

Inside Look:

Channel 80 Survey Results
page 4

Henry Pike fills the gap
page 6

Luau draws large crowd
page 10

Antique Auto Assembly Show
page
11

Boss and Single Service
Member Volunteer Day
page 13

Flint Creek Campout
page 14

The Tombstone
page 15

Staff member graduates with
honors
page 18

USO Liberty Bells
page 19



Ouch that smarts!

Flu shots at last! The national shortage of the flu vaccine caused quite a stir but residents at AFRH-G finally starting receiving vaccinations last week. More vaccines are on the way.

New features now available on the AFRH website

AFRH is happy to announce that the yearly update of the AFRH.gov website has been implemented. Here is the summary of major changes that you can use for an article in the AFRH Communicator next month.

If you haven't visited the AFRH public website recently (AFRH.gov), then here are some of the new features that might be of interest to you:

Under "General Information"

- There is a link to a webpage that provides electronic access to viewable versions (pdf's) of the "AFRH Monthly Newspapers."

- There is a link to the AFRH "Annual Report."

Under "Gulfport, MS"

- The "Directions" page has been updated and also includes a link to a pdf map of the immediate Gulfport campus.

Under "Washington, DC"

- A "Location" link and page has been added that provides landmark information as well as a pdf map of the immediate DC campus and the ability to navigate to and from the campus via a link to mapquest.com.

- The "Directions" page has been significantly updated to assist motor vehicle access.

- A "Local DC Transportation" link and page has been added to provide access

AFRH COMMUNICATOR

Phone: 1-800-422-9988 (W) 1-800-332-3527 (G)

Web site: www.afrh.gov Email: AFRH.Communicator@dc.afrh.gov

Sheila Abarr, AFRH. Public Affairs Specialist, Marketing
 Howard J. Sweet (W) Editor
 Sheila Motley (W) Public Affairs Specialist
 Mary Kay Gominger (G) Public Affairs Specialist

Ludwig Olson (W) Writer
 Ray Colvard (W) History writer
 John Paul Bednarz (W) Writer, Proofreader
 Jo Colvard (W) Proofreader

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.

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

AFRH-W Editors Column

A Hero Is Gone – AFRH(G)



Last week I spent some time at the Veterans' Medical Center doing something no one really enjoys doing.. The tune had arrived when I must part with some old friends. I am referring to my upper teeth. I'm not one to talk about my physical experiences, however, my purpose is to highlight an improvement in patient transport that has been recently instituted-ted at our

Home.

I must admit that I also dreamed of an improvement in my appearance. Hopefully something like th results shown below.



However, due to the waiting time at the Pharmacy, my dental experience at the VA lasted until around 8:00 pm. **No problem! I called the Admin., Mngrs' Desk at King Health Facility and they had transportation there in about 30 minutes.**

Oh yes! Speaking of dental care be sure to read Captain Soares' piece on "Renovation." He speaks of the movement of the Dental and Eye Clinics to the Scott Building. A couple of pictures also.

The following Sunday I had to spend the night sleeping at WRAMC and was released about 5:30 am. **No Problem!** KHC had transportation there to bring me home again in 30 minutes.

Enjoy your paper!

Epitaph For A Lost Sailor

Seven Times The Ship's Bell Rings,
 Seven Stars Overhead;
 Seven Angels Spread Their Wings,
 Seven Seas My Bed.
 -Jim Pankey-

Digitally Matthew Spill, with permission

"Epitaph," was written at sea in foreign waters as I lay on the padding of the LSO safety net on the USS Bon Homme Richard watching the night sky and thinking of my friend, LCDR John T. Parks, USNR, whose F-3B Demon was lost during operations in 1963. I was a young Parachute Rigger 3c in Fighter Squadron 193 at the time. It was 11:30pm, the constellation Orion was overhead, the swells rocked me like a baby. I fell asleep. I Wrote this when I awoke. It is my epitaph, too. I wish to be buried at sea, where I spent much of my naval career.

Jim Pankey, AFRH(G)

AFRH NEWS

Message from the Chief Operating Officer



My message for this issue of the Communicator is meant to serve as a reminder to residents and staff to be sure to exercise your right to vote. The polls show that this is going to be a very close election, so each vote is critical. Voting is not only a civic duty, it is a privilege and a right that was given to us and protected through the efforts of many courageous men and women. Each of you, as former military members, more than any other group of Americans, should know just how important it is to vote. When you served in the military you kept our country free and protected our ability to vote. Please, don't miss this opportunity to have your voice heard.

On November 2nd, both Homes will provide transportation for Home residents to their designated polling place to vote. If you

“Exercise your right to vote!”

have any questions regarding when transport-transportation to the polling places will be available, please contact: AFRH-Washington:

Keith Turner, ext. 3201 or AFRH-Gulfport: Don Cross ext. 4040.

AFRH staff members are also encouraged to vote. Our Human Resources Officer,

The AFRH Human Resource Officer Brock Fowler has issued Office of Personnel Management voting guidance. Employees are asked to coordinate any time off they need in order to vote with their supervisor prior to Election Day.

Timothy C. Cox

AFRH Website continued from Page 1

information to the DC campus via Metrobus, Metrorail, Air Travel, Rail, Rental Car and Taxi. All have supplemental links to the appropriate transportation websites.

Under "Resident Information" This is a new area of content on our web page intended to provide residents with electronic access to a wide variety of information listed below:

- Links to the current calendars of special events and trips for both campuses.
- Links to the lists of Continual Campus Activities and Interactive Leisure and Wellness Activities.
- Links to the daily food menus for both campuses.

Under "Employment"

- Equal Employment Opportunity Information (EEO) has been added including specifics on the "No Fear Act of 2202" and numerous links to related Anti-Discrimination Law information.

Under "Related Links"

- This page has been expanded to include not only links to the websites for the Military Branches of Service, the "DOD" and the "Home for Heroes"; but also links to other frequently accessed sites grouped together under the US Government, Veterans Information, SSA, Benefits and Forms.

Under "Contact Us"

- All interested candidates for residency can now communicate with and apply to one central Admissions@afrh.gov email address.

- General Information about AFRH is now available from a central PublicAffairs@afrh.gov email address.

- Our "Volunteer Program" is now part of this page and it provides for a central Volunteer@afrh.gov email address and a pdf application form as well as information on how a volunteer can earn the "Presidents Volunteer Service Award" by volunteering at AFRH.

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers 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 either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- 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 non service-connected 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 following offices:

In Gulfport, call 1-800-332-3527, or write to Admissions Office, AFRH-Gulfport, 1800 Beach Drive, Gulfport, MS 39507-1597.

In Washington, call 1-800-422-9988, or write to Admissions Office, AFRH-Washington, 3700 N. Capitol St. NW, Washington DC 20011-8400.

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

CAMPUS NEWS

Office of the Director



Family history month takes place every October and is a time to bring families together to remember and honor ancestors. Although we've moved into the Thanksgiving and holidays season, how

appropriate it is for us to remember our various family traditions and reunite with those who have long or short term familiarity with us. We have retired our summer wear to the closet cove, retrieved woven that enhances our body's reception to the beautiful change in the climate and nature.

In response to wind, rain or crispness outside, we find ourselves more often than not, inside. What a delightful advantage we have when there is more time to talk with someone about their life's journey. During this particular time of year we

seek those nearest and dearest to our hearts (this is not just anyone but someone vested in YOU). They are the ones stretched the length of our smiles, gave us memories that can never fade, touch us in a way that only God makes possible, and developed us in ways that we didn't know we could grow to.

Visit your sons, daughters, brothers, sisters, cousins, aunts, uncles, grands, best of friends (they're just like family). Those hugs, hand shakes, kisses and long talks are filled with invaluable treasures. It restores interest and pleasure that is different from the routine. A positive emotional charge is gained through their quest to learn about your history and wellbeing. Those same loved ones are encouraged by your active involvement in their lives; our seniors are much more than just inspirational. Your regular dialogue and visitation to their homes brings life to your portrait on their wall.

"The time to capture your family's history is now..."

Don't forget to display your talents: display your art, take the lead in the games of wit, supervise the family craft project, provide consultation on the baking of the muddy buddy mix or making of coffee can stilts. Your family's history (including your place in it) is best captured through today's moments with them. I predict that your name will have a star by it on your genealogy chart and I'm convinced that the future stories about you will be gracious...full of the love, vitality, character and spirit with which you still live.

Captain Jerald Ulmer

CH-80 survey complete

Here's what you said

By Mary Kay Gominger
AFRH-G Public Affairs Officer

Nearly 100 residents responded to the Channel-80 survey I conducted in September 2004. The information you provided gave me some valuable insight into how you view this internal communication process. Most of you knew exactly what you like and dislike about CH-80 and that's ok. My motto has always been "If you don't want to know my opinion, don't ask!" So I asked you and I appreciate your answers and my intentions are over the next few months to incorporate the suggestions I can do now to CH-80 (i.e., new pictures, slow pace, too long messages, deleting outdated info) and work on the items that pose more of a challenge due to equipment capability (i.e., live video feeds, personal interviews, downtime, etc.). Eventually, as the fine tuning progresses, we will have in

place an 'improved' internal communication process (that's a mouthful!) that works! Our goal is to make sure you get timely information about the events and activities taking place in our Home and community.

Realize, however, that when you

"Finding a happy medium that everyone can live with and providing updated, newsworthy and interesting information is our goal."

have something like this, you can't please everyone. Heck, sometimes you can't please anyone! I kind of equate it to my family household. One of my daughters loves spaghetti and the other one barely tol-

erates it. The same daughter that loves spaghetti also loves hotdogs (which no one else likes) but she eats little else. So dinner time is a constant challenge, as I'm sure most of you can relate. Satisfying everyone with what's on Channel 80 is no different. Some of you hate the "elevator" music while others want more of it. Some even suggested no music at all! Some want no voice-overs while others want voice on each round rather than every fourth round. Finding a happy medium that everyone can live with and providing updated, newsworthy and interesting information is our goal.

So keep staying tuned to Channel 80. And feel free to keep letting us know how we are doing, you don't have to wait for a survey to do that. Your ideas, suggestions and yes, even complaints, are welcome. Then, at least I know you are watching!

Don't wait until the next survey to tell us how you feel. Your ideas are always welcome!

Office of the Deputy Director – Washington



Renovations – Starting The Journey!

The Barnes and Forwood Buildings represent a striking view of our past with their colonial era design trappings, yet we know their inside facilities have seen better days.

Providing clinic services in these older buildings is not the best approach, shutting them down and providing replacement facilities will be a major quality-of-life (QOL) improvement for our Residents and also the staff that have to work in these facilities. Nearly everyone has been moved out of the Forwood and Barnes buildings with the exception of the Dental and Ophthalmology clinics. A new Dental and Ophthalmology clinic has been designed and a contract to construct it on the ground floor, west end of the Scott Building has just been awarded. The weekly bulletin from October 15th, 2004 contained a notice informing all Residents and Staff that construction of new Dental and Ophthalmology clinics was getting underway. The hallways down in west end of the

Scott ground floor, right behind the Auditorium, would be blocked off to Residents and Staff from entering a construction zone. Within the construction zone, there will be demolition of existing walls and floors causing excessive dust and debris. That is why this area is sealed off with thick plastic barriers covering the entranceways. No one should attempt to enter these areas, construction workers wear protective gear at all times when they work there. The expected completion date for this project is April of 2005. The Dental and Ophthalmology Clinics would move into the new Scott Building spaces on ground floor west end the following month of May 2005. There are additional articles within this paper with more detail and pictures of the work now underway on this project. The Armed Forces Retirement Home – Washington (AFRH-W) anticipates a savings of over \$140,000 per year in utility costs alone just by closing the Barnes and Forwood buildings down. The new clinics will be modern facilities in closer proximity to a greater number of Residents, which will be a major QOL improvement!

We are also aggressively working to move Residents and Staff out of the Pipes Building. The Pipes building is simply an

older building with less than desirable air conditioning and heating capability and a large backlog of required upgrades. Our goal is to completely empty the Pipes building as soon as possible and close it down. We have additional space in our LaGarde and Scott Buildings and plan to utilize that space as much as possible. The first focus will be on the 2nd floor of Pipes, the Memory Support and Dementia (MS&M) area. We will look to move this function into part of the 2nd floor of LaGarde. The move only requires a portion of the floor because a LaGarde floor can hold 50 Residents and MS&M numbers less than 25 Residents. The 3rd and 4th floors of Pipes are being evaluated for their transfer to either LaGarde or a new Assisted Living Area to be developed within the Scott Building. This will require some facility modifications that are being discussed and designed now. With all Residents moved out of Pipes, it would also make sense to move the Pipes first floor ambulatory clinics, phlebotomy and Medical Records from Pipes up to the Scott Building as well. This would completely empty out the Pipes building and allow it to be completely shutdown representing a

Continued on Page 8

Office of the Deputy Director – Gulfport



Many of us may have heard the term “electoral votes” used in relation to a Presidential election and wondered what it was. With the election around the corner, I would like to take this opportunity

to explain the concept of electoral votes and the Electoral College since you will probably hear them again quite shortly.

Each state has a certain number of electoral votes. The candidate that gets the most votes in each state gets all the electoral votes for that state. The more people that live in your state, the more electoral votes your state gets, hence the big “to do” about large states such as California (55

votes), New York (31 votes) and Texas (34 votes).

So what is the Electoral College system? With this system, each state gets a certain number of electors based on its population. Each elector gets one electoral vote. The candidate who wins the popular vote in a state on Election Day also wins that state’s electoral votes. It takes a majority, at least 270 of the 538 electoral votes to win.

As expected, “ThisNation.com” confirmed my feelings that this aspect of a Presidential election is one of the most befuddling and mystifying features of the American political system. Instead of tallying the total number of votes cast across the nation in presidential elections, votes are counted state-by-state. The winner of the popular vote in each state is awarded

the electoral votes for that state and the candidate winning the majority of electoral votes wins.

The next obvious question would be “Is it possible for a candidate to win the popular vote and lose the electoral vote?”

Knowing what we know now about the Electoral College, the answer is yes! If this happened (and it has happened on at least three occasions...can you guess when?) then the candidate will lose the election. If no candidate wins, especially if a viable third-party runs, then the House of Representatives decide the election. In such a case, the House of delegations from each state would have one vote each. The candidate with the support of the most House delegations would be declared the winner.

Continued on Page 6

CLOSE UP

New RAC President

Henry Pike fills the gap

By Mary Kay Gominger

AFRH-G PAO

AFRH-G resident Henry Pike is a man in motion. He comes, he goes, he visits family, he travels across country just for the fun of it (Henry has been to every state in the country except Wisconsin) and he gets involved with all sorts of activities at the Home. Just this month, he was elected as President of the Resident Advisory Council. He comes quite qualified for the job, having served as Wing Representative or Alternate Wing Rep for the past five years. He also has been a volunteer in Admissions since 1999, greeting new and prospective residents and providing information about the Home. Winning the election and being named President of the Resident Advisory Council was the next logical step for Henry Pike.

Not a stranger to politics, Henry's background includes serving as city councilman and mayor to his hometown of Carbon Hill, Alabama.

"The main focus I have as Resident Advisory Council President is to take care of the residents," said Henry. "I have seen a lot of positive changes taking place both here and in Washington over the past couple of years. We've had structural changes within the organization and staff changes. Most of us are just naturally inclined to resist change, especially as we get older. Change, any kind of change, whether good or bad, makes us anxious and nervous. I feel my job as President of the RAC is to evaluate these changes and discuss them with the residents and make sure they fully understand what has taken place. Many times it's just miscommunication and misunderstanding of what the changes are and how they will affect us. I plan to help the residents understand



New RAC president Henry Pike (right) welcomes a new resident.

what is going on around the Home," Henry continued.

"On the other hand," said Henry, "I plan to meet with the Director and Deputy Director on a regular basis and share with them our concerns. If there are things going on around here that we as a group are concerned about, I will go to them and hopefully work out a solution. I will take legitimate concerns up with Master Chief Asher and together he and I will work towards a solution. I bridge that gap for residents and can help get things handled quickly," he said.

Henry doesn't plan to let his post as President of the RAC slow him down much.

"There's so much of the United States still left for me to see," he said. "I have children, grandchildren and now great grandchildren to visit. But I will be here when I'm needed and will represent the residents to the best of my ability."

Henry will serve as President of the RAC for the next two years. He can be reached at X8569.

Deputy Director - Electoral vote - continued from page 5

How are the numbers determined per state? Each state has a number of electoral votes equal to its number of Senators (two) plus its number of members in the United States House of Representatives (depends on state population). For the benefit of our two AFRH states, Mississippi has 6 electoral votes and D.C. has 3 electoral votes. Why does D.C. have 3 electoral votes when it does not send official voting members to the U.S. Senate or House? Because it was granted these votes by the Twenty-Third Amendment. The original intent of the Electoral College was to insulate the selection of the President from the whims of the people. Our last

presidential election was a good example where many watched the close and challenging fight for Florida's 25 electoral votes. As we recall, this fight went twice to the U.S. Supreme Court. Now that we are a bit wiser on the concept of electoral votes, we will now watch with interest and rapt attention as they are counted this election for to determine who our next President will be.

Here is your challenge: Name at least 2 elections that have tested the Electoral College system (excluding Florida)?

LTCOL Wendy VanDyke

**Don't forget
to
VOTE
on
Tuesday
Nov. 2**

WELCOME HOME

Arts & Crafts Open House

By Jackie Bell (W)

On Saturday Oct 9th, the AFRH-Washington opened its campus to the Residents and invited guests. The Residents were surprised at the different activities that were here on campus and was impressed with their fellow residents and their various hobbies. The entire facility was open for viewing and all in attendance had a very rewarding time.

Special thanks to the people who made the Open House a success:

Martha Williams, Mimi Rivkin, Jo Sobeleski, Cathy Brown, Edith Ellington, Marion Mackque, Jerry Carter, Warren Helms, Vincent Van Allen, Jessie James, Homer Rutherford, and Patrick Goldsworthy. In addition, to the staff of the Scott dining Hall, my deepest thanks to all that helped.

Let the Feud Begin

Family Feud Game Show was another smashing success for the month of September. The Game Show was taken to another level when the crew added special sound effects for the crowd.

However, a new championship family took home the winnings for the month and rightfully claimed the title as "The Best".

The Champions were the called, "The Over The Hill Gang". The team members were Mike Longwell, Charlie Beebe, Robert Cavanaugh, Warren Toogood, and Alice Garrymore.

Barber Shop Quartet

The residents and staff of the King Health Center were entertained by the Black Lake Barber Shop Quartet. The Quartet performed for more than an hour to the delight of the residents, and many of the residents joined in when their favorite tunes were sung.

The quartet from New Jersey promised to return in the near future.

NEW RESIDENTS AT AFRH-G

Census: 593
As of Oct. 19, 2004

Richard Dugan USN
John J. Milne USA
Robert J. Brooks USAF
Gilbert Didriksen USA
J.B. Coincon USN
Doris B. Balfour USN
James J. Segars USAF
Lorenzo Jones USN
Clara L. Mihelic USN
William K. Stanley USA
Edward L. Sullivan USAF
Kenneth L. Willitts USMC
Wayne H. Phelps USN
Dedrick L. Ray USN
Earl W. Logan USA

NEW RESIDENTS AT AFRH-W

Census: 1006
As of Oct. 19, 2004

Gerald E. Hutchins USA
Bruce T. Mundy USN
Edwin E. Davis USA
Lewis A. Grimes USA
Lawrence S. Riceberg USA
Fred B. Harrington USAF
George V. Putnam USN
Linda W. Haynie USA
R.M. Wilkinson USAF
Walter K. Conover USAF
Anthony D. Proud USAF
Robert L. Stark USA
Donna M. Steiger USN
Richard Masterson USAF
Stanley M. Sagara USAF
Ruth S. Woodworth USN



Reception held for new residents

Melodie Menke (right), AFRH-G Volunteer Coordinator, greets a new resident during the New Residents Reception hosted here last month. During the reception, new residents got the opportunity to meet the staff and other new residents.

FOLLOW UP

Renovation

continued from Page 3

savings of over \$230,000 per year in utilities alone. Even more importantly, all Residents and Staff would go from Pipes to either The LaGarde or Scott building which would again represent a major QOL improvement for everyone.

We have once again had several fun events this past month starting with the annual AFRH-W Antique Car Show on October 3rd. The number of cars totaled 108 this year which represents a marked increase over last year's 92 and the prior year's 78 antique cars. Seems that the Home's Antique Car Show has taken on a life of it's own and is drawing greater and greater interest each year for antique car enthusiasts, not to mention how much our Residents enjoy seeing the antique cars from yesteryear, cars they know and remember from their childhood and younger adult years. Hat's off to our Recreation Services Staff, especially to Jacqueline Bell and Resident helpers such as Jesse James, Al Linton, and also help from a contractor team member, Leon Caughman. Special thanks to Matt Kayson down the at Golf Club who set up two Golf Tournaments this month with the "David Hughes" golf scramble and the "Halloween Classic Golf" Tournament. As the fall weather sets in, the golfing opportunities sure do dwindle somewhat so it's smart to take advantage of the good weather remaining. We celebrated the Navy's 229th Birthday this past October 12th, thanks to Keith Turner for setting up and serving as the Master of Ceremonies for this event, good effort and good job! The Home received a late breaking invitation from the Washington Times - Sergeant Shaft columnist, Mr John Fales, for up to ten Residents to attend a National Press Club luncheon on Friday, October 15th. Our Home Residents got to meet Ernest Borgnine, take pictures with him, and hear him speak over a luncheon, it was quite a treat! No one realized that Ernest Borgnine spent 10 years in the Navy from 1935 until 1945 serving as Gunner's Mate 1st Class during World War II. Small wonder he



Dental Clinic Construction Begins



seemed to perform the LCDR McHale role so well in the now famous "McHale's Navy" TV show. If anyone is interested in attending these kinds of events in the future, please contact Ms. Sheila Motley at the Public Affairs Office (#3556) as these special event invitations often arrive with little notice and limits the time to find volunteers to attend. By the time this goes to print, we will have held our "Spelling Bee Contest" game show which features a Resident/Staff partnership, it will be held in the Scott Dining Hall. Can anyone spell "knickknacky"? Those study words sure look hard! We also have a Resident/WRAMC Barbeque & Country How Down planned for October 24th and the "Resident's Checker and Chess" Tournament on October 28th, it's a busy month. Once again, hats off to Laura Fogarty and her Recreation Services Staff, keep the events coming! Thanks and so long for now.

CAPT Paul Soares

Pet Park Day



Steve Seekins PAL Pet Therapy coordinator in action.

It was a beautiful, sunny, and warm, Monday afternoon on September 13, 2004 for KHC's first Pet Park Day! A wonderful organization called People Animals Love (PAL)...an organization that provides Pet Therapy visits with their loving and well-trained dogs KHC Residents monthly got together with KHC Recreation Therapy to put on an exciting and action-packed show, Residents were given the opportunity to visit with the dogs and their owners. Some of the dogs the residents had the opportunity to visit with included: Australian Shepard's, a Golden Retriever, Yellow Lab (he was big!), a St. Bernard (he was even bigger), a Dachshund, a lovely Pit Bull, and other great breeds of dogs! An excited crew of 75 KHC Residents came out to watch and enjoy the show. AFRH-W King Health Center Recreation Therapy gives special thanks to Steve Seekins the PAL Therapy Coordinator, who set up a Competitive Obstacle Course that enabled the residents of KHC to watch and learn about what sanctioned dog competition entails. Not only did Steve and the PAL's Volunteers bring out their wonderful dogs, some of the KHC staff also joined in the fun by bringing out their fun-loving dogs too! We look forward to future Pet Therapy visits and programs with PAL's and the staff of KHC.

Featured Artist – Jim Pankey (G)



The picture of the Laughing Gulls was taken on an AFRH-G sponsored excursion to Ship Island, Mississippi in 2003. It's my favorite. Everything I do is original. Of course the AFRH-G in the fog is most everyone's favorite here, taken as the early morning fog was being lifted by the rising sun. The effigy of the native American is a palm tree and was taken the instant the winds changed and saved Lake Arrowhead in Southern California from incineration during the terrible October, 2003 fires. I just happened to be there when it was transformed. The shrimp boats are coming in to the breakwater at Pass Christian, Mississippi. I love to use my little camera and enjoy the pleasure it gives myself and others

– Jim Pankey, AFRH(G) –



GULFPORT CAMPUS

Luau draws large crowd

They came by themselves, they can in doubles and some even came in groups of four and five but no matter how they came, everyone enjoyed festive music, good food and fellowship at the Hawaiian Luau held on September 24. Uniform of the day was colorful print shirts, the louder the better and grass skirts. Brightly colored leis adorned the necks of residents and guests in attendance. Music, provided by the Londonaires, bounced off the branches

of the huge oak trees surrounding the picnic grounds and echoed deep into the stillness of the calm picture-perfect night. Seventeen students from nearby Keesler Air Force Base assisted staff members with serving food and drinks to residents and then they too joined in the festivities, sitting among the residents sharing stories of military life then and now. No luau would be complete without dancing and this one was no exception. A group of young

women from Desporte Dance Academy, a local dance studio, outfitted in appropriate Hawaiian attire, performed several numbers for the enthusiastic crowd. On their last number, donned with hula hoops, the ladies went out into the crowd and drew some residents onto the floor to dance. It didn't, it was noted, take too much persuasion to get residents out dancing. Several hours later, as dusk evolved into evening and finally into night, the party ended with residents taking their leave back to the tower and guests returning home. The party was over but memories linger on.



Resident Jim Pankey welcomes Melissa VanDyke to the Luau. Melissa is the daughter of Lt. Col. VanDyke, AFRH-G Deputy Director.



Dancers from Desporte Dance Academy performed for the residents. Later, a few brave residents joined the ladies.



Tiny bubbles.... Residents and guests were dressed to fit the occasion.



Guess you are never too young to enjoy a fun luau! Here, GiGi Malone welcomes guests.

WASHINGTON CAMPUS

The Annual Antique Auto Assembly Show - a tradition that continues to be strong and keeps growing and growing....

By Laura R. Fogarty (W)

Sunday, October 3 marked the 48th Annual Antique Auto Assembly, an event many residents and car show enthusiasts look forward to each year.

With a chill in the air at 6:30 a.m. staff and volunteers began their set up process and the first cars rolled in shortly after, looking like a rainbow caravan, a wonderful sight to see. One hundred and eight cars were entered into the show, an all time high breaking the previous record of 105. Throughout the event we had over 500 people roaming the Sheridan/Scott circle complementing owners and reminiscing from the "good old days" of driving their

varied assortment of menu selections.

In keeping with the tradition, the Model T Car Club demonstration went off without a hitch. Within 15 minutes those pieces scattered on the ground were put together to create the famous Model T car. Spectators were amazed as the car was driven off the grass area.

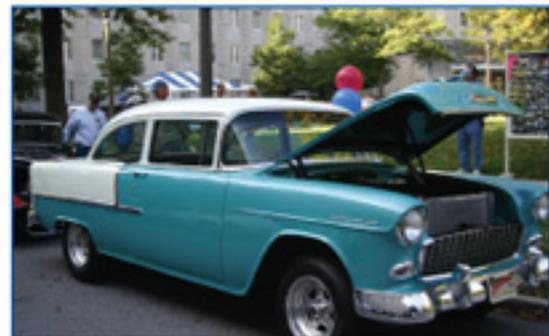
Thank you to the following Judges: Our Deputy Director Capt Paul Soares, Chief, Resident Services Chuck Dickerson, Resident Vincent Van Allen and employee Dave Brown. They had a tough time making their choices from all these wonderful cars.

The Director's award was presented

to Mr. Wirht for his 1960 Chevy. The resident's choice award was presented to Mr. Guye for his 1934 Chevy and the oldest car on display was owned by Mr. Mack for his 1909 model T.

Events such as this one takes a great deal of time in pre event planning,

during the event and the clean up. The following key people are responsible for this event's success: Jacqueline Bell, Al Linton, Jesse James, Leon Caughman and Keith Turner. The following volunteers are to be commended as well for their involvement: Martha Williams, Joseph Williams, Danny Gallucci, Mike Miller, Eugene Paganosky, Marian Marque, Valentine Zadnick, Robert Everhart, Ray Anderson and Jerry Carter. It's not too soon to mark this date on the calendar for next year. The show is always on the first Sunday in October. See you next year!



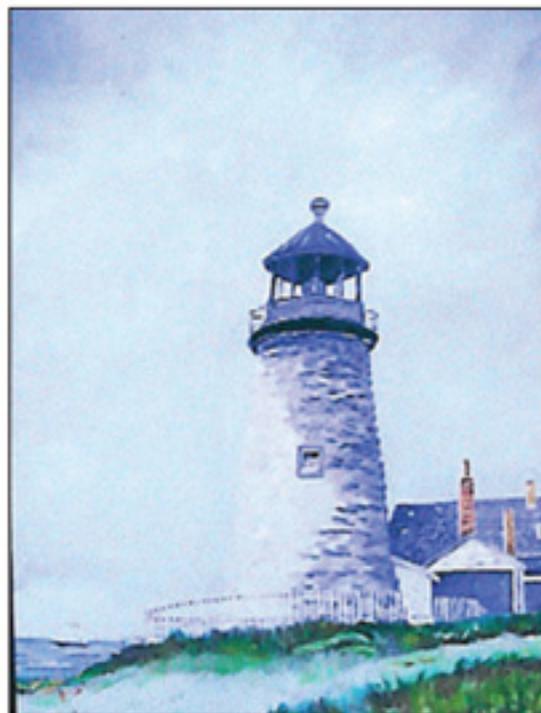
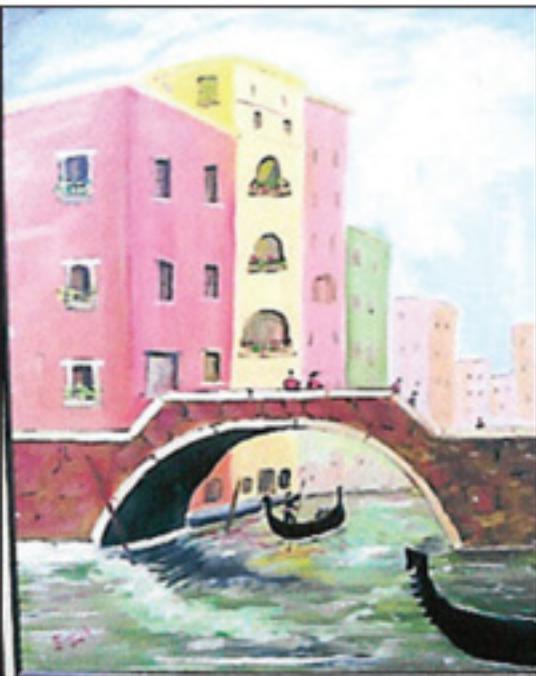
car of choice. This year we also had a special entry for two fire engines. (Next month we will be hosting an antique fire engine club show on the grounds, more details to come soon)

As the morning progressed, the sun shined over us on this cool crisp day. This was a perfect car show day for residents and car owners to share their stories. Cars of many makes and models were lined up for viewing, props and vintage attire even accompanied some of the vehicles.

Once the participants registered their cars fresh bagels, rolls and croissants along with some fresh brewed coffee was available. Later that morning AAFES provided a

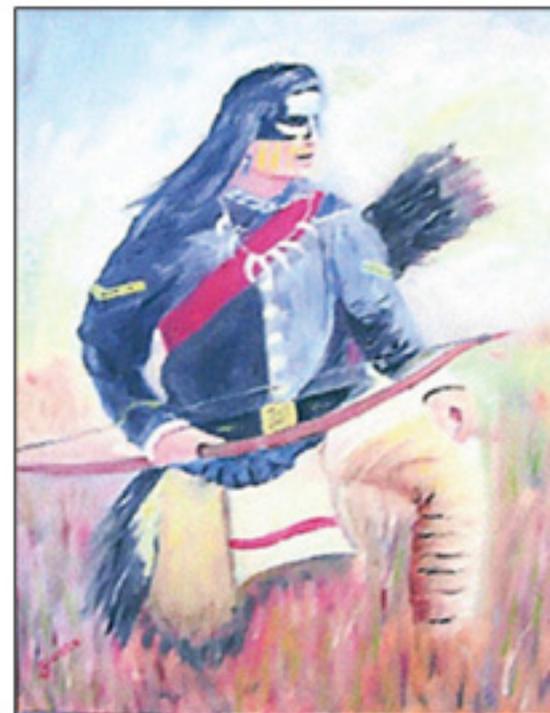
Featured Artist – Al Giunta (W)

Venice, Italy

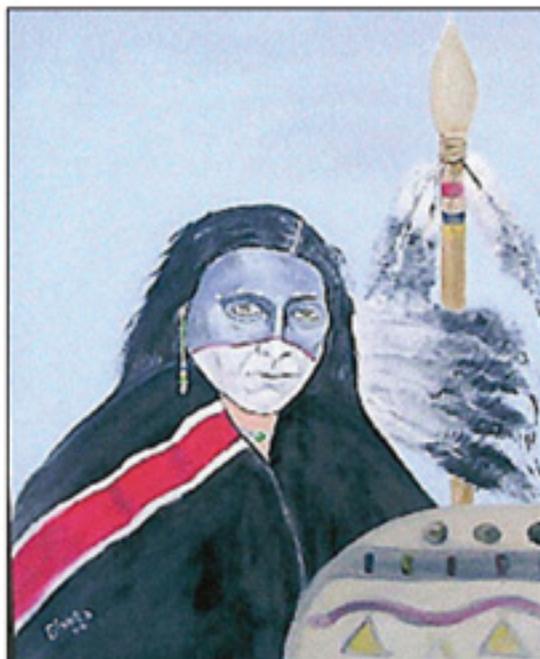


Old Stone Lighthouse

5th Cav Scout



C h e r o k e e
W a r r i o r



Indian Warrior



Indian Girl

VOLUNTEER DAY

THERE ARE BOSSES EVERYWHERE

SINGLE SERVICE MEMBER VOLUNTEER DAY

By Laura R. Fogarty (W)

On Thursday, September 23, 2004 soldiers, sailors, Marines and airmen loaded up on buses to spend a day with residents at the AFRH-W. This day's event was a service activity planned during the annual BOSS (Better Opportunities for Single Soldiers) conference coordinated by the Army Boss Program personnel.

The day began at approximately 12:00 noon with over 300 service men and women arriving at the dining hall for lunch. Everyone hurried thru the lines and gathered their spots next to residents at the various tables. After lunch there was a short briefing in the theater to disseminate everyone to different activities. Activities included bowling, golf, horseshoes, card games, pool, reading, fishing, softball and bingo. Residents and the troops shared stories and enjoyed these activities throughout the afternoon on a perfect day. A great time was had by all and the group wants to come back next year.

The Single Marine Program Personnel jumped on this opportunity and arranged to SgtMaj John L. Estrada, SMMC to address the Marines and residents. SgtMaj Estrada spoke to a very active and determined group of young marines. Each person in the audience listened with respect, loyalty and honor for this SMMC and for their service. During the briefing, accomplishment coins were given out to some Marines. Our very own resident William Abernathy (known to many as ABBY) received the last of the coins for the day for his many accomplishments he completed during his Marine career. As he walked up to receive the coin everyone gave him a standing ovation, one well deserved. It was truly a honor for Abby to be recognized but more importantly he had the respect from these young marines of today following in his foot steps of previous days.

A special thank you to the following



staff and volunteers who helped make this event a success, I couldn't have done it without YOU ALL: Jerry Carter, Keith Turner, Mike Longwell, Bill Seeley, Tonya Brown, Edward Underwood, Ricky Langford, Matt Kayson, Jeff McGhee, Jeff Anderson, Jim Adams, Joe Williams and Jesse James.



HALLOWEEN NIGHT

By Leslea Pidgeon (W)

A haunted house, with bats, on the hill-witches in hats, brooms and a kettle-ghosts and skeletons, black cats, spider webs and a giant pumpkin-sitting on a window sill.

COASTAL UPDATE

Flint Creek

Campout

Residents took to the woods last month and enjoyed three days at Flint Creek in Wiggins, Miss., located about 30 miles north of Gulfport. While there, the group enjoyed plenty of fresh air, walking, fishing, and delicious meals cooked over a fire.



Ralph Marshall (far right) Campus Ops Director and his dog Apple enjoy an evening at Flint Creek.



Bob Rutherford reaches down to pet Apple. Apple, owned by Ralph Marshall, Campus Ops Director, spends a lot of time with the residents and enjoys outings such as this as much as everyone else.



"Ain't the outdoors grand!" said Jim Beitman. He and 17 others spent three days camping at Flint Creek.



One of the nicest things about camping at Flint Creek is that you have plenty of time to just sit and rock and enjoy the beauty of the outdoors.

HISTORY

North Side of Rose Chapel**The Tombstone**

By Ray Colvard (W)

Residents who have called the gray stone marker alongside Rose Chapel a "tombstone" are correct. It is. Although it was meant to be a memorial to Charles Wilson, 1812-1875, it also commemorates a Civil War feud that may have determined why, given more than five hundred acres of suitable places, the marker was put where it is today.

As Colonel Goode stated in his history of the Home: "The Association of Enlisted Men of the Army raised about seven hundred dollars in 1878 for a monument to Henry Wilson, Vice President of the United States from 1873 to 1875. The President of the Home Board and the Governor selected a site near the Chapel for the monument. It stands today, a large granite block on which is inscribed 'Henry Wilson' and the words 'The Soldier's Friend'." The Enlisted Men of the Army in 1878 may not have known that Henry Wilson certainly was the soldier's friend. He was hated by the President of the Board and the Governor of the Soldiers' Home. Colonel Goode offered no explanation for the marker's strange location, but a review of Civil War history and the Home can suggest reasons for General Barnes and Colonel Pitcher's continuing hatred of Henry Wilson years after he was buried in Massachusetts.

From the 1860s to 1880s Senator Wilson of Massachusetts and Senator Hale of New Hampshire were great supporters of the Home's enlisted residents and the great critics of the Home's management by officers. Eight years after the death of his colleague Senator Hale will lead a Senate investigation of the Home's officers which General Barnes and Colonel Pitcher will resign rather than face. One can understand why it was they, in 1878, were still nursing their grudge.

Wilson's real name was Jeremiah Jones Colbath. He was the son of a farm laborer and almost entirely self-educated.

He supported himself by making shoes and when he entered politics was known as the "Natick cobbler." He campaigned as a Whig and as a Republican with Abraham Lincoln, known as the "Rail Splitter."

The scandal of Wilson's alleged affair with "Rebel Rose" Greenhow was accepted as fact by many of his pro slavery acquaintances in political and military circles and remains as spy thriller folklore. Wilson was a married man, plebian, pot bellied, an abolitionist, hardly one that "Rebel Rose" would seek as a lover.

When Rose O'Neal came to Washington from her home in Maryland she was so "fresh and lovely" she had been called "the Wild Rose." In 1861 she was the wealthy widow of Robert Greenhow, a distinguished linguist and historian who died in 1854. When she met Henry Wilson in 1861 she was no longer fresh, but was Washington's "Beautiful Rebel of Sixteenth Street." Her Home was the meeting place for the political and military elite.

Colonel Thomas Jordan resigned his commission in early 1861 to join Confederate General Bureaugard prior to the First Battle of Bull Run. He would claim, years after the war, that he had had an "intimacy" with Mrs. Greenhow, and had devised the code which was used to convey her secrets south. "Rebel Rose" was arrested shortly after Bull Run. Along with members of Congress and other sight-seers, Henry Wilson saw the Union defeat, was himself caught up in the retreat, and found his way back to the District on the



back of a stray mule. The attempt to "frame" Wilson failed. Experts stated the "Henry" letters were not in Wilson's handwriting. Although Rose



took time to burn her correspondence, she left the packet of her "Henry" letters for Alan Pinkerton. Pinkerton told how it was that Rose could render a man insane: "her almost irresistible seduction powers on persons holding places of power or profit under the government to obtain intelligence for the enemy." After she was escorted to the South she moved to Europe where she was a social success. She wrote a book that gained favorable attention. She was presented to Napoleon III and to Queen Victoria.

In August 1864 she sailed from her home in England to Wilmington, N.C. The ship went aground on the Carolina coast. Fearful of the Federal blockade, she asked to be put ashore by boat. When the boat was lowered it was swamped by a wave and sank. Rose, weighted down by a bag of gold sovereigns she had tied to her waist, drowned. Her body was recovered the next day, taken to Wilmington where she was buried with high military honors.

Henry Wilson favored the repeal of the Fugitive Slave Law and introduced the Resolution for the emancipation of slaves in the District. His zeal brought him more enemies than friends. Emancipation in the District was not popular since Washington was virtually a "Southern" city. Slave owners were compensated—usually about three hundred dollars for each slave—and there were "horror" stories, of the free Negro, for example, who demanded his compensation for his seven emancipated slaves: his wife and their six children. Wilson learned the Provost Marshal's office was holding fugitive slaves in the Capitol Prison. After the emancipation enactment slave owners were allowed to

Continued on Page 17

METRO VIEW

Understanding Optics

By Ludwig Olson (W)

When I was a teenager during the early 1930's, I bought a drawtube telescope from a novelty firm for \$2.95. Images seen in that crude scope had color fringes, an optical fault called chromatic aberration. It is only one of several optical aberrations (faults). Others are spherical aberration, coma, distortion, curvature of field, and astigmatism. My ultra cheap scope very likely had more optical faults than chromatic aberration.

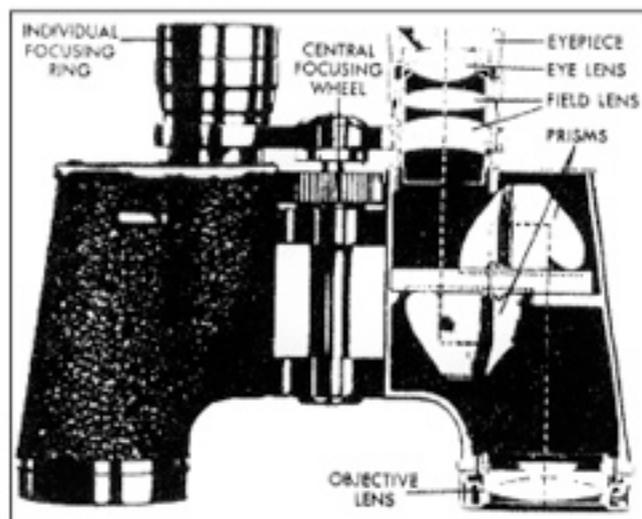
Better grade telescopes and binoculars are designed and precision crafted to minimize optical aberrations, and naturally aren't cheap. Their lenses and prisms are high quality optical glass that gives good light transmission.

A major improvement in modern scopes and binoculars is anti-reflection coating to greatly reduce reflections from air-to-glass surfaces and thereby increase light transmission. This extremely thin magnesium fluoride coating on optical surfaces ranges in color from straw to purple. Don't try to rub it off! It's there for a good reason.

A popular fallacy is that increasing the diameter of the objective lens (at the instrument's front end) causes greater magnification. Actually, the eyepiece lens (at the back end) magnifies the images. The objective lens makes an inverted image of the objects being viewed, and that image is reinverted by the erector lens (or prisms) inside the scope or binocular so that the image is seen right-side up.

Another fallacy is that the diameter of the objective lens affects the field of view. Three factors control the size of the field: free aperture (unobstructed opening) of the eyepiece lens, the eye relief (distance from eyepiece lens to eye of user), and the magnification.

Scopes and binoculars are marked to indicate the magnification and free aperture of the objective lens. If the instrument is



Binocular with one side sectionalized to show lenses and prisms. Dotted line denotes light path through the instrument. Courtesy Bausch & Lomb.

marked 4X32, for example, 4X denotes 4power magnification, and 32 is the free aperture of the objective lens in millimeters. Dividing 32 by 4 gives the diameter of the exit pupil (bright disc of light seen in eyepiece lens). It is 8 mm in this case. Squaring the 8 mm gives 64, which is the area of the exit pupil and also the instrument's relative brightness.

Increasing the diameter of the objective lens to obtain greater relative brightness doesn't necessarily mean that the user's eye gets a brighter image. The eye has its own diaphragm that determines its entrance pupil. Greater relative brightness allows more latitude for vertical and lateral positioning of the eye.

Another calculation to determine a relative value for amount of light transmission is called the twilight factor. It is more accurate than relative brightness, particularly in low-light conditions.

To calculate the twilight factor, the magnification is multiplied by the free aperture of the objective lens, and the square root of the product is the twilight factor. With a 6X30 binocular, for example, 6 times 30 is 180. The twilight factor is 13.4, the square root of 180.

Thanks to Bausch & Lomb, Inc., Rochester, NY, and M. Hensoldt Optische Werke, A.G., Wetzlar, Germany.

McHales Navy star has close ties with former AFRH-W residents

By Wilfred McCarty (W)

I and some other WWII types are invited to a lunch at the National Press Club today. The actor Ernest Borgnine's cousin used to live here at the Armed Forces Retirement Home-Washington. His name was Bob Agola and he looked very much like his famous cousin. I think Bobs mother and Borgnine's mother were sisters but I think he said there was not much close contact. Agola returned to I think Tarpon Springs, Florida to help his wife who had an affliction where she could not be out in the sun although they lived in Florida.

Model A Fun



By Wilfred McCarty (W)

We are grateful to the antique Model A Club for inviting AFRH-W residents to a private picnic for its members and friends.

I was particularly glad to meet 88 year old "Woody" Williams who participated in the Normandy D Day activities. After some of us went back for seconds and thirds of the delicious food some of us were given a ride in a model A. Our chauffeur left the paved road and took off across the rough country side. I never knew these babies could pick up speed so fast. We were then given a ride around the base. These people are the people that come out to the home every year and take apart a car and put it back together again so if our vehicle had fallen apart I guess he could have put it back together again. We were each given a shirt with their logo on it and a belt buckle with antique car logo. For a minute I thought they were going to give us each a Model A in their generosity. Ha! W

It was a fun day thanks a plenty.

A MUST READ

Senior Games wrap up in Gulfport!



Look for the results in the November edition of the AFRH Communicator.



Tombstone

Continued on Page 15

take their valuable slaves to Maryland where the slave trade was still legal.

To halt the city's officials' abuse of the law Wilson introduced a bill to reorganize the District judiciary, to get judges who would uphold anti-slavery laws. Forty-eight of the District's lawyers protested, but the bill passed.

Clara Barton came to Senator Wilson for help. She wanted to improve the hospital care for the train loads of wounded coming into the District. She wanted to see Secretary of War Stanton, but Stanton refused to talk with her. Wilson told Stanton, "If the War Department won't help Miss Barton, the Senate will." As Chairman of the Senate Military Affairs, Wilson was "the soldier's friend."

If one reviews the early history of the Soldiers' Home, a reason beyond the Wilson vendetta may be seen for putting the Wilson marker at its Rose Chapel location. In 1870 the Board of Commissioners hired Edward Clark to be the Soldiers' Home architect. Rose Chapel, his first creation was a masterpiece. His major work was a disaster, enlarging and redesigning the Main Building, now lost in what is today Sherman South. He added a third story and annex to Barton Alexander's building and covered it with a hideous mansard roof. Worse, he enclosed the central observation tower and put a mansard on it. Surgeon General Joseph Barnes was never a Home surgeon, but as a member of the Board for eighteen years, thirteen as President, his word was "the word" for builders. Barnes's new architects in 1887 to 1889 could not undo what Clark did in 1869 to 1872. Thus it may have been the General's decision in 1878 to put the obnoxious Wilson marker so that it was most offensive to Edward Clark, deriding the tranquil beauty of Rose Chapel.

Whether or not the ghosts of the chairman, senator and architects ever meet at the "tombstone" in rancorous reunion is pure Celtic curiosity. If so, residents may find the air over the tombstone an electric charge in late October.

Staff member graduates with honors

By Mary Kay Gominger

Regina Floyd, a Nurse Educator at AFRH-G, recently graduated from William Carey College with a Master of Science degree in Nursing Education. Last month, she was inducted into the William Carey College School of Nursing Honor Society, having graduated with a perfect grade point average. Inductees join the society by invitation only and are selected based on their high degree of scholarship, leadership and service.

Regina, who has been employed at AFRH-G for the past six months, said she enjoys her job here.

"We have a great team," Regina said. "The staff is eager to learn new things and have been great to work with."

Regina spends her days here educating the nursing staff on new technologies, keeping everyone updated with new skills



Regina Floyd visits with a resident during the New Residents Reception held recently. Regina was inducted into the Honor Society in August having completed her Master's Degree in Nursing Education with a perfect grade point average.

and providing staff development.

"Nursing is an ever-changing field. New technologies are being developed all the time. I find it challenging and rewarding to stay abreast of changes as they happen and pass that information on to our staff," she said.

In addition to nursing staff orientation and development, Regina also assists

in getting certification of nursing assistants. Three nursing assistants were certified last month here.

"I'm here to help the nursing staff in any way I can," Regina said. "If there is an area outside my expertise that they need help with, I can direct them to the right place. It's a team effort."

Fund raiser held for ladies of the VA

Residents of the AFRH-Gulfport dug deep into their pockets to raise money for the ladies living in the Veterans Administration during a recent fund raiser sponsored by a combination of retired military organizations. A total of \$635 was raised and the money will go to buying personal items for the VA ladies.

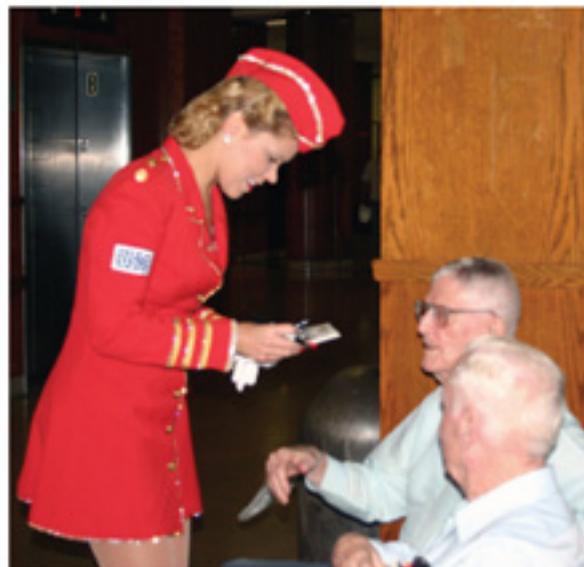
The following organizations participated: Mississippi Mates Unit 150, Military Order of the Purple Heart, Marine Corps League's Det 715, Gulf Coast Association of Marines and the Gulf Coast Worship Center.



John Morash counts donations collected from Mary Jane Nelson McCleod during the recent fund raiser held at AFRH-G.

RECREATION ON THE MOVE

USO Tour Brought Big Band Sound with the “Liberty Bells” to AFRH-W Residents



Grammy Award Winners Perform at KHC



By Jeff Anderson (W)

On Sunday, October 17, 2004 the residents of King Health Center enjoyed a concert given by the The Washington Chorus Outreach singers.

The Chorus performed a variety of selections from Mozart, Copland, Berlin, Ellington to Bluegrass music.

Following the presentation the singers socialized with the residents and promised that they would set up a return engagement.

Our thanks go out to all volunteer singers of the Outreach Singers.

Scales and Tales From Cunningham State Park

Jacob Doyle carefully works with this horned owl at demonstration in Recreational Therapy.



SHINING STARS IN GULFPORT



The makings of a star?

Residents of both homes were the stars in the making of an Armed Forces Retirement Home video last month. The video crew could be seen at both Homes filming the residents and our facilities. Here, Barbara Folk shows off a rug that she made.

Classic American Women

Seventeen contestants for the Classic American Woman competition gave residents of AFRH-G a show recently. The women were here in town for the annual competition and while here performed their talent to the delight of the residents in attendance.

