



Ann Whittaker with Jim Williamson enjoying the restored vehicles. Ann sponsored Jim when he checked in to the AFRH-

MESSAGE FROM THE COO
page 3

HOW THINGS HAVE CHANGED
page 8

**SHREVEPORT JUDGE VISITS
IRAQ**
page 11

**RESIDENTS SHARE WAR TIME
EXPERIENCE**
page 14

**BOMBS OVER
BERCHTESGADEN**
page 16

GALLEY & DINING ROOM
page 19

Mississippi Coast Watcher's

Submitted by AFRH-G

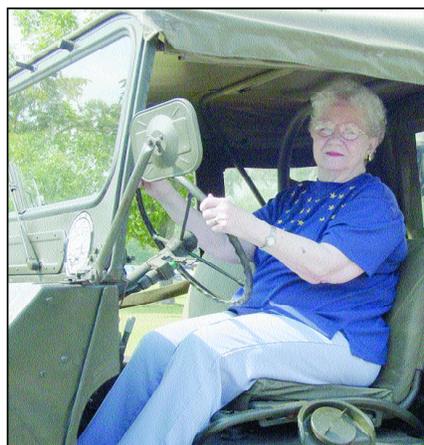
(Crusin' the AFRH)

Crusin' The Coast officially kicked-off with 4,600 antique vehicles touring up and down highway 90; some in the front yard of the Armed Forces Retirement Home-Gulfport, to the delight of many of our residents.

The Mississippi Coast Watcher's pulled some of their vintage military restored vehicles in to the home, shared stories with our residents and drove some folks around the parking lot for an afternoon cruise.

"This brought back some great memories," said Ann Whittaker, resident of AFRH-G. "This reminds me of the time working in the garage with my brother."

While the Mississippi Gulf Coast has always been known for its Southern



Ms. Mary Allen, Staff Sgt., USA, behind the wheel of a jeep similar to one she used in parades as a recruiter in Mobile, Ala.

Hospitality, car enthusiasts from all over the country now know this 26-mile stretch of bays and sandy beaches as home to one of the biggest car shows in America.

The AFRH-G couldn't have all 4,600 cars come through the grounds so it was great to have several members from the Mississippi Coast Watcher's as guests.

"We wouldn't have it any other way," said Karen Green, president of the Miss. Coast Watcher's. "The Armed Forces Retirement Home is a great place to visit – a really big thrill for us."

The home's recreation department coordinated trips for folks to visit the many cars at parades, local meets and other rallies during the week. This was the second year for the Miss. Coast Watcher's to visit the AFRH-G community – with next year already locked in on the calendar.

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).

AFRH-W Editors Column



It seems like the last thing that gets done on our newspaper is this column. I have long used the justification that I wanted to look the completed paper over in order to comment on its contents. I don't think Sheila will let me get away with this much longer.

Comrades, we must all realize that this newspaper is a team venture. When I started as editor to "The Bugler"

over a decade ago the rule was that "...employees and staff could not be pictured nor write articles for the paper..." Obviously this is a reticulated viewpoint. How could we purport to publish a newspaper when we totally excluded employees and staff from its contents? The answer, of course, is that we can't.

I've always liked the words, "United we stand, divided we fall." Occasionally some of our comrades get on the rampage and feel that as residents we should have no competition in contributing pieces to the paper. For them this is a problem. Sometime ago I observed a person bringing a problem to his supervisor. His supervisor said, "I see. Are you here to contribute to the problem or the solution?" Needless to say this provoked some deep thought by the person with the problem. In this endeavor also, "United we stand, divided we fall." Enough of this.

Test your memory. Who, at which of our Homes made the statement, "...These men don't need regimentation. They've had enough regimentation during their active duty years..." It really doesn't make any difference who said it. Know this, it is a truth.

Here's another quote to tease your brain, "The longer I live the more fascinating and full of interest human beings appear to be. Mean and almost saintly – they are all dear to my heart..." Would you believe that these words were written by a revolutionary. Few know that he was also a philosopher. *Who was this man who uttered these memorable words? I challenge you!*



AFRH NEWS

Message from the Chief Operating Officer

In order to keep an open channel of communications between the residents and management of AFRH, I asked my staff to set up a series of individual FOCUS groups to allow residents to voice their concerns and recommendations on issues; this effort started at the Washington campus. To date, we have had four sessions on the Washington campus. Our first FOCUS group meeting in Gulfport will be held the first week in November.

And, for our Gulfport residents, my staff is currently working on setting up a similar series of meetings which will allow Gulfport residents to voice their concerns and offer recommendations. Gulfport residents will be notified separately of dates and times for meetings to be held on the Gulfport campus.

I would like to take this opportunity to provide you with a brief update on the issues raised in the meetings here at the Washington campus:

Communications

- FOCUS Group Minutes will now be published and posted after each session.

- Copies of the National Defense Authorization Act for 2002 and copies of all Fact Sheets will be available for residents to review in the Library.

- Residents will see more articles in the Communicator and Bulletin regarding FOCUS Group “feedback.”

Dental

- AFRH-W now has a full time dental hygienist. Residents can expect annual teeth cleaning.

Parking

- Fact Sheet No. 7 dated October 7, 2003, details changes that will be made to the AFRH-W Parking Plan. Plan includes reserved parking lot for residents only, elimination of many currently reserved parking spaces, and removal of outdated parking signs.

Guest House

- Guest Quarters (17 rooms) are now available in the Scott Building for family members and guests of residents. Rooms rent for \$25 a night. Reservations may be made by calling Recreation Services at 202-730-3014.

Security

- All residents, employees, tenants and resident guests are expected to wear identification badges while on campus.

- Fact Sheet No. 8 – which is being coordinated, will detail the AFRH-W Security Identification Program which includes:

- a daily ID pass that will be easy to recognize after 24 hours of use (it turns a different color);

- permanent ID badges with specific colors for residents, employees, U.S. Vets, etc.

Expect Fact Sheet No. 8 (Security Badges) to appear in your mail box the week of October 20th.

Postal

- A Fact Sheet on Postal Operations is currently being prepared.

Payroll Deduction

- Rumor is that the 50 cent military payroll deduction increase has not happened and it appears that the Chief Operating Officer doesn't seem to be doing anything to make it happen.

If the payroll deduction was approved tomorrow, I would be the first person to welcome it. However, when you look at the history of this initiative we need to be realistic. Congress “authorized” the additional 50 cent military payroll deduction increase as part of the National Defense Authorization Act for 1995. However, during the eight-year period following its “authorization,” it has not been “approved.” My philosophy, as I have shared with each of you before, is that I need to take steps to control our own outcome. My staff and I need to explore and adopt initiatives that will bring revenue into the Homes and offset the \$7M per year that the AFRH is not realizing from approval of the proposed additional 50 cent military payroll deduction increase. The AFRH Management Team must be good stewards of our resources. The Management Team needs to eliminate unnecessary expenses, streamline operations and make sound business decisions that will positively impact our Trust Fund without any degradation of service to our residents. The AFRH Management Team is currently implementing a plan that will get us exactly where we need to go. The bulk of our plan is scheduled to be implemented during Fiscal Years 2004 and 2005.

Since we cannot fund raise like corporate America, we only have a few choices to help us attain our goal of achieving the level of financial stability we desire. Our options are: (1) seek appropriated funds, which has been attempted before with no success; (2) seek opportunities that will generate money for our Trust Fund, i.e., leasing of unused spaces; (3) eliminate unnecessary expenses, streamline operations and make sound business decision. I believe we must take these necessary steps before the reality of the additional 50 cent increase occurs.

Again, thank you for your desire to obtain accurate information and for being involved with the issues that face our Agency. I encourage you to continue to participate in these sessions.

“The only Right a Leader has is the Right to Serve.”

AFRH-G NEWS

Office of the Director

As 2003 draws to a close, let's reflect on the events of this past year, put them in perspective, and make a commitment to refocus our attention, energy, and determination on the road ahead. I begin by asking everyone (Residents and Staff) to consider how you and others will reflect upon your travels. Think about the word "legacy" and decide how you want to apply its principles in your life and to your current situation. What accomplishments are you most proud of? What wisdom, guidance, and keys to success have you passed on or can you pass on to others to enrich

their lives as well as yours? How well have you withstood the challenges you've had to confront? Changes at the AFRH have affected us all, obviously some more than others, and in different ways. However, regardless of the impact, our response can and should be the same. In good as well as unpleasant times, it is paramount to remember that change and the accompanying challenges help to keep us strong, prepared, non-complacent, and resilient. At this time, it is important to remain hopeful, confident, accept help from others when it is offered, and, in turn, lend a hand and

encourage others as much as you are able. My message in this article is a simple one, and it reminds me of a simple, yet profound quote by Martin Luther King, Jr., "The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." Our mission at the AFRH is more important than ever now, and it is a noble one we must neither neglect nor abandon for as long as it is our obligation to uphold and protect it.

CAPT Jerald L. Ulmer

New Parking Spaces at AFRH-G

By Robert Mears (G)

Well for those drivers wanting more parking, we have some. Every little bit helps. Three new parking areas; on the curve by loading platform, by auto repair area and by the Campus Operations have added 37 new spaces.



17 SPACES OUT BACK



7 SPACES BY AUTO REPAIR

AFRH-W NEWS

Office of the Deputy Director

A Financial Outlook

As you may know, it would cost three or four thousand a month to stay at a private sector retirement community where room, food, recreational activity, health-care, and other needs are provided for. It is not unusual for Residents to go through all their life savings during their stay at a private sector retirement community. AFRH only costs a fraction of that. How do we do it? Where does the money come from? There is no real free lunch, so somebody, somewhere is really paying the bill.

Well whoever stays at the Armed Forces Retirement Home (AFRH) ends up owing a debt of gratitude to all those service members who have been to non-judicial punishment – (NJP) such as Captain’s Mast, Office Hours, and Article 15 proceedings. If any of our Residents have been to NJP and were fined or forfeited pay, well, they are about to get a return on that prior investment....., because....., their

money was sent to the AFRH Trust Fund and used to support the home. Fines and forfeitures made up 56% (over half) of the money to run AFRH in this past year. The few and the proud (Marines) lead all others despite being the smallest service.

We also need to thank all of our active duty members who have \$0.50 cent withheld each month, that makes up 12% of our annual funding. Other funds come from interest on trust fund which accounts for 9%, and small amount from other sources (2%) such as gifts. Your monthly fee only covers 21 % (\$21 out of every \$100 it costs to run AFRH). Now you know where the money comes from! It’s simply a great financial deal for you, there’s no other way to put it!

We must continue to drive our costs down in the future because, as you can see from above, our funding stream can be affected by forces well beyond our control. For example, a smaller active duty force

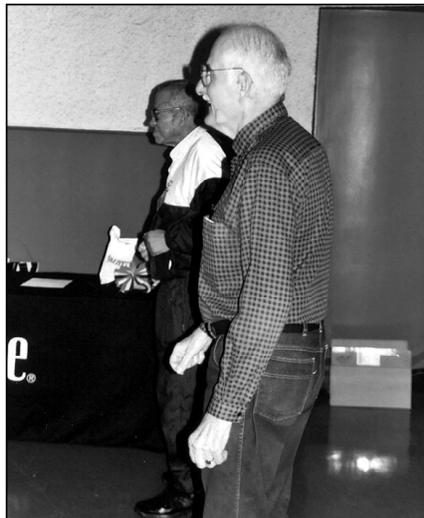
which has been the trend, would directly reduce the number of people giving a \$0.50 monthly pay deduction and likely reduce the overall number of NJP cases resulting in less fines and forfeitures being paid to AFRH. It is clear that reducing costs at AFRH will be hard for all of us going forward, however, we are still in control of our own fate because we are making the hard choices as difficult as they may be. Commands and organizations that avoid hard choices end up being dictated too by their superiors and directed to take what amount to even harsher actions. The final AFRH organization will be one that is as capable as possible of weathering future financial crisis. Bottom line, we cannot merely depend on revenue, but must continue to look closely at costs and reduce them wherever practicable.

CAPT (s) Paul Soares

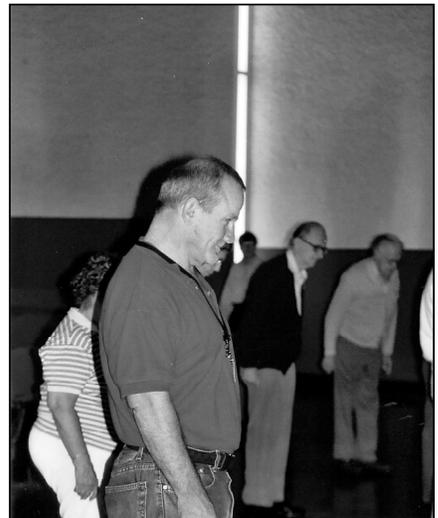
Jazzercise Is A Big Hit at AFRH-W



Wow! This feels so good! Several residents participated in a Jazzercise class in the Scott Theater.



Norman Godfrey and Jessie James get ready for the next exercise.



Terry Sawyer stretch his muscles through a range of motion exercise.

HEALTH NEWS

“Changing The Face Of Medicine

National Institutes of Health Exhibition

Bethesda, Md. — They overcame prejudice and discrimination to create and broaden opportunities within the profession. Persistence, ingenuity, and ability enabled them to advance in all areas of science and medicine. They are among the very best of America's women physicians and now they are being saluted in "Changing the Face of Medicine," an interactive exhibition opening October 14, 2003 at the National Library of Medicine (NLM), an arm of the National Institutes of Health.

The exhibition features stories from a rich diversity of women physicians and a broad range of medicine that they practice in communities across the United States. Some of the hundreds of women you will learn about include:

-A New York native who became the first woman of color to lead a U.S. medical school;

-A Massachusetts native who as a young child with polio had two ambitions, to be a doctor and win an Olympic gold medal in figure skating. She succeeded at both;

-A New York native and Irish American physician who became the first woman to direct the National Institutes of Health;

-A California Hispanic American who became the chief of dermatology at Kaiser Permanente and volunteers her time removing tattoos from young gang members;

-A Dayton, Ohio native and colonel who became the first woman flight surgeon to enter into combat with the U.S. Army's 2-229th attack helicopter battalion during the Gulf War;

-A Maryland native who is the first and only woman to be a team orthopedic surgeon in the National Football League;

-A Fort Wayne, Nebraska native, pediatrician and surgeon who became the health correspondent for ABC television's Good Morning America, reporting from around the world on a wide range of med-

ical topics;

-A South Dakota native who became the first woman appointed director of the Centers for Disease Control (CDC) in Atlanta, Georgia;

-An Indiana native who was the first woman to be named commissioner of the U.S. Food and Drug Administration;

-A native of Puerto Rico and pediatrician who became the first woman and first Hispanic to become Surgeon General of the United States;

-A Virgin Islands native who became the first woman physician in the U.S. Congress;

-A New Yorker who became the first full professor at Columbia University College of Physicians and Surgeons, and designed the Apgar Score, the first standardized method for evaluating a newborn's transition to life outside the womb;

-A Virginia native who became chief medical examiner of Virginia, the state's highest position in forensic science;

-A Pennsylvania native and pediatrician who is the first woman appointed editor of the Journal of the American Medical Association;

-A New Jersey native who became the first woman physician-in-chief at Boston Children's Hospital, and the first woman to chair a major department at Harvard Medical School; and

-A South Carolina psychiatrist who is the state's first tele-psychiatrist conducting sign language consultations via videolink with deaf patients across the state.

"Changing the Face of Medicine" honors the achievements of American women in medicine, past and present. Some have developed innovative medical procedures. Some have won the Nobel Prize. Others have brought attention to the health and well being of children. Many have reemphasized the art of healing and the roles of culture and spirituality in medicine.

"Women waged a lengthy battle to gain access to medical education and hospital training," noted Elizabeth Fee, Ph.D.,

Director of NLM's History of Medicine Division. "Since winning those struggles, women from diverse backgrounds have carved out successful careers in areas as diverse as sports medicine, space medicine, and surgery."

The contributions of these remarkable women are showcased in artifact, textile and digital-portrait galleries as well as in an "activity zone" with interactive installations.

The exhibition has a companion Web site at www.nlm.nih.gov/changingthefaceofmedicine. The site will let people around the world discover the history of America's women physicians, and learn more about educational and professional resources for those considering medicine as a career. For teachers there are lesson plans with ready-made classroom activities that incorporate the science of the exhibition's doctors and align with national learning standards. There is a section called "Share Your Story," where people can add stories about outstanding woman physicians they know, whether family members, mentors, or their own doctors.

"Women have brought fresh perspectives to the medical profession," said Donald A.B. Lindberg, M.D., Director of the National Library of Medicine. "They have turned the spotlight on issues that had previously received little attention, such as the social and economic costs of illness and the low numbers of women and minorities entering medical school and practice."

"This exhibition will have the broadest possible appeal," Lindberg continued. "Although it focuses on the personal and professional triumphs of women in medicine, its lessons in persistence, dedication and excellence will speak to people in all professions — men, women, and young people alike."

The National Library of Medicine, is located on the campus of the National Institutes of Health in Bethesda, Maryland. Pike and Center Drive. The exhibition is open to the public and admission is free.

RESIDENT CORNER

WELCOME HOME

**NEW RESIDENTS
AT AFRH-G**

- Luther Burns US Air Force
Morgantown, WV
- Frederick Bower USMC
LaBelle, FL
- Don Welch US Navy
Palm Coast, FL
- Edward Powaloski US Air Force
Wisbaden, Germany
- Frank Carlson US Air Force
Dorchester, MA
- Henry Lindley US Air Force
Washington, DC
- Lloyd Stepp US Air Force
Huddy, KY
- William Brown US Navy
Rosenburg, TX
- Richard McKinney US Navy
Harrison, MI
- Howard Clark US Navy
Bristol, TN
- William Allen US Navy
Interlachen, FL
- Arnold Muller US Army
Edmeston, NY
- Wayne Harrigan US Air Force
Summerville, SC
- Alonzo Dick US Navy
Frisco, TX
- Luke Peavey US Air Force
Grand Rapids, MI

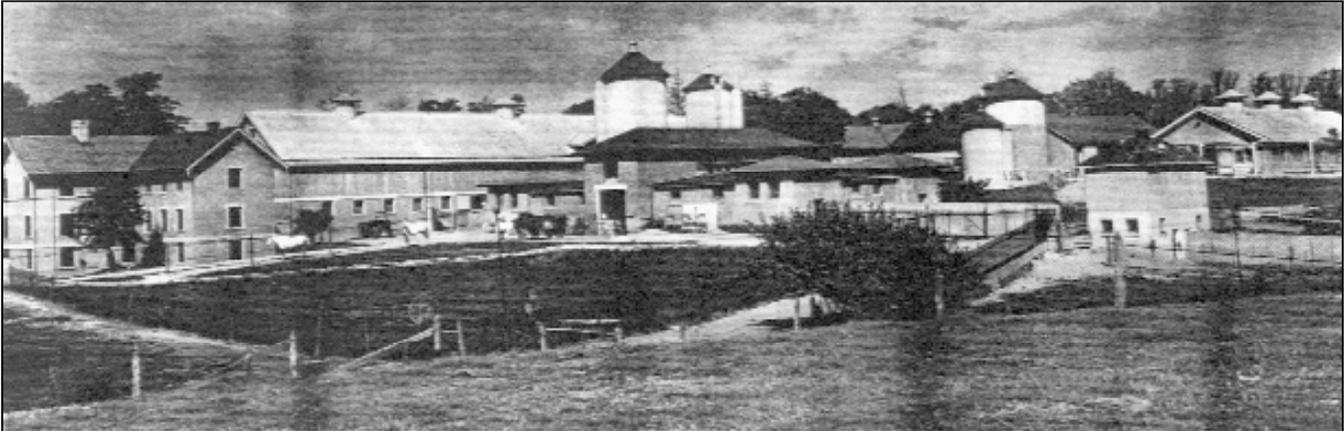
**NEW RESIDENTS
AT AFRH-W**

- John Sexton US Navy
Kettering, OH
- Edward Damour US Navy
Lynden, WA
- Ben Goldstein US Army
Los Angeles, CA
- Louis Lane US Army
Altamonte Springs, FL
- R. Keller-Lawrence US Army
Bay City, TX
- Franklin Lawrence US Air Force
Bay City, TX
- Daniel Jackson US Navy
Washington, DC
- William Rosin US Army
Washington, DC
- Hiram Pirtle US Army
Longview, TX
- Italo Siveri US Army
Milford, NH
- William Hough US Army
Columbia, SC
- Lorean Beal US Air Force
Bedford, IN
- William Barbee US Army
Falls Church, VA
- M.B. Holley U.S. Army
Norfolk, VA
- Edward Spetch US Air Force
Seymour, CT
- Richard Adams US Navy
Paris, TX
- Wilbert Logan US Air Force
Marquette, MI
- John Wade US Air Force
Washington, DC

*CONTINUED ON PAGE 11

HISTORY

How Things Have Changed



By Ray Colvard (W)

Jose Ortega y Gasset stated, "I am I plus my surroundings and if I do not preserve the latter I do not preserve myself." It may be disconcerting to accept the truism that we are not only part of the Armed Forces Retirement Home - Washington; (AFRH-W) is now a part of ourselves. Moreover, as things are with us today we may tend to agree that what's happening with us is as uncomfortable as what writer John Gardner said, "A History never looks like history when you are living through it. It looks confusing and messy, and always feels uncomfortable." One Home resident was heard to say, when he was asked how it was at the Home, "It's like Dilbert taking over Camp Swampy from General Halftrack."

His analogy isn't clear, probably indicating a cautious "one-thumb-up" approval. A fast overview of Soldiers' Home history suggests that things were messy here in 1858 too. Senator John Hale of New Hampshire rode out to the Home, one day, talked to some of the inmates and gave his story to local newsmen. "The prisoners are made the menial servants of the officers, subject to military discipline, fed as they would be in the desert of Utah, and arbitrarily fined if they took an apple from the vines which they paid for."

Home history suggests that changes came more from what surrounded the Home than what went on at the Home. From the end of the Civil War the Boards of

Commissioners were bent on attracting the approval of Washington's political and social elite rather than in the welfare of the Home members, who were referred to as "Inmates" until the Asylum was renamed a "Home." Money was spent lavishly during decades following the Civil War to make Home grounds into a city park as was Central Park in New York City. A Member of the Home's Board said that when a Home member behaved as if the Home belonged to him, that man was dismissed from the Home.

Apparently some men dismissed from the Home by the Board members told their stories to newsmen and word reached the attention of Senator Hale of New Hampshire. The result was a Congressional investigation which lasted for two years, 1881 to 1883. The Governor resigned rather than face the Senate committee. Although the Board of Commissioners claimed it was their prerogative to appoint a Governor, the Secretary of War appointed Colonel Samuel D. Sturgis, brevet Major General. General Sturgis was an unpopular officer with most Civil War generals, notably Generals Sherman and Sheridan. Sturgis was a dangerously honest officer. Even worse, Governor Sturgis, encouraged, members to bring complaints to the committee, including accusations against the Home's former officers. To the Board it was a shocking breach of noblesse oblige.

Colonel Goode wrote: "The investi-

gation was thorough, impartial and spared no one. Best of all, having found deficiencies, the committee took steps to correct them." From the men's speaking out and the direction of Colonel Sturgis, came the Act of Congress March 3, 1883. Some six decades later, 1949, the strong voice of Soldiers' Home members was again heard. Brain-trust gurus, Colonel Goode called them, with authority, without responsibility," determined that Soldiers would be transferred to the Veterans Administration. The Board protested as did the Secretary of the Army; their protests were unanswered. Colonel Goode wrote, "Residents held a mass meeting led by Sergeant Jason Chambers, 1st Sergeant 9th Infantry, Spanish American War, voted 1,156 to eight against the proposal to turn the Home over to the Veterans Administration and took their case to Chief of Staff General Bradley."

By the end of World War I, and even to a greater extent after World War II, the long cherished "city park" dream of the Boards of Commissioners was virtually forgotten. However, the Board's newer concern was the great Soldiers' Home Farm, developed from Harewood Farm which was purchased in 1876. By 1950 the Soldiers' Home Farm was the last holdout large-scale agricultural enterprise remaining in the District of Columbia. In 1950 Congress ordered the Home to get out of the milk business and transferred 185 acres

Continued on next page

of farmland to the Special Services Administration. Colonel Goode wrote, rhetorically, "one may ask why the Board, that had fought off raids on Home lands for more than a century, would give up a third of its land, its dairy and chicken farm."

Obviously the Colonel knew that Congress did not consider the grounds of Soldiers' Home inviolate. In 1934 it had sequestered the Naval Home's General Fund without informing the Navy Department. By 1950 Washingtonians had built homes far beyond Boundary Street, virtually touching the Home's perimeter fence. The poet said "good fences make good neighbors" but Congress believed it was not a good fence when it separated a back-yard from a barn yard.

The farm was an industrial concern, pride of the Board but of little interest to Home members. Home grounds were divided into three roughly equal sections. The historic northeast was where residents

lived. The center was open space left from the city park development. The southeast sector was the farm. Residents living well away from farming activities were protected. Home owners and renters adjacent to the perimeter fence were not. A good fence does not insure good neighbors when the fence is between "my backyard and your barnyard."

While the loss of land and farms may have seemed catastrophic to the Board members, it may have appeared a blessing to Home members ushering in an era of new growth and the new name Soldiers and Airmen's Home. Somewhere in the mid-1990s the Board decided to change "member" to "resident." Probably to prevent confusion between Board member and Home member.

The 1991 reorganization as Armed Forces Retirement Home--Washington may be the most significant change since the Act of March 3, 1883. Residents in 2003 may

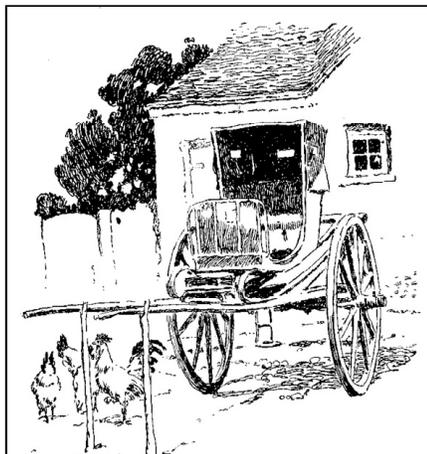
feel as residents in 1883 could have when encouraged by administrators to sound off. Strictly from hearsay and observation, one might infer a policy of encouraging the residents' sense of being an integral part of The Armed Forces Retirement Home management.

World War II residents may find it difficult to put in perspective how things have changed since our active duty years. At lunch recently a Home resident and I introduced ourselves. Both of us, I was pleased to learn, were retired from the Navy. A difference was that he had enlisted four years after I was retired.

As one from the old Old Navy, a corporate-structured administration, alien to our lock-step, chain of command format takes getting used to. Without knowledge of the current Home mission, my observation suggests that "focus" often mentioned

Continued on page 10

Up and down the coast!



DID YOU KNOW

The Old Reliable Krag

By Ludwig Olson (W)

The U.S. Army adopted the Krag-Jorgensen bolt-action rifle, popularly known as the Krag, in 1892. Famous for its reliability and smooth-working action, the caliber .30 Krag fired smokeless powder cartridges, the first American arm to do so.

Other nations that adopted the Krag were Denmark in 1889, and Norway in 1894.

The Krag breech action was designed by Captain (later Colonel) Ole Herman Johannes Krag and Erik Jorgensen of Kongsberg, Norway. Krag was director of Kongsberg Arms Factory, and Jorgensen was the chief armcrer.

A striking feature of the Krag is its five-round horizontal box magazine with loading gate on the right side. Cartridges can be simply dropped into the magazine.

Many different rifles submitted to U.S. Army board of officers were tested for safety, rapid-fire with accuracy, rapidity at will (accuracy not considered), endurance, dust, and firing with defective cartridges and excessive powder charges. The board recommended adoption of Krag number five in its report to the Chief of Ordnance. That rifle performed extremely well.

Springfield Armory started preparations for production of the caliber .30 Krag in October 1892. First issue to the troops occurred October 6, 1894. Arming the Regular Army with the Krag was completed in June 1895.

Mr. Ludwig Olson served in the U.S. Army from 1935 to 1956 (20 years).

Olson served his second 20 years as a Senior Technical Advisory for the National Rifle Association, and as the Technical Editor for the American Rifleman Magazine.

Since coming to our Home has been a regular contributor to "The Bugler," and its successor the "AFRH Communicator" to the delight of all.

The first U.S. Krag was designated Model 1892. It was based on Krag number five that performed so well in the tests. Barrel length of the new rifle was 30 inches.

New models of the U.S. Krag were introduced as a result of improvements. Principal models following the Model 1892 were the 1896 and 1898 rifles and carbines, and the 1899 carbine.

Caliber 7 mm Mauser rifles, used by Spain during the Spanish-American War, gave better ballistic performance than U.S. Krags. The Mausers also had the advantage of superior firepower made possible by the use of cartridge clips. Colonel Teddy Roosevelt's Rough Riders complained about the difficulty of loading the Krag while on the run.

According to Springfield Armory, 442,883 U.S. Krag rifles and 63,116 car-

bines were produced. The Krag saw service in the Spanish-American War, Philippine Insurrection, and the Boxer Rebellion. It was used by guards and for training during World War I. Reasons for discontinuing the Krag were that it was not suitably strong for modern high-pressure cartridges, not well adapted for clip loading, and difficult to manufacture.

Despite the Krag's shortcomings, it was well liked by the troops. Several years after it was replaced by the M1903 Springfield rifle, it remained the favorite of many military and civilian target shooters.

The Krag is now prized by collectors. It's still much admired because of its smooth-working action and reliability, and has honestly earned the right to be called, "the old-reliable Krag."

-20-



U. S. Model 1898 .30-40 Krag Rifle with Model 1901 Rear Sight

Changes

Continued from page 10

indicates cooperation rather than confrontation with residents and staff. From Merriam-Webster's history of the word focus, it originally meant a "hearth or fireplace." By extension it included other meeting places. In optics, focus was used to indicate the burning point, how a lens can be focused to create fire. The Latin word was extended to the French foyer,

back to the fireplace, campfire, and bonfire. It denoted the gathering place for actors. The talk show's greenroom is an example.

Early in the eighteenth century focus was used in social settings to find how a subject can best be presented for clearness. Whether or not consensus is focus is arguable. In each use of the term, one finds focus indicating the point of energy, attraction or interest. What the mechanics of focus appears to be are undefined. Poet W.H. Auden said, "It takes little talent to see clearly what lies under one's nose, but a good deal of it to know which direction to point that organ." Not knowing, one can

ask whether or not focus is an exercise in pointing one's nose rather than one's finger. My assumption is that neither stentorian volume nor senior-officer present determines focus meeting procedure. Nor does debate. Does one bring one's own agenda?

It may be the role of Home residents in the first decade of the millennium will be as important as were those with General Sturgis in 1883 and General Bradley in 1949. The pictures of the 1950s Soldiers' Home Farm may also indicate why wise residents in 1950 gave silent assent to let the cows and chickens go.

-20-

COASTAL VIEW

Shreveport Judge Visits Iraq

Submitted by AFRH (G)

Excerpts from a lecture given by retired Judge Don Walter of Shreveport, Louisiana:

“I am not into public speaking, as I am sure you are about to find out. I have been fortunate over the past five or six years to get to such exotic places as Bosnia, Jakarta, Indonesia and Morocco, but Iraq is my swan song. I am too old for such adventures. In mid-April, I got a call from the Department of Justice (DOJ), asking if I would be willing to go to Iraq for up to three months to evaluate the justice systems and make recommendations.

Let me begin with a disclaimer, I was in Iraq for fewer than 40 days, I was in Baghdad for a little over three weeks and in the three provinces of the far south for two weeks. I am limited in what I saw and heard. Needless to say, the opinions are my own. I want to make it clear that, initially I vehemently opposed the war.

We were divided into four teams. We were the southern teams, accompanied by an interpreter and protected by what I called our “minders,” (four Iraqis well-armed with 9mm hand guns and AK47’s.) During the first two weeks, we talked to a few hundred Iraqis and interviewed about 60 judges.

Despite my initial opposition to the war, I am now convinced, whether we find any weapons of mass destruction or prove Saddam sheltered and financed terrorists, absolutely, we should have overthrown the Bathists - indeed we should have done it sooner.

When we left in mid-June, 57 mass graves had been found, one with the bodies of 1,200 children. There have been credible reports of murder, brutality and torture of hundreds of thousands of ordinary Iraqi citizens. There is poverty on a monumental scale and fear on a larger one. I have seen the machines and places of torture. I will tell you one story told to me by the Chief of Pediatrics at the Medical College in Basra. It was one of the most shocking to me, but I heard worse.

One of Saddam’s security agents was sent to question a Shiite in his home. The interrogation took place in the living room in the presence of the man’s wife, who held their three-month old child. A question was asked and the thug did not like the answer. He asked it again - same answer. He grabbed the baby from its mother and plucked its eye out, and then repeated his question. Worse things happened with the knowledge, indeed with the participation, of Saddam, his family and the Bathist regime. Thousands suffered while we were messing about with France and Russia, and Germany and the United Nations. Every one of them knew what was going on there, but France and the UN were making millions administering the food for oil program.

We must have the courage to see this through; to do whatever it takes to secure responsible government for the Iraqi people. Having decided to topple Saddam, we cannot abandon those who trust us. WE ARE NOT GETTING THE WHOLE TRUTH FROM THE NEWS MEDIA. The news you watch, listen to and read, is highly selective. Good news doesn’t sell! 90% of the damage you see on TV was caused by Iraqis, not by US.

The day after the war was over, there was nearly no power being generated in Iraq. 45 days later, 1/3 of the total national potential of 8,000 MW was up and running. The 14-story office building of the Southern Iraq Oil Company was torched by the Bathists, destroying all the books, records and computers of the company. Today the refinery at Baiji I is running at 75% of capacity (June).

By my sample, 90% of the people are glad we came and the majority does not want us to leave for some time to come. But, there are still plenty of bad guys, including the Bathists who lived well under Saddam. The poverty in Iraq is a sharp contrast to the lives of Saddam and his sons. Saddam alone, not counting Ouday and Ousay and the leading Bathists, had 43 palaces. We are using several palaces for

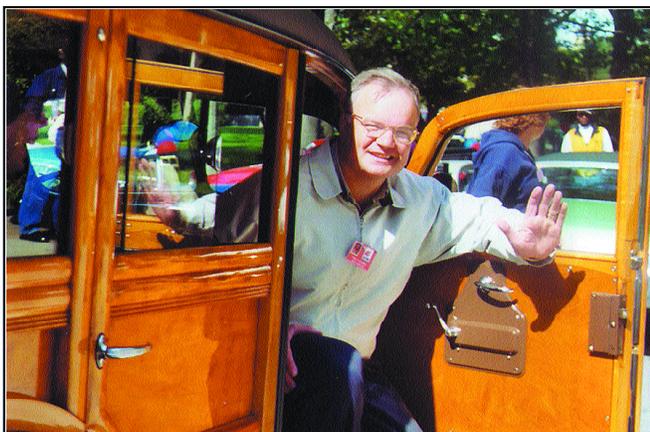
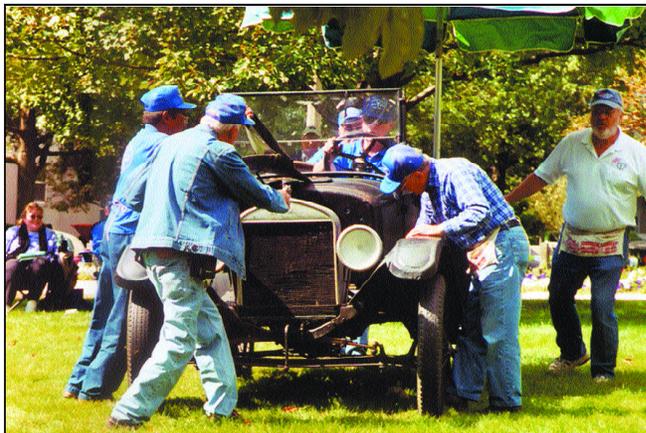
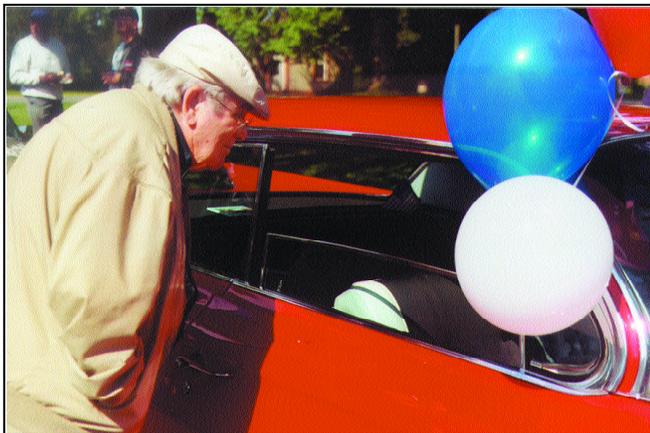
civilian government. The one where OPCA is located is the main republican palace occupying over 2,000 acres. It is a monument to narcissism! Four 25-foot tall heads of Saddam decorate the front of the palace, and his portraits and statues are everywhere.

Saddam used power and other essentials as a method of punishing a city of three million! He would cut power for days to punish them. In high summer, it will hit 155 degrees, even 160! Our soldiers, God love them and keep them, smiled every time I got a chance to talk to them. They want to come home, but I did not hear one word of complaint or a question as to why they were there. This is boring, HOT, dirty and dangerous work. They stand in 120 degrees in full-body armor. They are amazing! Their entertainment was largely self-generated; boredom doesn’t stop when they stand down. Write a letter, send a note or email; send a book, cd, tape or magazine; do something.....Thank you.”

(Judge Walter’s speech has been shortened to fit our limited space...By permission of Judge Don Walter.....Byron Dennis)

New Residents at AFRH-W	
Continued from page 7	
Calvin Wallace	US Army
Rapid City, SD	
James Barker	US Navy
Colorado Springs, CO	
Daniel Dorrian	USAF
Hazelton, PA	
Paul Bradford	USAF
Plant City, FL	
Charles Vouaux	USAF
Lake Wales, FL	
Lindsey Boone	US Army
Carrsville, VA	
Kenneth Ruppert	US Army
Treasure Island, FL	

AFRH-W SPECIAL EVENTS



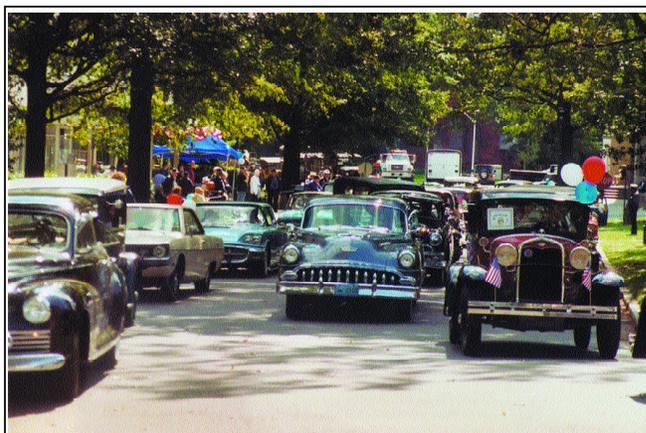
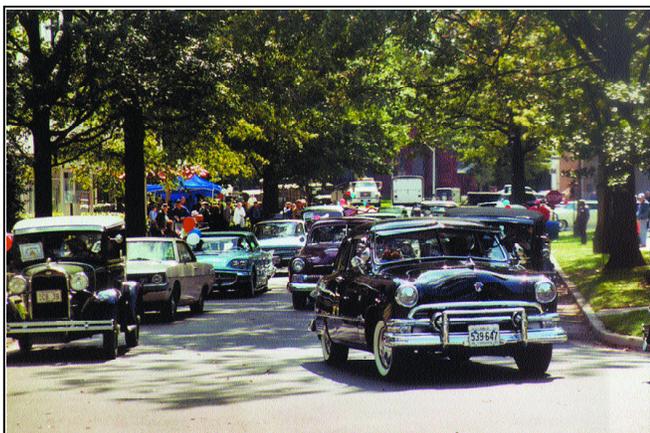
Submitted by AFRH-W

“The "Iron Man" Receives His 1100th Dash Plaque!”

Bob Ruckman, known at the "Iron Man" of car shows, has been entering his antique cars in the AFRH-Washington annual auto show since 1960. He featured his 1932 Plymouth in the first car show and during the last decade has displayed a 1968 Chevrolet Bel Air. Bob says that he especially enjoys coming here because of the obvious enthusiasm our residents show, when they come out and gather around the old vehicles.

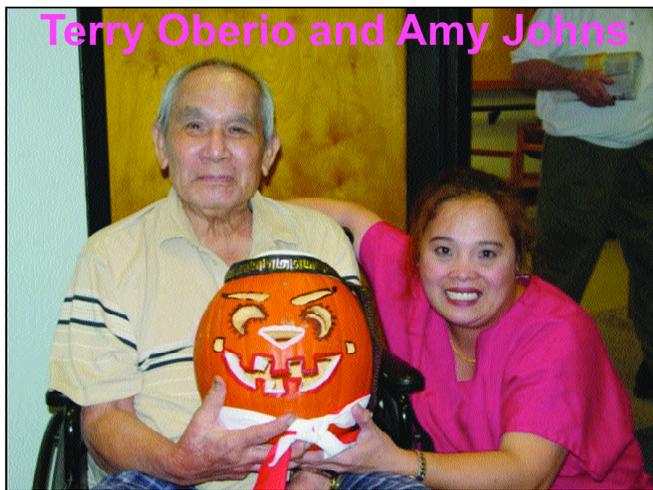
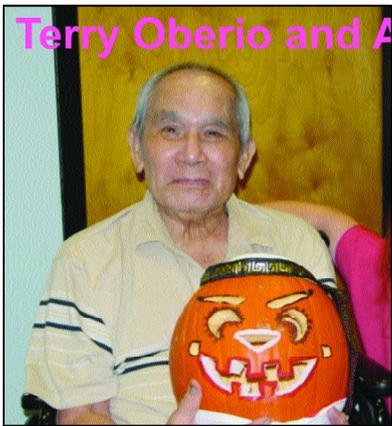
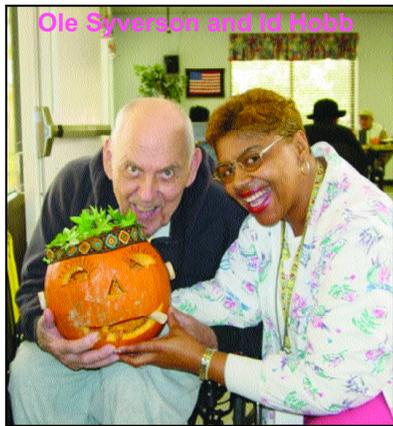
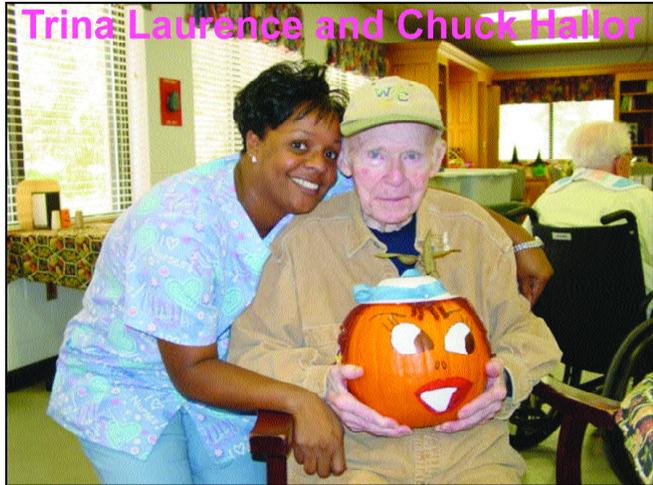
Bob has earned the title "Iron Man" by being in well over a thousand car shows, started in 1954. His world-record plaque collection is on permanent display in the new Antique Auto Museum in Hershey, Pa. A former naval officer and retired government executive, Bob, now 72 and a cancer patient, is an inspiration to his fellow cancer survivors, appearing with his cars at many area charity events. His monthly auto column, Commentary, is published in 35 clubs' newsletters, and may be found on an internet web site. Bob resides in Arlington, Va.

The photographs below show the beginning of the traditional “Drive Around.” Each year the Antique Auto Show is held at the Armed Forces Retirement Home – Washington. After the judging of the entries by Deputy Director Soares, CAPT (s), U. S. Navy, the owners line up all their vehicles and drive around the campus. This is to provide our fellow residents at King Health Faculty the opportunity to enjoy the antique autos and perhaps reminisce about days gone by when they were driving some of the displayed automobiles.



**Resident and Staff Pumpkin
Decorating in LTCU**

**AFRH-G
SPECIAL EVENTS**



COMMUNITY

Residents Share War Time Experiences

By Doug LeMere (G)

The students and faculty of Gulfport High School recently invited several residents of the Armed Forces Retirement Home-Gulfport for interviews to learn first-hand about veterans who served during the Second World War. Listening to the veterans tell about their experiences is rewarding for both the students and the residents.

The home has partnered with the Joe Foss Institute, an organization dedicated to the restoration of patriotism, integrity and an appreciation for America's freedoms. The institute's goal is to instill these values through member presentations to one million school-aged young people across America each year.

The 11th Grade accelerated English class interviewed the veterans individually in the library of Gulfport High School, asking questions and recording responses.

"This was really great," said Whitney Salley, student interviewer. "I got to learn about everything that happened in their lives."

"I was very impressed with the young people," said Walter Bouchard, retired Navy chief. "Their questions were really thought-provoking and the follow-on questions were amazing."

Navy veteran and author, Byron Dennis, was interviewed by several students and donated a copy of his book "U. S. S. Frustrate - The Luckiest Ship in the Navy" to the students.

"The kids were so excited after the interviews," said Diane Miller, teacher at Gulfport High School. "They really were appreciative."

There are 575 veterans who reside at the Gulfport home and they have countless experiences and many first-hand stories to share.



Navy Veteran Byron Dennis,(above) and Retired Navy Chief Walter Bouchard (below) sharing experiences with students at the Gulfport High School library.



MILITARY NEWS

‘Aztec Eagles’ A Dying Breed

By Rudi Williams

ANAHEIM, Calif. - The more than 300 Mexicans who volunteered to help the United States kick the Japanese out of the Pacific islands during World War II are slowly passing on. Only 10 of them are still around.

Only three of them -- two combat pilots and one ground crew member -- were well enough to travel here from Mexico to be honored for their contributions by the Defense Department on Oct. 16 and 17. They were former "Aztec Eagles" pilots, retired Mexican air force Col. Carlos Garduno and Capt. Miguel Moreno Arreola, and ground crewman former Capt. Manuel Cervantes Ramos.

"Only 10 of us are still alive," Garduno said sadly during an interview at the Hyatt Regency Orange County Hotel here during DoD's Hispanic American Heritage Month observance.

The Mexican war hero said the Mexican Fighter Squadron 201, "El Escuadron 201," was composed of more than 300 volunteers -- 36 experienced pilots and the rest ground crewmen. The ground crewmen were electricians, mechanics, radiomen, and armament -- "all the specialties that are required for a typical fighter squadron," the colonel said.

The Aztec Eagles were attached to the U.S. Army Air Forces 5th Air Force's 58th Fighter Group during the liberation of the main Philippine island of Luzon in the summer of 1945. The pilots flew P-47D "Thunderbolt" single-seat fighter aircraft carrying out tactical air support missions.

"We flew close air support missions for American and Filipino infantry troops on the ground, and had to hit where we saw a smoke bomb go off," Garduno said. "Otherwise, we could have hit friendly troops, because the difference in distance was about 300 yards between the enemy and the friendly troops.

"We were 31 pilots (who) went to war," said Garduno, who flew 26 combat missions and served more than 37 years in the Mexican air force. "Originally, we were 38 pilots, but two were killed in training

and the others were eliminated from training. All the time we were in the war, we never got a replacement pilot. It took a long time for training, and by the time they were going to be shipped out it was too late."

The squadron left Mexico for the United States on July 24, 1944, arrived at Laredo, Texas, on July 25, and moved on to Randolph Field in San Antonio, where they received medical examinations and weapons and flight proficiency tests. They received five months of training at Majors Field in Greenville, Texas; Pocatello (Idaho) Army Air Base; Foster Field in Victoria, Texas; and Randolph. The pilots received extensive training in armament, communications or engineering as well as combat tactics, formation flying and gunnery.

This marked the first time Mexican troops were trained for overseas combat. The "Aztec Eagles" flew 59 combat missions, totaling more than 1,290 hours of flight time. They participated in the Allied effort to bomb Luzon and Formosa (now Taiwan) to push the Japanese out of those islands.

"We were trying to get three more squadrons to have a whole group of Mexican air force in the war," Garduno said. "I joined the squadron of Aztec Eagles because as a professional military man, I was dedicated to serving my country, which had declared war against the Axis. Professional men have to accept the call to duty. "They sent me to learn dive-bombing at North Island in San Diego with the Navy for eight months," continued Garduno, who noted his English, which he started learning at age 7, helped him during his military career. "But I flew only 26 missions because I had an accident and spent three weeks in the hospital."

Garduno said he remembers Mexican President Manuel Avila Camacho saying in his welcome home speech that "your pilot comrades that are not with you because they've passed on to the hills of Mexico, you live to remember them forever." "It was like an order that each one of us never forgot," Garduno said. "So we

formed an association of veterans, called "Asociacion Mexicana de Veteranos II Guerra Mundial" (Mexican Association of World War II Veterans), which is very small now -- only 10 members. We remember them every time one dies. Every year we have a very important celebration on Nov. 18, which is the day we came back from the war."

Garduno, the association's president and international issues representative, has printed on the back of his business card, "This card identifies those who believe in the principles of freedom, for which veterans of many countries gave their lives. Voluntary affiliation will help to preserve their memory." He said even today, the Mexican president, secretary of defense, air force and others support the surviving Aztec Eagles when they remember their dead on Nov. 18. The American Legion and Veterans of Foreign Wars, as well as British and French veterans organizations in Mexico, always participate in the observance.

"We all get together for International Remembrance Day on Nov. 10," Garduno noted. "It's just a very important day for us." Arreola, who finished pilot training on June 3, 1944, remembers arriving at San Antonio's Randolph Field, which, he said, at that time, was the best school for pilot training.

"Sometimes something nice happens," Arreola said with a big smile. "When I was waiting for my training, a beautiful lady arrived and said, 'Are you Arreola?' I said, 'Yes I am.' And she said, 'I'm your instructor.' "I was totally surprised because I never thought that a woman would be giving me training."

Arreola was one of 34 out of 36 pilots to pass the examinations. "We left from San Francisco on March 27, 1945, and arrived in Manila on April 30 and (were) attached to the 58th Group," said Arreola, who started out as a wingman and later became a commander. "Then they sent

Continued on page 22

RESIDENT PROFILE

Bombs Over Berschtesgaden

By **Stuart Kellogg**

In late June, as war in Iraq dragged on with still no proof that Saddam Hussein was dead or alive, Doyle Tarver of Jess Ranch (AFRH-W) recalled another war, another dictator and his own role in an effort to assassinate tyranny.

During World War II as a bombardier with the 91st Bomb Group, 323rd Bomb Squadron, Tarver flew 35 missions over Germany.

His last mission, on April 25, 1945, was to bomb Obersalzberg, a small community above Berchtesgaden in the Bavarian Alps.

In 1938 Adolf Hitler and Neville Chamberlain, prime minister of Great Britain, had met at Berchtesgaden from the discussions that ended in the Munich Agreement.

By 1945, Martin Bormann, Hitler's personal secretary, had transformed Berchtesgaden into Hitler's southern headquarters.

Here were Hitler's home, the Berghof; a mountaintop conference center, the "Eagle's Nest," built for Hitler as a 50th birthday from the Nazi party; Bormann's model farm; Albert Speer's home and architectural studio; and the bunker constructed as a last resort for Hitler, Bormann and Herman Horing, Hitler's designated successor.

Tarver's journey to Berchtesgaden began in Arkadelphia, Ark., when he was born in 1919.

"My dad was a blacksmith," he said. "after the crash in 1929, he lost his place, his job, everything, so we moved back to the family farm. That's when I learned to work."

During the late 1930s, Tarver spent 18 months as a carpenter with the Civilian Conservation Corps. While building cabins south of Hot Springs, Ark., he was made a doctor's orderly.

"I didn't know the first thing about

first aid," he said, "and now I was responsible for the health of 250 men. A doctor trained me for an hour.

"But I may have saved a couple of lives."

This pattern of self-teaching and resilience would be repeated again and again; for example, in 1941, when, as an Army Air Corps airman at Shepherd Field in Wichita Falls, Texas, Tarver was handed a manual and told he would now be instructing recruits.

In 1943, while on leave from Shepherd Field, Tarver met Mary, his wife-to-be. They married three months later.

"By then I'd had enough of training recruits," he said, "so I volunteered to go to armament school at Lowry Air Force Base in Denver."

After attending gunnier school at Tyndall Air Force Base in Florida, Tarver was crewed up at Dyersburg Army Air Base in Tennessee.

Soon he was aboard a train headed for New York City.

"Not till I was on the train, did I know I'd be fighting in Europe," he said.

Stationed at Bassingborn Airfield in Royston, England, not far from Cambridge-Tarver was a bombardier.

"Most bombardiers were commissioned," he said, "but I was enlisted.

"I replace a commissioned man who'd decided he didn't want to be a bombardier anymore. They chose me because I'd been through all the training.

"The man I replaced was demoted to private and did a lot of KP."

Because the British preferred to fly at night, the Royal Air Force flew night flights. The Yanks flew by day.

"They'd wake us up at 2 a.m. or 3 a.m.," Tarver said, "we'd get dressed and have breakfast, and then while the gunners prepared the plane—we'd go to the briefing hut.

"There we were given the coordinates, but not the name of our target. That's



This photograph was taken in England as Sergeant Doyle Tarver peers out the Gunners Turret of a B-17 Bomber.

so in case we were shot down, we couldn't say what the intended target was."

Tarver flew in B-17Gs, the famed "Flying Fortresses."

At first, he said, a crew would fly mission after mission in the same plane: "But after a while as planes needed repairs, we wouldn't get the same plane every day." "We flew at 25,000 to 30,000 feet in an unpressurized cabin and at temperatures ranging from 60 below zero to 80 F below zero.

"We had oxygen at all times and wore electric suits wired

Continued on page 22

**RESIDENT
PROFILE**

“Gigi” Arrives at AFRH-Gulfport

By Nancy Littrup (G)

Dorothy “Gigi” Malone was born in Ware, Mass. on June 26, 1922. She has always been an ambitious person. At 16 she took a six-month course in cosmetology and later became a teacher at that same school.

At 21, she joined the Army Air Corps. She enlisted in Boston and took her basic training in Chattanooga, Tenn. Her time in the service was approximately two years, during which she served in Memphis. Her work there was varied and included servicing planes that brought people to the base. She was also a recruiter for a short time, besides being a manager of the



camp beauty shop.

After she was discharged in 1945 at Fort Dix, N. J., she finished high school. She attended junior college and took training there to be a medical secretary and a court reporter. Later, and for many years she owned and operated a beauty shop in Dania, Fla.

She has enjoyed traveling around the world. Her greatest adventure was owning a 43-foot yacht which she and her husband sailed mainly up and down the east coast.

“Gigi” came to us here at the AFRH-G in July of this year and truly loves it. She is a delight to all.

-20-

228th Navy Birthday Celebration

Submitted by AFRH-G

The AFRH-Gulfport celebrated its annual Navy Birthday on Friday the 10th of October. Over 100 residents and guests enjoyed the music, dancing and fine food from our folks in the kitchen. Capt. William McKerall, Commanding Officer at the Seabee Base, was our guest speaker. The Director welcomed all in attendance and Mr. Robert Locke did a fine job as Master of Ceremonies.



Honor Guard from Seabee Base



William Carey College Visitors



NAVY BIRTHDAY 228 YEARS



A MUST READ

More Mississippi

By **Byron Dennis (G)**

After leaving Natchez, U.S. Highway 61 follows the Mississippi River north to Vicksburg. Tourists stop at Port Gibson, the town that General Grant said was "Too Beautiful to Burn," to photograph the Presbyterian Church, whose cornerstone was laid in 1829. Instead of a cross on its steeple, there is a hand with a finger pointing to the sky. It represents the hand of a scholar. Port Gibson is also the site of Mississippi's nuclear generating plant, adjoining Grand Gulf State Park. Port Gibson is worth at least a half-day sightseeing.

Further up U.S. 61 is Vicksburg, where the Spaniards first set up an outpost on the highest hill in 1790. The Civil War battlefield in Vicksburg is a must-see and should be toured at a leisurely pace after viewing the film in the park headquarters.

Another exceptional tour, when it is again open to the public, is the U.S. Waterways Experiment Station at the south end of town. A 700-acre facility, many of the WW II island invasions were planned there. An exact scale model of Niagara Falls, with the water running, is in one of the buildings. There is also a model of The Los Angeles Harbor, with the ocean wave effects demonstrated. At the request of that city, the breakwater there was designed to protect the seafood boats while at the piers. The station also played a large part in designing the Aswan Dam in Egypt. It is an installation well worth seeing and it is hoped that public tours, discontinued after September 11, will become available again. The world's largest toy soldier collection can also be seen in Vicksburg.

A must-see is the Civil War Union

Gunboat – Cairo, which was brought up from the bottom of the Yazoo River after lying there a hundred years. It has been on exhibit for several years and after being refurbished; it should be open by now, along with the museum that contains its story and the personal effects of the crew. It is in the battlefield park overlooking the Mississippi River channel that was cut from the Yazoo River to the Mississippi.

The hills from Natchez to Vicksburg are the results of monstrous dust storms thousands of years ago. The soil is known as "loses" and I have been told by the park rangers that the only other known place for this formation is in the northern part of the Ukraine. They are covered with "kudzu" vines that give the landscape an eerie appearance. The vines were brought from Japan to stabilize the soil and are as hard to get rid of as freeloading relatives.

"Walking Post" Through Isabel

Submitted by the "Humble Bee" (G)

The Third Infantry Regiment at Fort Myer has the responsibility for providing ceremonial units and honor guards for state occasions, White House social functions, public celebrations and interments at Arlington National Cemetery...and standing a very formal sentry watch at the Tomb of the Unknowns.

The public is familiar with the precision of what is called: "Walking Post" at the Tomb. There are roped-off galleries where visitors can form to observe the troopers and their measured step and almost mechanical silent rifle shoulder changes. They are relieved every hour in a very formal drill that has to be seen to believe. Some people think that when the Cemetery is closed to the public in the evening in the evening that this show stops.

First, to the men who are dedicated to this work...it is no show...it isn't "charge of honor." The formality and precision continues uninterrupted all night. During the nighttime, the drill of relief and the mea-

sured step of the on-duty sentry remain unchanged from the daylight hours. To these men...these special men, the continuity of this post is the key to the honor and respect shown to these honored dead, symbolic of all American unaccounted for American combat dead. The steady rhythmic step in rain, sleet, snow, hail, hot, cold...bitter cold...uninterrupted...uninterrupted is the important part of the honor shown.

Last night, while you were sleeping, the teeth of hurricane Isabel came through this area and tore up everything... We have thousands of trees down...power outages...traffic signals out...roads filled with down limbs and "gear adrift" debris...We have flooding...and the place looks like it has been the impact area of an off shore bombardment. The Regimental Commander of the U.S. Third Infantry sent word to the nighttime Sentry Detail to secure the post and seek shelter from the high winds, to ensure their personal safety. During winds that turned over vehicles and

turned debris into projectiles ...the measured step continued. One fellow said "I've got buddies getting shot at in Iraq who would kick my butt if word got to them that we let them down...I have no intention of spending my Army career being known as the idiot who couldn't stand a little light breeze and shirked his duty."Then he said something in response to a female reporter's question regarding silly, purposeless personal risk...."I wouldn't expect you to understand. It's an enlisted man's thing."

God Bless the rascal...In a time in our nation's history when spin and lies seems to have become the accepted coin-of-the-realm, there beat hearts...the enlisted hearts we all knew and were so proud to be a part of...that fully understand that devotion to duty is not a part time occupation. While we slept, we were represented by some fine men who fully understood their post orders and proudly went about their assigned responsibilities unseen, unrecognized and in the finest tradition of the American Enlisted Man.

Galley and Dining Room

By Robert Mears (G)

We hope to give you an idea what goes into the food preparation for our meals. There is 1 Project Manager, 5 Supervisors, 1 Clerk, 9 Cooks and 29 Food Service Helpers. They are responsible for all preparation and cleanliness of the galley and dining room. In addition to preparing 3 meals per day for both the main line and the diet line, they also prepare and serve LTCU, they prepare special food for our Birthday Balls, Socials, Picnics, Patio Cookouts, hors d'oeuvres for recreation sponsored events. Special spreads for VIP Guests, Special spreads for all functions required by Administration.

The cooks, baker, management and store room work a straight 8 hour day. The Food Service workers work each meal; clean the dining room, serving area and kitchen area. After the work is finished for the noon meal they have about 2 hours off and then come back and do the same for evening meal. This is a total of 45 people to do all the work required of them. Many of these workers have been with us over 20 years. All of these really wonderful people are contract workers.

Now to the actual food prepared each day. Chicken and Dumplings, Stuffed



Anita is the "Desert Queen" and makes all our deserts



Sam is one of our Chefs

you can see the majority of the entries are made from scratch or homemade as I call them. Seasonings are added to each entrée and vegetable. Of course diet line items are specially seasoned.

All of our workers put in long hours so that you may have healthy well balanced food. They do all of this with a smile and hello. Even though some people give them a hard time, they still smile. Think about what all they do for you and say thank you sometimes. Kindness does not cost you anything. You will probably get a thank you and smile in return.



Server assists with pies



Management Office – Accounts for food



Guess who's making the soup

Crab and Ravioli are the only ready made foods on the main line. The diet line is about 30 % ready made foods due to them being Lean Cuisine or Healthy Choice. They use a starter for Gumbo and finish it off. All of the soups except Asparagus and Corn are made from scratch and it is only a starter and the shrimp is added. Chipped Beef is a starter and it is finished off. The minced beef is made from scratch. SOS is also a base that is finished off. Most vegetable products are flash frozen to be nearly like fresh and they are steamed. All salad bar items are fresh for each meal. As



Sharon doing prep work

RESIDENT'S DESK

Life Is Just A Bucket of.. A Hell on Earth

By "The Ole Salt" (G)

When I was a kid in the Navy and heard the old-timers talking about the "Old Navy," I swore that I would never use that term when telling about my time in the canoe club, but there is just no way to tell this without using it. The reason being, things are so different now than they were then, you just have to justify the difference.

Today a sailor walks up to a window at the ship's laundry and picks up his clothes all clean and folded....WELL back then, in the "Old Navy" we had a bucket, a hand brush and a bar of soap, Ivory if you could afford to buy it. Ivory was good for scrubbing your white hats. Most of us used the cheaper soap. We had other things to spend our \$21.00 monthly pay on, important things on shore....but I digress....What I started out to tell about, is this....

One night while washing my clothes, I thought - life is like a bucket....You only get out of it what you put into it....When you fill the bucket with good hot fresh water, use a good laundry soap and a lot of hard scrubbing - the result is nice fresh clean clothes....In a Navy ship, a sailor who keeps himself clean and dressed in a fresh uniform is always a good ship-mate.

When you fill your life with a good honest plan, add as much learning as you can get and apply as much effort as it takes; the result is success....Here at our home, we have a lot of people who must have filled both their bucket and their lives with just the right stuff because they sure turned out well and it's a pleasure to live with them.

There are, of course, a few who must have looked at their bucket in a different light....

I had the good fortune to make a short R&R stop in Shanghai before WW II. I met an "Old China Hand" who took me aboard his ship. It was a river gunboat, the Panay, if I remember correctly. Each man

aboard had a "boy" who did all the work that the sailor asked him to do. A few sailors had their boy doing everything but stand their watches. The most important thing to the boy was his rice bowl. If the boy did something his sailor didn't like, the sailor would break his rice bowl. This act meant the boy had been fired. Incidentally, the boy was usually old enough to be the sailor's Grandfather. The second most important thing to the boy was the sailor's bucket.

The thing that impressed me most, after the cleanliness of the river gunboat, was the bucket rack. Hanging on the rack was an array of the most beautiful buckets I had ever seen. There were brass ones, copper ones, iron ones and even a couple of wooden ones. Each was engraved with the owner's name, dragons and other oriental designs. I asked why they were as fancy as they were. I was told that the better the bucket looked, the better the boy was at his job. It was a status symbol, both for the boy and his sailor.

It seems to me... some who keep a shiny bucket but live an amoral life style might not be getting the message.

JACK-O-LANTERN

By Leslea Pidgeon (W)

**Pumpkins time, frost and
fall leaves, colors
bright and gay, bitter-sweet
and scarecrows, trick or
treat night.**

**The Jack-O-Lantern freshly
carved lite, brightly glowing-
its smiling face is looking
facing front, good to see,
is right.**

By Bryon Dennis (G)

Contributed by a resident near the border:

(Not to be confused with the thousands of square miles of beautiful country in Texas.)

The Devil as said was chained in Hell and there for a thousand years remained. He never complained nor did he groan; 'til he decided to start a Hell of his own.

So he went to the Lord and asked if he had any sand, left over when he made this wonderful land. He said, "Oh yes, I have plenty on hand, but I left it down by the Rio Grande. Fact is, old chap, the stuff is so poor, you couldn't use it in Hell any more." But the Devil went down and took a look at the truck, said when it came as a gift, he was stuck; and after considering it close and well, he decided the place was too dry for Hell.

So the Lord, in order to get it off his hand, promised the Devil he'd water the land. He had some water, or rather the dregs, which smelled like a concoction of rotten bad eggs.

So the deal was made and the deed was given, and the Lord went back to his home in Heaven. Now, the Devil said, "I've all that I need, to make a good Hell and I'm sure I'll succeed." So he sprinkled the sand with millions of ants, so men that sat down need half-soles on their pants. He lengthened the horns of the Texas steer, and added a foot to the jackrabbit's ear. The wild boar he put in the black chaparral, it's a hell of a place we have for a Hell.

The heat in the summer is a hundred and ten, too hot for the Devil and too hot for men. The red peppers grow on the banks of the creek; the natives cook them in whatever they eat.

Just dine with the natives and then you'll shout, "I've a Hell on the inside as well as without."

Our Theme Song

By **Byron Dennis (G)**

Sing to the tune of “My Favorite Things” in The Sound of Music.

Malox and nose drops and needles for knitting

Walkers and handrails and new dental fittings

Bundles of magazines and tied up in strings

These are a few of my favorite things.

Cadillacs and cataracts, hearing aids and glasses

Polident and Fixodent and false teeth in glasses

Pacemakers, golf carts and porches with swings

These are a few of my favorite things.

When the pipes leak

When the bones creak

When the knees go bad

I simply remember my favorite things, And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions

No spicy hot food or food cooked with onions

Bathrobes and heat pads and hot meals they bring

These are a few of my favorite things.

Back pains, confused brains, and no fear of sinnin' Thin bones and fractures and hair that is thinnin'

And we won't mention our short shrunken frames

When we remember our favorite things.

When the joints ache, when the hips break

When the eyes grow dim

Then I remember the great life I've had, And then I don't feel so bad.

AFRH-W Shares In The Spotlight Of Making History

By **Laura Fogarty (W)**

AFRH-W participated in the FIRST-EVER ACTIVE AGING WEEK NATION-WIDE

Program sponsored by Jazzercise, the world's leading dance-fitness program, and the International Council on Active

Aging (ICAA). The week long program offered in many states Highlighted the Importance of Physical Activity for Older Adults.

On Friday, October 3, 2003, local Jazzercise instructors came to the Home and conducted a free Simply*Lite fitness class, a light version of the original Jazzercise program to 35 residents in the Scott Theater. Jazzercise Instructor Mindy La Bruno got the group warmed up and then off they went stretching, jumping and feeling great. Others in attendance were Jane Hansen, a fellow instructor, Robin Nistle, District Manager for Jazzercise in this region and Melissa Johnson, Deputy Director of the President's Council for Physical Fitness and Sports. The 45 minute class offered something for everyone. Throughout the event bottled water and fruit was on hand for all.

The ICAA is the only organization in North America dedicated to changing the way we age by uniting and working with professionals in the retirement, assisted living, fitness, rehabilitation and wellness fields. It connects a community of like-minded professionals who share the goals of changing society's perceptions of aging and improving the quality of life for aging baby boomers and older adults within the six dimensions of wellness. The council supports these professionals with education, information, resources, and tools, so they can achieve optimal success with this growing market. To learn more about the ICAA, call 866-335-9777 or visit the ICAA web site at www.icaa.cc.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 5,000 instructors

teaching 19,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. To learn more about Jazzercise call 703-280-0998 or visit the website at www.jazzercise.com.

More Facts From 100 Years Ago

Submitted by **AFRH G)**

The average wage in the United States was 22 cents an hour.

The average worker made between \$200.00 and \$400.00 per year.

A competent accountant could expect to earn \$2,000.00 per year; a dentist \$2,500.00 per year; a veterinarian between \$1,500.00 and \$4,000.00 per year; a mechanical engineer about \$5,000.00 per year.

More than 95% of all births in the US took place at home.

Ninety percent of all US physicians had no college education. Instead, they attended medical schools; many of which were condemned in the press and by the government as “substandard.”

Sugar cost four cents a pound; eggs were fourteen cents a dozen and coffee cost fifteen cents a pound.

Most women only washed their hair once a month - using borax or egg yolks for shampoo.

Canada passed a law prohibiting poor people from entering the country for any reason.

*What General said, “I would rather have ten armies
ater me than one mad editor.”*

FOLLOW UP

Tarver

Continued from page 16

for heat, so we were reasonably comfortable. But whenever I checked on the bombs, my suit would be unplugged for a while."

According to Tarver, there might be anywhere from 600 to 1,000 B-17Gs strung out for one mission.

"With the contrails of 1,000 planes ahead of you," he said, "visibility get real mushy."

"One day, we were flying through solid contrails and couldn't see a thing. I looked sideways and saw another Squadron coming at us, at the very same altitude."

"I yelled, 'Down, Witt!'" to my pilot.

"We were safe but had lost our mission so we looked for a 'target of opportunity' and bombed a train yard."

Describing himself as "the luckiest guy who every flew combat," Tarver said: "I never saw a concentration camp, thank God, and I was never shot down-even though my plane was hit.

"One morning, in a plane we had never flown in before, I noticed a sheet of steel right under where I was sitting. We were shot at, and I could feel the flak, but thanks to that steel sheet I'm sitting here today."

Another morning, just as he was leaving the briefing hut, he was told that his plane would fly in a different part of the Squadron.

That day the plane where he "should" have been was shot out of the sky.

"After each mission," Tarver said, "we were debriefed. We'd tell them what we knew, and they'd tell us what we had just bombed.

"After we bombed Berchtesgaden-we'd made three passes over it-we thought we must have killed Hitler. We didn't know till later that Hitler wasn't there."

On April 25, 1945, Hitler was already in a bunker beneath the Reich Chancellery in Berlin. He would survive another five days: till April 30, 1945, when he and Eva Braun-his former mistress and now his bride of one day-committed sui-

cide.

Asked if he ever thought World War II would go on and on for decades, Tarver said, "There was never any question that we were winning the war.

"And no, death didn't enter my mind. We just flew and did the job we'd been assigned to"

"My bombs must have killed a lot of people. But there was nothing I could do about it. You couldn't wake up and say, 'I'll be killing somebody today.' You'd have gone crazy."

After the German surrender when he was back home in the States, Tarver was asked if he wished to fight in the Pacific:

"I said, 'No, thank you.'"

But Tarver remained in the service and during the Korean War flew support from Japan.

After 20 years, he retired as a Master Sergeant and went to work for a civilian contractor-a job that took him from Alaska to the Azores.

In 1979, the year of the Iran hostage crisis, Doyle and Mary Tarver were living in Tehran, where he had a contract with the Iranian government to install telephone long-lines.

"The hostage crisis had been building up for some time," he said.

"One day I went to work, and during my briefing, the commander said, 'I just got off the phone with Pennsylvania, and they told me, "Anyone who wants to take a short and go home may.'

"That's night Mary, said, 'Do what you think is right.'

"The next morning I told the commander, 'O', here to accept your offer. I've fought in two wars and want no part of another one.'

"I began making arrangements, but it took us months to leave. The day after Mary and I left Iran, everyone with families was ordered out of the country."

Eagles

Continued from page 15

us about 70 miles north to one of the big islands. We arrived May 1, 1945, and raised our battle flag the second day there.

"We flew some very dangerous missions from Clark Field in the Philippines to Formosa, now called Taiwan," continued Arreola, who flew 36 missions, including two over Formosa, during his six months in the Pacific. "We saw more frequent airplanes from Japan on that 650-mile trip than ever before. But they didn't want to have combat with us, because they knew our P-47s were better than their Mitsubishi's. We could fly higher and faster."

Arreola said the Aztec Eagles didn't find out until Aug. 8, 1945, that the United States had dropped an atomic bomb on Hiroshima, Japan, on Aug. 6. "We didn't know what it destroyed, or if it destroyed anything," he said. "Then on Aug. 9 they dropped another atomic bomb on Nagasaki."

After the war ended, the Mexican pilots were sent to Okinawa and placed on standby. Arreola said the Aztec Eagles dedicated a monument in Manila on Sept. 25, 1945, honoring the five pilots who were killed. They left the Pacific and returned home triumphantly on Oct. 21, 1945. They were greeted as national heroes in Mexico City on Nov. 18 by huge crowds, including President Camacho. "I said to the president, the mission is over," said Arreola, who got out of the air force and flew civilian airliners in Mexico for 36 years. "That's one of the best memories I have."

But today, the enormous crowds are gone and in most cases, the Aztec Eagles are all but forgotten. "Now, we receive more attention in the United States than in our own country," Arreola noted. "We have a very small pension, not like the pension veterans in America have. We have very few dollars per month.

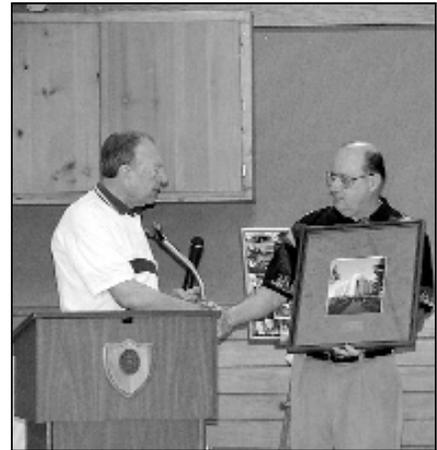
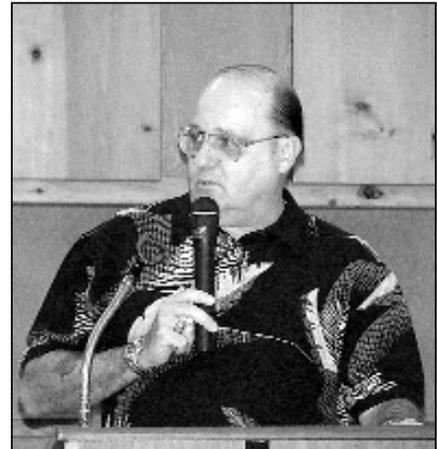
"But we're very proud to have served with the American veterans in World War II," he said.

HOME FRONT

Tim Miller's Retirement

By Robert Mears (G)

This was a very tearful goodbye for everyone, including Tim. As I looked around the room at the very large turnout not many eyes were dry. Because Tim has done so much for us for so long, we hate to see him go. He has been here, at the AFRH-G, for eighteen years. Of those eighteen years, fourteen years have been in Recreation Services and four years while still on active duty. Tim has been a driver, bingo caller, confidant, friend and a howl at the dress ups he has done for our parties. He was very choked up saying good bye to everyone. As he said, the only thing that would have him go was a new life. A while back Tim went home to visit, met someone and fell in love. So he is getting married and moving back up north. I had a chance to meet his future wife at one of our outdoor parties. She is a very lovely and delightful lady. He was given a photo of the home by outgoing Council Chairman Pete Louque and a thank you letter from out Deputy Director Lt. Col. Van Dyke. The Deputy also presented him with his retirement papers from civil service. So Tim what can we say to you except, we hope your life and love be long and fruitful and may you "always" have fair winds and following seas.



HAWAIIAN LUAU

By Robert Mears (G)

What more can you ask for? Food, fun, dancing, and Hawaiian dress up. A very large crowd of residents and guests attended. Even the Deputy Director came with all of her family. Fred and all the galley crew really outdid their selves this time as the photos bear out.



Volunteer servers from Kessler Air Force Base helped with the repast.



Fred [right] is the overall chef here, and has had much training. He previously had his own restaurant. Koko [left] is one of his cooks.jk



Volunteer servers from Kessler Air Force Base helped with the repast.

