made sure I was ready for this race and so on my daily walk I would do some speed walking at times. I'd do a half a mile or so at one time. I felt confident that I would do well in this race and I was not at all nervous which makes a difference. I was very relaxed and on the day of the race when I stepped out on the track at Stanford University I had tears in my eyes I was so happy to be part of the event.

I was in the last lane once the race

Residents enjoy outdoor Fun Fest - Flea Market

By Jerry Carter

The 18th Annual FunFest/Flea Market took place here on Friday, September 4th. Residents were treated to fun filled activities and prizes, tee-shirts were presented to all participants.

The Flea Market provided lots of interesting items for sale. Residents had opportunity to buy old DVDs, VHS tapes, ceramics, some arts and crafts. Food Service hosted a cookout and offered ample supply of hotdogs and all the trimmings of a good ole' summer cookout. Our own DJ Billy "Music Man" White played music for the FunFest crowd and several residents danced to his music selections. Also the weather was beautiful, sunny skies throughout this event! Recreation Services would



Peter Dounis tosses a horseshoe during the horseshoe Toss.



like to thank resident volunteers, co-workers and the Navy -AFRC Mid-Atlantic Washington from Andrews Air Force Base.

Calvin Luker tries his aim in the softball toss during the Fun Fest held on September 4.

Volunteers appreciated at AFRH

Navy volunteers help keep AFRH-W in tip top shape

Navy Chiefs, Chief Selectees spend time on projects and swapping stories with residents

By Carolyn Weber, Volunteer Coordinator

On August 22nd, over one hundred and fifty United States Navy Chief Petty Officers and Selectees volunteered their time and effort to pitch in at the AFRH-W. The men and women of The National Capital Region Chief Petty Officers Association brought their brush skills, perseverance, stories, laughter and of course their appetites. Once again, we are touched by the efforts of these wonderful volunteers.

The great ships of our nation's Navy require paint, a lot of gray paint. We were certain in their long Navy careers the Chiefs may have picked up a brush or two. With that in mind we asked them to put this particular skill to work re-stripping the drive that circles the home from the front

gate. They stayed the course despite less than ideal weather. They wouldn't be members of the world's greatest navy if they allowed a little rain get in the way, they didn't.

While working on the street, the Chiefs and the Selectees built up quite an appetite. They headed to the Scott Dining Hall for a feast. This gave the Chiefs the terrific opportunity to swap stories with our residents. By the smiles on the Chiefs faces, the memory of the time spent with our residents will be long lasting.

A commendation must go out to the tireless staff at Scott Dining. They did a remarkable job of providing delicious food and drink to an additional 150 hungry sailors. Everyone had plenty to eat. Greg Wilson, Liz Garris and Jimmy Walker must really be proud of the work their staff did in meeting the needs of our Navy volunteers.

The day ended with a heart warming rendition of Anchors Aweigh. The Chiefs in their bright yellow shirts and the Selectees clad in gray sung from the bottoms of their hearts. The song resonated across the grounds. You may not have seen them but you sure could feel the melody.

Thank you Chiefs. Thank you Selectees. Please come back and visit anytime.



Navy Chief Selectees from the National Capital Region Chief Petty Officers Association tour the Wood Shop during their visit to the AFRH-W campus on Aug. 22.



Billy Wood shows the Navy visitors some of his work that he has on display in the Wood Shop.



A group photo of the Navy Chiefs and Chief Selectees in front of the Sherman Building.



Two Navy Chief Selectees restripe the drive that circles the Home from the front gate.

George Washington University students eager to learn about AFRH and meet the residents



Ethel Blythe talks with a student from George Washington University during their visit to the AFRH-W earlier this month.



Carolyn Weber, AFRH-W Volunteer Coordinator, leads a tour for a group of George Washington University students through the AFRH-W campus. The visit was an opportunity for the students to learn about the mission of the AFRH and meet the residents that live here.