



Greetings and Happy Halloween from the AFRH-G staff to everyone at AFRH-W.

Staff members gathered by the anchor at the AFRH-G campus last week for a group photo. The first floor of the main building is completely gutted and the grounds are now being cleared and cleaned of debris.

AFRH-W welcomes new director

By John Bowery (W)

Ben Laub is a native New Yorker and like us, he is an honored veteran from the Vietnam area. After completing his tour there, he entered University of Nebraska and received a degree in business management. He went on to become proficient in the area of long term care, special programs for seniors and gained experience working within the medical communities.

He is also an active member of the American Association of Homes and Services for the aging. Prior to assuming his current position here Mr. Laub was the Executive Director/Administrator for New Bethany Residential and Skilled Care Community in California.

He is a charming man with a quick

sense of humor and a keen mind, particularly when dealing with the elderly and we here, who are called America's hero's, welcome him and wish him success in his efforts. Hear from our new director on Page 4.



Marine Life dolphins safe at Gulfport Seabee Center



Eight dolphins were evacuated to the Seabee Center prior to Hurricane Katrina. They are still there now, resting and playing comfortably in tanks at a warehouse.

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

AFRH-W Editors Column

AAFES

(The Army-Air Force Exchange Service)

"For more than 100 years, AAFES' mission has been to support the men and women of the Armed Forces around the world during military operations. "We go where you go" epitomizes AAFES' mission, particularly when our service members are stationed far away from American shores. At war and in peacetime, AAFES provides Soldiers and Airmen with the service and merchandise they need to make their lives more comfortable. AAFES also maintains service and support to family members and troops back home. AAFES' partnership to the services' morale, welfare and recreation (MWR) programs reflect loyalty and dedication to the service member beyond the sale at the cash register."

http://www.aafes.com/pa/history_page.htm

Visiting the URL above you will see not only the paragraph, but an interesting history of AAFES. We are indeed fortunate to have our own AAFES Retail Store here at the Armed Forces Retirement Home. Our store certainly lives up to the high ideals of the AAFES.

I always wait until the paper is close to being in its form before writing my column so that I may point out some items of particular interest to our readers. However, this time I want to acknowledge the dedicated people whose names appear in the masthead, and numerous other staff and residents that contribute to making what you now read possible. Many residents approach me and say how much they enjoy the newspaper. Take the time to search out each of the people whose names appear in the masthead, and others whose names appear as authors or contributors to this publication and tell them you appreciate their efforts. But, most of all,

Enjoy your newspaper!

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for resident 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 injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or

- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following office:

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

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

Message from the Chief Operating Officer



Where are we.... what comes next?

JCAHO - During the period October 14-16, AFRH Washington was inspected by the Joint Commission on Accreditation of Healthcare Organization (JCAHO). I am pleased to announce that AFRH-Washington passed their inspection and has received accreditation for three more years. AFRH-Washington also passed an unannounced inspection conducted on June 30, 2005. I would like to personally thank Dr. Linda Rader and her entire staff on the positive outcome of these two inspections. AFRH-Gulfport had previously passed their JCAHO inspection conducted during March 21-23, 2005, as well as an unannounced inspection conducted on June 28th of this year. Thank you Melanie Baker and your team for also achieving accreditation.

Legislation/Appropriations - During the next 30-45 days we anticipate that both the Military Quality of Life and Veterans Affairs, and Related Agencies Appropriation Bill and the National Defense Authorization Act for 2006 will be signed. These two pieces of legislation have a direct impact on our future. Our budget request for this year (pre-Katrina) was \$58.2 million. After Hurricane Katrina occurred we estimated that we would need \$270 million in additional construction funds. At the time this article is

being prepared we do not have a definite confirmation on how much we will receive, nor do we know when we will receive this money, since there are three different supplements that could possibly transmit money to us. As soon as we have definite information on these two pieces of legislation, we will assemble a Town Hall meeting to provide you specific information.

AF IG Report - The AF IG Team is currently finalizing the AF Triennial Review Inspection Report. We anticipate receipt of the final report within the next 30 days. The AFRH will have an opportunity to respond to the AF's report - our comments will actually become an attachment to the AF IG Report. The AFRH Management Team did receive a verbal briefing from the AF IG Team in mid-August.

This has been an extremely busy year here at the AFRH, but let us not forget that we have a lot to be thankful for. We have weathered a challenging year and we have had to make changes and, in some cases, sacrifices in our lives. Through it all we have come through this year stronger knowing that there is always someone there to help along the way. We came through this together... and together we shall proceed.

Happy Thanksgiving to All,

Timothy C. Cox



Residents presented COO Timothy (Tim) Cox with a framed print of our Air Force at work, and an afghan. Mr. Cox shows his enthusiasm while receiving the presentations in the above photographs.

Office of the Director



I am a native of Bronx, New York. I entered the U.S. Air Force in 1967 and was stationed at Offutt Air Force Base, (SAC) Headquarters in Omaha, Nebraska. After completing my tour of duty with the Forward Air Controllers in Vietnam, I returned to Nebraska where I received my Bachelors of Science Degree in Business Management from the University of Nebraska in 1973. After completing my academic degree, I began my professional career managing programs and services in long term care and retirement communities in Nebraska and California which included developing services and programs for seniors and working with the medical communities.

Now that I have introduced you to my

background, I would like to add some thoughts for all of us as we prepare for the upcoming holiday season.

As the director of AFRH-W, I will be responsible for ensuring the residents have a safe and secure environment in which to live. It's too early for me to give specific goals but I am starting the job with a focus on maintaining the quality of life for the residents and having a positive impact here.

Our enhanced and expanded family of Washington and Gulfport residents and staff are enriching our campus programs and services. In time, we will all enjoy the benefits that this new found strength in numbers brings to the AFRH.

In the weeks and months to come, and in addition to the daily operational opportunities that we address, our team is making plans to: improve our transportation systems both on campus and off-site, develop base grounds improvements, evaluate improvements for our campus buildings, and our

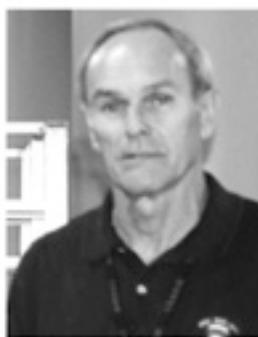
telephone systems. These items are among a number of the key issues to which we will be dedicating our energies and talents. Together, the demonstration of our will to meet our future can overcome the distraction of unfounded information.

Our mission in caring for our retired military heroes is directing what is commonly referred to as "the vision thing" – the services and programs that our residents need in order to be able to enjoy this preferred lifestyle.

As a member of our respected community of veterans, I look forward to being a part of this team of bright and energetic professional men and women who are steering AFRH into the future and continuing our rich tradition and being among the leadership in building secure and enriched program on behalf of our residents.

*Ben Laub
Director, AFRH-W*

Office of the Ombudsman-Washington



Check out the Donation Center!!!

As you all know the donation center has been up and running to meet the critical needs of the Gulfport evacuees. This has been no small endeavor. The response of local citizens and organizations were surreal, no-one could have expected the gracious support we received and continue to receive. As Mimi Rivkin noted in her article in last months Communicator, the volunteers that stepped forward had a huge task on their hands, and they all are to be commended on the effort they each put in to make the Donation Center the success it was. We even had volunteers from the local area that worked in the Donation Center and this is what I would like to bring to your attention.

We had a truly unique Boy Scout that put in a lot of time and effort during the week and on weekends. Some of you know this young man as "A.J." he is Andrew J. Gower-Anderson, 13 years old from Burke, Virginia. What an example of what kids of



today could emulate. His personality, respect, compassion, and willingness to work hard were noticed by many residents

who came in contact with him.

What few people know about A.J. is that he recently donated over \$1,300 to the Army's 4th Infantry Division to be used to purchase phone cards for soldiers while they are deployed in Iraq. A.J. conducted a car wash that attributed to most of the money, and he received donations from church members as well as his church. He came up with the idea of collecting the money after he read a newspaper article about a soldier that ran up more than a \$1,500 phone bill talking to family and friends from Iraq.

Also, a little known fact about A.J. is that he was born in Russia and adopted by the Rev. Dr Jeffery Anderson and Debi Gower. It is believed that he will be one of the first, if not the first Russian-born youth to become an Eagle Scout. So from all of the residents and staff of the AFRH-W I would to say thank you very much and may you have continued success A.J.

Al Mori

Office of the Command Master Chief –Gulfport



It's been more than two months since our Gulfport residents evacuated north to the DC campus to seek residence after Hurricane Katrina. Those of us that stayed here have

been extremely busy taking care of the cleanup and recovery of our Home and fielding questions and calls from residents and their family members about the future of the Home and retrieval and shipment of the residents' belongings. The days go by so quickly they are a blur and before you know it, another work week has gone by. As hectic as things are here in Gulfport, and I am confident that I speak for the entire staff, not a day goes by that we don't think about our residents and how they are adjusting to the changes that have taken place in their lives - a new home, a new routine, new surroundings, and new friends. It's not unlike changing duty stations...and that's something that

all of us in the military - present or former - are familiar with. You check in to your new command, meet the boss, get acquainted with the surroundings and co-workers and go to work. You can complain, but it won't do much good. I found, in my experiences, that giving yourself time to adjust to the new command and learning the new routine and staying busy always seemed to make the adjustment a little smoother.

Rest assured that we are doing everything we can do here in Gulfport to expedite the recovery and restoration of your Home. We are also keeping all of your belongings safe and secure until they can be returned to you. Realize that this is an enormous endeavor - think about the things you have in your room and in storage and multiply that by about 550 and that's what we are talking about. Our goal is to find a reputable, bonded contractor that will handle this evolution in a professional and timely manner. We will, of course, oversee the process to ensure your possessions are in the best hands possible.

In the meantime, look at the changes

you are experiencing now as an opportunity to see new places and things and to make new friends. Remember what they say, "Time flies when you are having fun." Before you know it, we'll all be back at the Home, back to our routines and when a new resident checks in we'll say, "Yeah, I was here when Hurricane Katrina hit back on Aug. 29, 2005. That's a day I'll never forget..." And we'll all share this kinship of sorts, having survived this thing together.

Until then, if you have questions, ask. Attend the focus group meetings that are being held. Visit the AFRH website frequently, too, it carries updates about the recovery of AFRH-G and photos are posted so that you can see our progress. As your Command Master Chief I feel I am serving you best right now by being here in Gulfport and being involved in the recovery of your Home. Keep the communication lines open and together we will get through this. Our thoughts and prayers are with you. Take care and God bless.

CMDCM Joe Perrone

AFRH centers on communication with residents

Transportation



Pipes Building



Grounds

Beautification



AARP Assistance

Telephones



FEMA Assistance



Mississippi State University volunteers continue with clean up efforts

Calling themselves 'Bulldogs in Response,' eager and energetic volunteers from MSU in Starkville, Miss., continue to pitch in and help at the AFRH-G. The volunteers come in teams each week and to date have tackled a variety of projects ranging from cleaning and packing memorabilia to boxing up library books to removing and packing flags from the dining hall. Their efforts have been tireless. Volunteers have also assisted staff members with their home clean up bringing chain saws and tractors to tackle even the toughest jobs.

MSU also has volunteers in the Gulf Coast community providing an invaluable service to those affected by the storm.



Hurricane Katrina follow-up

The Weather Channels' Jim Cantore, along with cameramen and producers, visited the AFRH-G on Oct. 3 to see how recovery efforts were coming. The Weather Channel staff broadcasted live from AFRH-G during the hurricane. They left the area several days later and haven't returned until they came through for this follow up.



A Message from AFRH-W

Safety Officer

Space Heater Safety Tips

By Reginal Johnson (W)



As we all know the fall season is upon us and with that comes colder weather and the use of heaters. According to the U.S. Consumer Product Commission (CPSC) consumers are not using care when purchasing and using space heaters. Approximately 21,800 residential fires are caused by space heaters a year and 300 people die in these fires. Home heating device fires are second only to cooking fires as a leading cause of fire deaths in the United States.

If you have a space heater, please review the listed safety tips and do your part in helping to reduce fires and deaths caused by space heaters.

The only space heater authorized for use at AFRH-W are oil-filled radiator type, UL approved, equipped with automatic tip-over shutoffs and that are in good mechanical condition (see picture).

1. Extension cords shall not be used for powering heaters.

2. Read and follow the manufacturer's operating instructions. A good practice is to read aloud the instructions and warning labels to all members of the household

to be certain that everyone understands how to operate the heater safely. Keep owner's manual in a convenient place to refer to when needed.

3. Buy a heater that is the correct size for the area you want to heat. The wrong size heater could produce more pollutants and may not be efficient use of energy.

4. Choose models that have automatic safety switches that turn off the unit if it is tipped over accidentally.

5. Place the heater on a level, hard and nonflammable surface, not on rugs or carpets or near bedding or drapes. Keep the heater at least three feet from bedding, drapes, furniture or other flammable materials.

6. Turn the space heater off if you leave the area. Keep children and pets away from space heaters. Children should not be permitted to either adjust the controls or move the heater.

7. Keep any portable heater at least three feet away from curtains, newspapers or anything that might burn.

8. Have a smoke detector with fresh batteries on each level of the house and a carbon monoxide detector outside your sleeping area.

9. Do not hang items to dry above or on the heater.

10. Keep all heaters out of high traffic and exit areas.

11. Keep portable electric heaters away from sinks, tubs and other wet or damp places to avoid deadly electric shocks.

Following these safety precautions will allow you to get the best- and safest- results from your portable space heater.

"Home heating device fires are second only to cooking fires."

Residents test their luck at Wheel of Fortune



By Howard Turner (W)

The expertise craftsmanship that the residents in the woodshop put into designing the entire "Wheel of Fortune Game Show" started a huge buzz around the home months before the game show was set to go on. Over 30 residents signed up to play the game show. In the finals, Mrs. Jones from Gulfport won first place, Mrs. Jirak from D.C. won second place, and Mrs. Abercrambie from Gulfport won third place. Hats off to the entire recreation department for always pulling together as a team to make it happen.

VA Soul Stirrers entertain residents

By Ricky D. Langford (W)

The residents of KHC were entertained by the VA Soul Stirrers Friday October 14. The group sang patriotic and soul songs for our pleasure. Ms. Elizabeth, a Dance therapist at the Veterans Hospital, also danced with many of the residents. All in it was all a therapeutic program for our residents as well as the performers.



AFRH-G...the clean-up continues

Seabees of CBMU-202 complete tasking

By Mary Kay Gominger (G)

Seabees of CBMU-202 wrapped up their recovery and clean up efforts at the AFRH-G on Oct. 7, having spent six weeks working around the clock salvaging records, equipment and memorabilia from the first floor then removing carpeting and flood soaked items from the building.

"These guys did just a remarkable job," said AFRH-G Deputy Director, Robert Locke, during an awards ceremony prior to the unit departing. "We are forever indebted to you for your tireless efforts. This was an enormous undertaking and the Seabees of CBMU-202 took it on with amazing enthusiasm and for that, the staff and residents of AFRH-G thank you."

The Seabees of CBMU-202 arrived just days after Hurricane Katrina hit the Gulf Coast. They immediately went to work. The eerie silence following the storm was filled with the humming of generators as the Seabees put up tents for berthing, burn out heads, outside showers and administration. The circle in front of the main building became the command center and heavy equipment buzzed around the campus moving debris and rubble that had collected around the grounds. Flooded vehicles were gathered - some had floated to the fence line and were stacked three high - and stored in the parking lot. Memorabilia that lined the hallways along the first floor were carefully removed and brought outside for cleaning and storage. Resident records and staff files were retrieved and office equipment that did not receive water damage was salvaged. Muddy and soaked flooring was removed. Hallways were swept until at last the first floor was completely empty.

"We are honored to be able to work here at the Armed Forces Retirement Home," said Warrant Officer Chuck Heatherly, the Officer in Charge of the unit. "The military men and women that live here served their country and paved the way for us and now its our turn to stand watch for them. We are proud to have been a part of this project and we look forward to the day they can return to their home."



A Seabee washes down a dump truck at the end of the day. The members of CBMU-202 are from Key West, Florida.

During their first few weeks at AFRH-G, crews carefully loaded memorabilia, office equipment and other valuable items from the first floor onto a truck for delivery to the Seabee Center, where the items will be safely stored.





The Seabees of CBMU-202 gather for a group photo underneath the Graduation Oak.



The Seabees of CBMU-202 set up a gym (of sorts) outside their tent where the men could lift weights and stay in shape. AFRH-G was home for them for about six weeks.



A vehicle is moved back to the parking lot after being swept away by flood waters.



Robert Locke (left) and Master Chief Joe Perrone (right) present Warrant Officer Chuck Heatherly and Senior Chief Smith, both of CBMU-202, with a framed photo of the unit in front of the graduation oak (pictured above) and a letter of appreciation.

The Mauser Anti-Tank Rifle

By Ludwig Olson (W)

After the big German drive to conquer Paris failed early in World War I, trench warfare took over. Both sides were alternately on the offensive or defensive. The war bogged down. Various weapons were developed in attempts to break the stalemate.

A breakthrough came in 1916 when the British introduced heavy armored vehicles during the Battle of the Somme. These monstrous vehicles, capable of going over rough terrain, barbed wire barriers and trenches, were outfitted with machine guns and light artillery. Developed in great secrecy, they were called tanks to conceal their real purpose.

Although those early tanks were slow and primitive, they had some initial success and the Germans were prompted to develop a counter weapon.

German cal, 7.9 mm rifles and machine guns firing armor-piercing ammunition proved inadequate against these armored monsters. A more powerful weapon was needed, so the Mauser Arms works developed and produced a cal. 13 mm (.52") anti-tank rifle. It was a bolt action single-shot weapon that weighed 37 pounds (unloaded, without its detachable bipod).

Penetration in armor plate was approximately one inch at 250 meters with normal impact 90 degrees to the plate surface. This performance was adequate against World War I tanks.

Some of these rifles and 13 mm cartridges were captured and brought to this country by returning soldiers. I remember seeing them in Wisconsin between the world wars. They are now rare and highly prized by collectors.

There is information that the German anti-tank cartridge served as inspiration for development of the



Mauser 13 mm anti-tank rifle
[Predecessor to the Browning .50 cal Machine Gun]

Overall length was 66.6", its popular German nickname was Elefant-Buechse (elephant rifle).

Development of the 13 mm anti-tank cartridge was carried out jointly by the Mauser Works and the Polte Ammunition firm. Overall cartridge length was 5.24". The bullet was of Pointed boattail type with hardened steel core. It weighed 809 grains. Muzzle velocity was 2,575 feet per second.

U. S. cal, .50 machine gun round.

Alvin Linden, the famed woodworker and stock maker, restocked a 13 mm anti-tank rifle with a sporting stock in proportion to the big 37-pound tank killer. That rifle was hung on the wall of his shop as a curio. When a neighbor wanted to borrow a rifle during deer season, Linden would tell the party that the monster on the wall was available.

Carrier C-47



Submitted by Roy Pickel (W)

A 1st Troop Carrier Group C-47 encountered a Zero over the Pacific. After the Japanese fighter had expended all of its ammunition on the retreating Douglas aircraft, the frustrated fighter pilot decided to crash into the C-47. But the sturdy cargo craft flew on, amazingly landing safely with a "ventilated" fuselage.

U.S. Navy 230th Birthday Celebration



In a solemn ceremony the Home celebrated the 230th Birthday of the U.S. Navy. From left to right; Master Chief James Menke, representing the oldest Frank Nelson and the youngest Richard Atkins and Deputy Director, Commander Tim Burns.

A Rescuer of General Douglas MacArthur

By John Klessattel (W)

There are many that were in some manner subordinate to General of the Armies Douglas MacArthur. There were, however, very few who were privy to conversations with the General as was our own AFRH-W resident John Tuggle. He did so as the engineer of the last PT Boat 41, the

craft that evacuated MacArthur and his family from Corregidor to Mindanao, the Philippines. There were rumors flying fast and furious during this time. One was that the General took so much family furniture that there was not enough room for the nurses and they had to be left behind. John disputes this vehemently and also the slur "dug out Doug" which John reminds us that General MacArthur was simply obeying an order from President Roosevelt to make a strategic withdrawal in order to fight another day. MacArthur simply said, "I shall return." During the trip to Mindanao, John talked to MacArthur and his family, including his young son. John was the engineer and kept the container engines running. He was a Chief Petty Officer at that time.

John likes to tell all that MacArthur showed no fear when they had to elude the Japanese Navy during the passage. Upon his arrival in Mindanao, he took a plane to Australia. Before he left, he decorated the crew with silver stars, John has two silver

stars.

General MacArthur survived to command the troops that were instrumental in securing many victories for us. When the Korean conflict was becoming a disaster because the Chinese were supporting the North and were attempting to push the heroic defenders of the Pusan perimeter into the

dered to the Japanese, John refused, along with the other members of his PT boat to surrender, and took shelter on the property of an American plantation owner, where they assisted the owner in defending his property. Later they were organized by Colonel Firtik as part of the American Guerilla Forces of Mindanao, where they performed Guerilla warfare against the Japanese forces and became quite good at "hit and run" tactics, using grenades and whatever else they could use to disrupt and harass the enemy. Later he assisted in the construction of a secret airfield from 1943-1945. The construction took two years and involved the labor of over 1000 people including Americans, Filipinos and the indigenous inhabitants of the mountains. The construction had to be meticulously hidden from the Japanese in order to prevent discovery and in the end it was used only once during the war.

In 1942, John encountered a young Filipino woman named Eseranza who had escaped from the Japanese and fled into the jungle. She was placed on a truck to take the women to a brothel to service

Japanese officers. She used the excuse to leave the truck to get some luggage and took that opportunity to escape into the jungle. They were married in the jungle by a Catholic Filipino priest and amid all the fighting they had two daughters.



John Tuggle proudly displays his medals of honor.

sea, he had the Marines make a risky invasion of Inchon Harbor, which cut off reinforcements and supplies to the red forces.

John arrived in the Philippines in 1941 on the PT boat 41 commanded by, Lt. John Bulkeley. After the Philippine surren-

“A general is just as good or just as bad as the troops under his command make him...”



AFRRH-W 48th Annual Autumn Antique Car Show



By Keith Turner (W)

The 2005 Antique Car Show put on another sensational display of antique automobiles dating back to the 50's. Mr. Alfred D. Linton, who is a resident of the AFRRH in D.C., did the majority of the leg work in making sure that each vehicle was notified, registered, rated and rewarded. Many residents volunteered their time to make sure the show would be an overwhelming success. Although there were many beautiful cars on display, Mr. Alan Hais' 1953 Chrysler New Yorker Deluxe took home the First Place trophy. "This was a great sense of accomplishment after 33 years of work, said Mr. Hais". On a beautiful day with the sun shining bright, it was easy to see yourself in the finely polished vehicles lined up in front of the buildings. Men, women and children all enjoyed themselves and expressed their delight in the entire show from beginning to end.



In Gulfport...**It's not just a job,
it's an adventure***By Mary Kay Gominger(G)*

I remember when my daughter was about six. She had a favorite book I would read to her every night. The book was called "Everything changes, nothing stays the same." Actually, I think it was more my favorite book than hers, but what I loved about it was the point it made about everything is always changing...kids grow up, friends move away, family dynamics change...but that change is very much a part of life and it is going to happen. This little story's theme stuck with me through the years and here lately it has really come to mind.

For the staff of AFRH-G, everything certainly changed on Aug. 29, 2005. My

job, for example, is more like that Navy recruiting slogan - "It's not just a job, it's an adventure." Everyday finds me faced with new challenges and tasks that were once basic and easily completed in a matter of minutes. These same tasks might now take all day. Finding an internet connection to

...what I loved about it was the point it made about everything is always changing...kids grow up, friends move away, family dynamics change...

download pictures, though somewhat easier now, was nearly impossible after the hurricane. I'm going from house to house asking staff members if they have a high speed internet connection so I can send pictures to DC for the website and the Communicator. Mailing records to DC became an entire afternoon outing, spent mostly sitting in a

vehicle on a highway that is more like a parking lot than road with little gas and a slim chance of finding more. And then a simple thing like retrieving a checkbook or keys from a resident room, on the 10th floor, up the stairs with no lights, no air...well, you get the picture.

We've all faced our own individual challenges trying to do our jobs. Some staff members have moved to DC to work, some work at the Gulfport campus and most are on administrative leave. For most of us, parts of our jobs disappeared with the residents. There is still, however, so much to do. Different things. Things that two months ago we never dreamed we'd be doing. Packing muddy, wet files...picking the 'best' port o potty, photographing parking lots full of demolished vehicles...

Yes, everything changes, nothing stays the same. Not a bad life lesson to remember.

Campus Ops employees Tom Adams and Gary Sullins troubleshoot the chillers located on the roof of the main building. With a generator pumping power into the building, Campus Ops was able to get elevators running, lights and some AC.



Jaymie Riggs (left) hands Becki Zschiedrich some legal claims for processing. Robert Locke and Bonnie Riggs are also pictured. A temporary admin office was originally set up in front of the building, pictured here, and was later moved to the Resident Reception Room.





Mark Coggin, from Security, checks a vehicle entering through the Anniston Avenue gate.



Pete Trexler moves a pile of debris from in front of Building 13.



Angelo Villafane uses a bicycle to get around campus.



Rob Vivian of Campus Ops checks out the HVAC unit on the roof top.



Jerry Williamson (right) and David Fenton from Campus Ops on their way to Bldg. 13.

The Chaplains Corner



"A Mission of Love"

Chaplains' (W) Office

We here in the Chaplains office have been very active helping our new residents and friends from Gulfport ease into life here at Armed Forces Retirement Home Washington.

Prior to their arrival, The Bible study group devoted hours brainstorming and planning just how to make the transition for honored guests as stress-free as possible. The volunteers provided them with counseling, donated clothing, crosses, bibles, and donations of money and lots of love.

The volunteer staff worked many overtime hours to make sure the residents would feel at home in their new environment. Nelson Jamison, Edward McBride, Rick Ring, Sam Brabson, Wendel Chapin, William Abernathy, Ruby Bloomer, Stella Shelton, Loraine Murphy, Henry Alvarez, Doug Arno and Ron Harding are a few of the volunteers that devoted their time and efforts helping and preparing to receive our new residents.

Our chaplain, Father Francis Higgins, Pastors John Goodloe and Ronald Austin, volunteered many extra hours to the cause. We want to encourage all our residents of AFRH-G to feel welcome and at ease in their new home away from home, no matter how long they are with us. This is the least we can do for those unfortunate friends who were so abruptly uprooted from their homes and forced to leave everything behind in their homes to travel to Washington, DC.

We pray that you feel welcome here and loved in your new temporary home.

Chaplain Ronald Austin

By The Books!

By Miles Medearis

Hi there! I'm a long, long way from the "Tome Tomb" around stairwell #2 at my home in Gulfport, but my feet are dry and I guess my I eyes will be too when I get acclimated here in our nation's capitol.

In any event, I'm pleasantly surprised at the library here. This is fantastic. I've already devoured five books of favorite authors that we didn't have down at the Naval Home. It's not open 24/7 like ours, but that's no big deal. I hope all of you folks from Gulfport enjoy this library as much as I.

Moving right along, I believe we owe a tremendous debt of gratitude to the staffs of both homes for the way they handled all of us at both homes. It is amazing to me that they had the buses loaded up within 48 hours after Katrina made her disastrous, whirlwind tour through the Redneck Riviera. And, just as amazing is that the staff here was able to put everyone up. It may not be the plushest of accommodations, but there is potable water, electricity and "three hots and a flop!" I would hope that all the DP's, (Displaced Persons) feel as grateful as I, but understand there are always that a those disgruntled complainers who would complain if they were hung with a new rope! (Excuse me, Boats; a new line!!)

I doubt any of you are more disappointed than I at having to leave there. I had only lived there less than a year, but had come to feel of it as my "Snug Harbor." I had old 1432 fixed up pretty much as I wanted it, all my most prized pictures hung where I could look at them every day. This is where I would spend out all my days. I loved working in the library and was grateful to Mary Kay for giving me the opportunity to contribute this column to the Communicator. She was even ready to give me one that she had been doing. My life was PERFECT!!!! Then KATRINA!!!!!!!!!!!! I was devastated. I felt like the water tank. All my dreams were shattered. Then, I got off the pity pot, flushed it and decided to take a good hard look at life. I want to emphasize that what I am about to say is strictly my truth to which I believe each of us is entitled. You have your truth and I have mine, and probably,

"never the twain will meet." At any rate, I believe we are here at this time, at this place to experience things. To live through the delightful, as well as, the miserable. To know love, hate, fear, regret, all the emotions. All these things give us wisdom. No matter how smart a youngster may be, there is little wisdom without experience. A person may be illiterate, but having many years of experience, probably has as much wisdom as a genius of equal experience. My friends, again, this is but my truth; I'm not preaching nor proselytizing. We are here, now, gaining wisdom whether we like it or not. Hey, let's make the best of it, relax and enjoy it. I'm probably writing this as much for my own benefit as it may benefit you. I'm merely sure that we must endeavor to emulate Pollyanna and if we succeed, we will be happier than if we sit around on the pity pot, complain and feel sorry for ourselves.

Well, since I took a swan dive in the shower early Labor Day morning and broke a rib, it is extremely uncomfortable sitting here at this computer blathering on and on; so to all of you DP's as well as our new friends here at W, I wish all of you all the best and will give you a rest from this until November, until then, live, love and be happy!



**American Legion
AFRH Post 70**



Meets in Defenders' Inn the 1st
Saturday of each month Except July and August

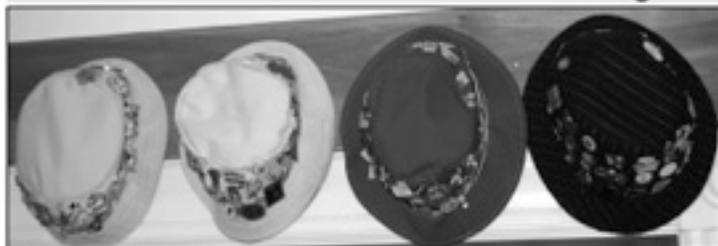
Attention all World War II Legionairs. We need you to be the guests of the British Embassy on Friday, Nov 4, for a wreath laying ceremony. His Royal Highness Prince Charles and his wife will be presenting the wreath.

Call 202-723-0742 to leave a message or come to room 5017 Sheridan to sign up on Thursday and Friday between 9 and 11 a.m.

Don't forget the meeting on November 5.

Margaret Jirak, Commander

The Hat Story



By Johnnie Johnson (W)

I started with one hat and four pins shortly after I arrived in 1990. A couple of friends gave me a few pins to add to the hat. Anytime I got a pin I'd put it on my hat. When I had more pins than I had space, I got a new hat. Before I knew it, I was starting on hat #3.

Because of the many nice comments I've received in my travels about all the pins on my hat I've had to explain that I have many hats. Thanks to many friends and acquaintances here, I am now starting on hat #18.

82nd Airborne, Ft. Bragg, NC at AFRH-W



On October 4, 2005, the 82nd Airborne, Ft. Bragg, N.C., toured AFRH-W. Above - AFRH-W Director Ben Laub poses with the group on the steps of the Sherman Building. Below - the choir entertains residents with delightful music during dinner which was enjoyed by all.



Hallowe'en On The Hill



By Bill Tobin (W)

*Its still early Autumn but Winter is near
Strangers are coming from far and near
T'is a creepy and chilly time of year
It's Hallowe'en,*

*The trees have leaves but they're falling fast
And the summer green has gone from the grass.
It's time to look back at the year that has passed.
It's Hallowe'en.*

*Weird creatures are flying around at night.
If you look too closely they'll give you a fright.
They really are spooky alright.
It's Hallowe'en.*

*At the Soldiers Home it's the same as in town.
Some people clown while some people frown.
While the whole world is turning upside down.
It's Hallowe'en.*

*There are no pumpkins carved out as yet.
It's raining a lot, we're all getting wet.
Who'll win the Series? That's the big bet.
It's Hallowe'en.*

*Cornstalks and pumpkins in the fields to the West.
Schoolchildren cramming for those awful tests.
But here at the Home we're safe in our nests.
It's Hallowe'en.*

*Shopping and sightseeing, we're all on the go.
Must get it all done before the first SNOW.
But for now its hobgoblins & ghosts on the go.
It's Hallowe'en.*

Gulfport resident finds goodwill overwhelming following the destruction of Katrina

By Pete Carter (G)

The Mississippi Gulf Coast, with its 26 miles of white sand beach, home of greenery, grown just for the population of Least Terns. The birds have returned to the Coast as the swallows to Capistrano. The charm of the Coast, so inviting to so many local people and excitement to so many tourists, always present, seemed to be eternal enjoyment for all—so peaceful, so serene, with the azure blue sky, embellished by a golden sunshine that graduates into a dark golden setting sun to end the day, leading into the typical moonlit nights. A total picture of serenity, so attractive to so many, blessings seemingly eternal. Until Hurricane Katrina.

Serenity that we all enjoyed at AFRH-G soon turned to chaos as Hurricane Katrina wreaked her destructive powers; wind, rain and flooding conditions upon this wonderful community. Destructive powers never before witnessed. In a period of just a few hours this devastating lady caused immeasurable damage to properties in an area presumed to be at least 100 miles wide. The destruction to our beloved Home, our city of Gulfport, and Harrison County general, were beyond that of anyone's imagination.

Some good comes of almost everything. We were fortunate enough to have at the helm our new director, Mr. John Thorhauer, and our Chief Financial Officer and Inspector General, Mr. Steve McManus.

After allowing residents to pack a limited amount of emergency gear to take with them they boarded the first increment of the nine buses brought in for the evacuation. Two of the nine buses were held over to bring the stragglers; those having evacuated prior to the storm, those on leave and those who wanted to stay on the

“...you must be crazy. There are no restaurants left, and if there were they wouldn't have power...”

Coast.

I was one who chose to stay on the Coast. The director cautioned that I really didn't want to stay. I spent the first night at the Seabee Center, had breakfast and caught a ride to pick up my car. Being about out of gas I proceeded to walk off the base to an intersection manned by Gulfport Police. After several hours I asked the policeman if there were any cabs running. He answered in the negative. I started walking. I stayed overnight with my good friend Jimmie Carter and his gracious wife, whom I intended to take out to dinner, on the assumption he had gas at least in one of his cars. So advised, Carter responded, “You must be crazy. There are no restaurants left; and if there were they wouldn't have power. Of all my vehicles I don't have gas to take my wife to the doctor.”

We proceeded to dine there. Since the power outage and the advent of spoilage, all food had been thrown out. We dined on two slices of bread, a sliver of spam and a bottle of water and prayer. I stayed there over night. The following morning one of Jim's neighbors gave me a ride to Keesler Air Force Base. On arrival at

Keesler, I observed the extensive damage and some flooding conditions. I started walking and surveying the damage as I walked in the direction of the Home

During that time I walked observing the damage to the entire Coastal area, I

prayed. I asked God

to forgive me for being so stubborn and stupid. When a man whom I had known only a week or so had tried to do so much for me and the many others, I had the audacity to resist. “And God, if I am accepted, I'll go and will do everything I can to make up for my inequities.” Arriving at the Home I was received in a brotherly manner on a friendly basis.

Fortunately most of the staff was unaware of my resistance. The director arrived on the scene. Instead of berating me as I supposed he would, he put me to work getting a couple of items to take to the Seabee Center. We arrived at the base on very friendly terms. I derived great pleasure from helping the director prepare for our departure the following day. We enjoyed a very pleasant journey to Atlanta and the fabulous Westin Hotel where we stayed overnight.

The next morning we proceeded northward, stopping for lunch at one of the famous Cracker Barrel restaurants, proceeding to Charlotte, North Carolina, and another of the beautiful Westin Hotels. There we were told that our bags would be brought to our rooms. Unfortunately, for me, I received no bag so I made use of the toilet articles provided by the hotel and went to bed.

Behind the bathroom door of each Westin Hotel, hangs a compressed cotton bathrobe. On this robe is a tag that reads, “feel free to take this robe home with you, but please leave \$90 at the desk to pay for it.” I wanted to have one but did not have my credit card with me. It was in the briefcase that had not been brought up. So I passed up the opportunity.

Upon arrival at the AFRH-Washington campus a great reception committee was there to meet us. My briefcase was immediately visible, however my suitcase was nowhere to be found. I was becoming very concerned. I reported this to Mrs. Debbie Ambur, the nursing supervisor in charge of the reception. She said she would find it. The next morning she left a note on my door advising that she had located the bag and that it would be shipped to me the next day. The bag was delivered just as she promised. Examination of the bag proved to have everything just as I had left it with an added attraction. The Hotel staff had placed a robe in my bag. I guess this was a goodwill gesture but whatever the motivation, you bet your life I am a Westin customer from now on!

Since being here we have been treated with the greatest courtesy, hospitality, and generosity I have ever experienced. Truck loads of clothes, new and like new, from many sources, toilet articles, towels, bedding, just about everything – all available on a no-



Pete Carter (right) thanks Rolling Thunder for their AFRH-G support.

The clean up continues...going, going, gone!



Right after Hurricane Katrina, debris and rubble are piled so high that the main building can barely be seen.



Last week the debris started being hauled away.



This is what the site looks like now.

'Goodwill' from previous page

limit basis, yours for the taking. Televisions, radios, clocks, small refrigerators are some of the items available.

Recreation Services has been most highly involved. I had a \$90 ticket handed to me to see the Washington Nationals game the first night I was here. Another the second night, a great symphony the next night followed by a trip to the Oriole Park where we had a 21-seat (a suite available only to special ticket holders), compliments of Congressman Pomeroy of North Dakota. This was followed by another trip to the Kennedy Center and a great symphony. Today, Oct. 12, I accompanied our Public Affairs Officer to the Pentagon where she was keynote speaker at an Air Force Sergeants Association meeting. I fielded the questions from the floor. It was a great occasion. We were both presented their coin of honor by the President Master Sergeant Hank Garrard. Another impressive coin for my collection.

Although this is great we are anxious to get back home to Gulfport.

With the above in our minds and in our hearts, we say, "Hurry up the opening of the Home we love!"

Partnership strengthened with AAFES

Winter coats come in time of need

By Melodie Menke (W)

The Army and Air Force Exchange Service (AAFES)'s own Reggie Brockett, AFRH AAFES Manager and Tina Lafferty, AFRH AAFES Scott Lounge Manager brought in armloads of warm winter coats and phone cards to the Mini-Mall, Warehouse 77. The coats were a huge success and brought relieved smiles to many residents facing a winter season for the first time in many years. Community volunteers Laura Cosgrove, Ellen Hughes, and Stacy Ferry were on hand to assist residents with trying on their free coats and handing out free phone cards.

The AAFES partnership with the Armed Forces Retirement Home has always been strong but the Gulfport Transition has strengthened those ties in the veterans' time of need. Thanks to the AAFES!



AAFES

Part of
your Benefits

Recreational Services Activities

That amazing little step stool

By Homer (Bud) Rutherford (W)

The Woodshop recently held a contest for residents, as to who could build and decorate a step stool. Prizes of \$50 for first place, \$30 for second and \$20 for third place were awarded.



From left; Michael Longwell, 2nd place winner, and Director, Ben Laub, holding Mike's patriotic stool.

The step stools were placed on display, at the entrance, to the Scott Dining Hall. Residents were given ballots and asked to vote for their choice as the best constructed and finished step stool. Stools were identified only by number.

Katherine Kinney's entry received the most votes and was awarded the first place prize of \$50, Mike Longwell was second and won \$30 and Edith Ellington won third place and \$20.

Over 140 votes were cast and the winner was not known until the last few votes were counted. One vote separated second and third place winners.

The amazing little step stool is the first in a series of woodshop contest. Our next project will be a Magazine Rack/End Table. Like our step stool project the Magazine Rack/End Table kit will be provided by the woodshop and real wood will be used. All the resident has to do is pay for the \$20 for the wood and assemble (woodshop personnel will assist) and finish with

their choice of stain, varnish or paint.

Sign up at the Woodshop if you want to participate in this project.

Mike Longwell, who won second place in the step stool contest, donated his prize to the miscellaneous supplies fund in the Woodshop. Mike, the Woodshop Sergeants says, "Thank you."

An evening at the Big Apple Circus

By Calvin Woodfork (W)

On September 28, 2005, residents of Gulfport and Washington spent a magical evening with Big Apple Circus. Residents were met by Jennifer Zuckman, a volunteer who coordinated the event. The Circus attendants provided VIP treatment, seating residents and taking orders from the menu of hotdogs, popcorn, cotton candy and drinks.

Big Apple Circus is a small circus but packs a big punch. The theme for this performance, "Grandma Goes To Hollywood," provided lots of laughs as the performers moved from movie sequels of past and present. Clowns, mingling with the guests, made for a more intimate evening. For a moment you seem to be part of the performance itself. Magic acts, jugglers, tumblers, trapeze artists and animal acts were all spectacular. The residents especially liked the animal performances. At the evening's end, it was time for the Trapeze Artist who thrilled us with death defying moves high above the audience.



"1-2-3 strikes you're out"

By Jerry Carter (W)

"Hey batter, batter, swing," resident Ernie Fowler, our pitcher, kept the batters on their toes as he pitched an outstanding game. David C Nokes and Renato J. Julian kept the game alive by getting hits off the Providence team. Providence Hospital arrived ready to



play ball against our resident/employee team

on Wednesday, October 5. As both teams took the field, a friendly competition took place.

After seven innings, in front of many spectators, Providence outscored AFRH-W 7-6. After the game the players and residents enjoyed the cookout sponsored by Providence Hospital/ hotdogs, hamburgers, and beverages were enjoyed by all.

A special thank you from Recreation Services goes to Carroll Manor Nursing Home staff for bringing several Gulfport veterans to watch the game. Also to umpire Larry Friesal for calling a great game and helping out all season. Lastly, thanks to Providence Hospital for sponsoring the cookout and residents and staff who played on the 2005 AFRH-W softball team.

AFRH Fall Dance

By Christina Edwards (G)

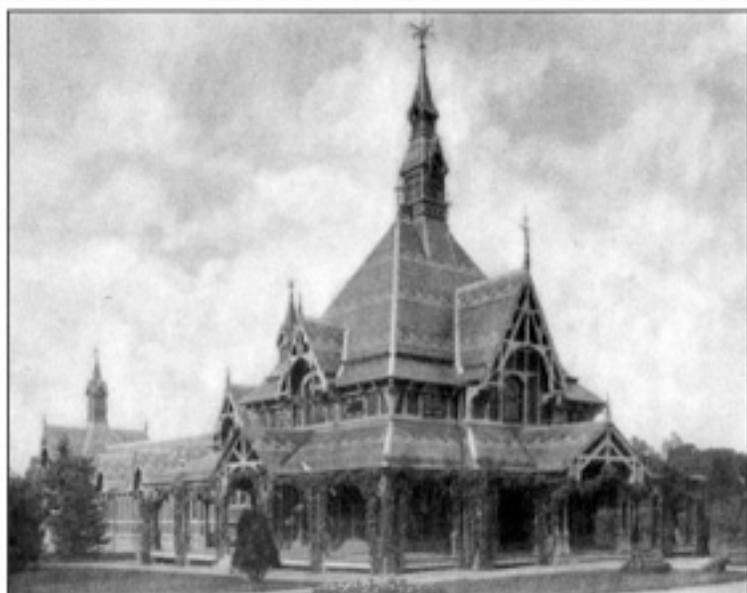
Fun was had by all recently at the Fall Dance held on October 7. Marc Shepanek spun music while both residents and staff danced the evening away. A special appearance was made by Dancing Feat where they showed their dancing talents and fancy step works. For those of you that enjoy dancing there will be an afternoon dance November 8 to celebrate the Marine birthday.



Donations for AFRH-G Hurricane Recovery keep rolling in

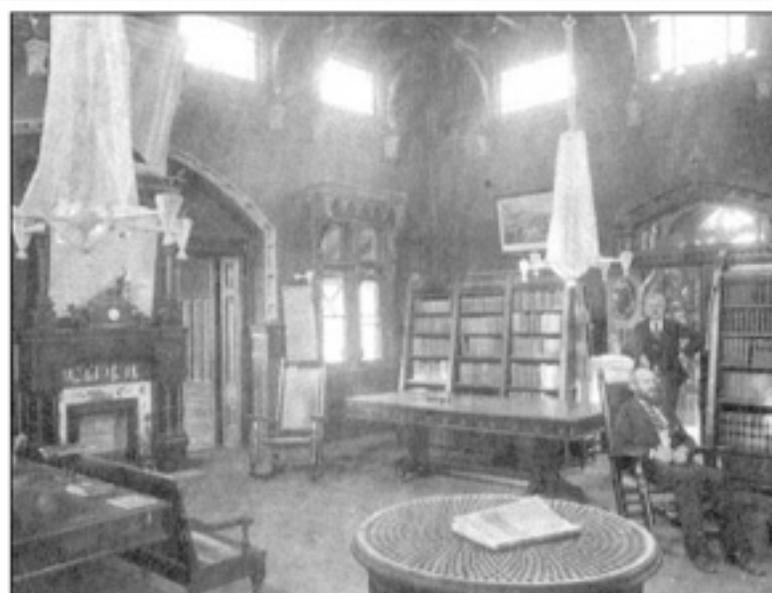


AFRH-W Library



Library 1877-1878 - The Library Building

By Allen Frazier (W)



Interior of the Library in 1877-78

The first AFRH library was built during C 1877-1878 in the area next to Stanley Hall (Marble Hall). It was also close to the Cemetery Gate Lodge. The lodge and the library may have been created by the same architect. The name of the Home library architect was John L. Smithmeyer. Mr. Smithmeyer and his partner, Paul C. Pelz, won a nationwide competition for a design for the Library of Congress in 1872. The library, built by Smithmeyer and Pelz for the Home, was to stand for less than 35 years and then razed with the construction of Grant Hall. The library of 1877-1878 (Bowling, Billiards) was demolished C 1910. A library was established in several locations over the years during an interim period. The main library is currently located in the west end, on the first floor of the Scott Building.



The AFRH-W Library is presently located in the Scott Building.



A view of the interior of the present day Library in the Scott Building.

Art work on display

