



Armed Forces Retirement Home

Communicator

VOLUME VI NUMBER 10

ARMED FORCES RETIREMENT HOME

OCTOBER 31, 2009

Coast Guard's continued partnership celebrated with ribbon cutting ceremony



AFRH Chief Operating Officer Timothy Cox (left) and Rear Admiral Daniel Neptun, U.S. Coast Guard, cut the ribbon to mark the completion of one phase of construction projects at the AFRH-W pond area. Coast Guard volunteers have been working on a variety of projects at AFRH-W as community service.



A Coast Guard active duty volunteer adds a coat of paint to a railing.



Coast Guard volunteers build a railing down to the pond.

AFRH says -

"Thank you Coasties - for your support!"

Active duty volunteers spruce up grounds

By Carolyn Weber

With shovels, paint and power equipment in hand, the Coast Guard wasted no time getting to work on this fall's Pond Project. On Wednesday, October 7th, 50 Coasties spent their morning improving and beautifying the pond area here at the Armed Forces Retirement Home. Within four hours, they cleaned around the ponds, equipped the staircases with handrail, leveled a path from the bottom of the staircase along the lower pond, completed the rope fence line, secured a gate around the pavilion, painted the fountain and stained the wooden structures.

A ribbon cutting ceremony concluded the day with Rear Admiral Daniel Neptun and our Chief Operating Officer Timothy Cox presiding. The ceremony marked the completion of a phase of construction projects improving the existing area around the ponds. As a result of the Coast Guard's hard work and dedication, our residents are able to gain closer access to the lower pond by either staircase; travel along more of the ponds area via footbridges; enjoy a gated pavilion (free from geese), and utilize a working table for bait and tackle. During remarks, Rear Admiral Neptun and Mr. Cox expressed sincere thanks to all of the CWOs, CPOs, Officers and PCPOs who continue to support this project.

A special thank you to Rusty Huyck who coordinated the Coast Guard volunteers and improvement projects this Fall, and thank you to Sean Fennell who continues his support by contributing his experience with the AFRH Pond Project.

We look forward to next Spring!

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Making way for progress....



AFRH-Gulfport

Bldg. 22, located north west of the main building, was torn down and hauled away earlier this month. Built in the early 1970s when the Gulfport Naval Home was built, Bldg. 22 was a storage area used by Campus Operations. Bldg. 13, the other remaining structure on the grounds, will be demolished in Spring 2010 and landscaping for that area will begin shortly thereafter.

See pages 7 and 8 for update on the Gulfport Project.



Gulfport Update

Pages 7, 8

Notes from the Resident Advisory Council



The Resident Advisory Council (RAC) meeting for the month of October, 2009 was held starting at 9 a.m. Wednesday, October 21, 2009 in the Scott Lounge.

Roll call conducted and 10 of the 15 elected members of the Council were present. (NOTE: This equaled 67 percent of the elected members so a quorum was established. Under the current Regulation for the operation of the RAC, a total of 2/3rds (or 67 percent) of elected Residents are required to establish a quorum and conduct proper business.)

Prior to the roll call, the Chairman introduced the new Chief of Security, Mr. Patrick P. Cavanagh, who introduced himself and spoke of his involvement in home business concerning Security.

The RAC meeting continued with the approval of the minutes for the July, 2009 RAC meeting.

OLD BUSINESS: NONE

NEW BUSINESS: Two motions were approved by the Council, the first having to do with the Council approving, unanimously, a motion that the Chairman of the RAC note to the Local Board Advisory Council of the Armed Forces Retirement Home at their next meeting, that the Council approves the increase in the rate of collections from the pay of each Enlisted Person serving on Active Duty from \$0.50 to \$1 per month. Motion passed 9 to 1

Second motion was the approval of a motion that when a time occurs that a meeting of the Council is not held on a monthly basis that the Chairman notify the members of the Council the month prior that the next monthly meeting will not be held. Motion passed 9 to 1

With no further business to conduct the meeting was adjourned at 9:42 a.m.

Esker F McConnell

**AFRH Marine Corps
Birthday Celebration
Nov. 9
1:30 Scott Lounge**

AFRH COMMUNICATOR

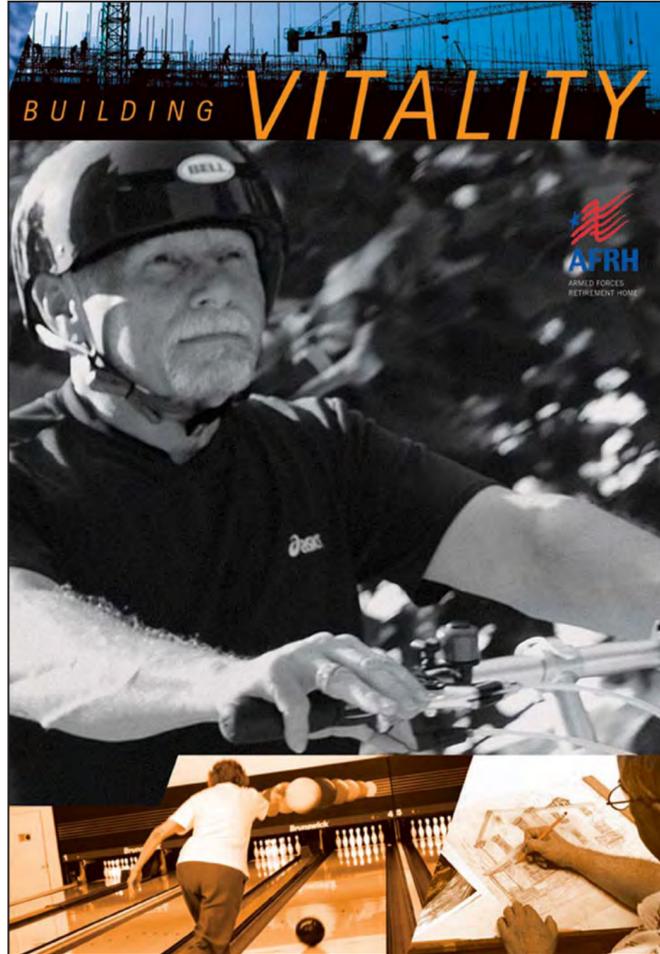
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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the AFRH Communicator staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



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

Eligibility:

Military veterans from each service branch can live at AFRH.

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

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

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

Female veterans who served prior to 1948.

To receive an informational brochure

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

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

Become a resident today!

AFRH-W perfect place for area cycle competition

Biking team partners with AFRH to host annual cycling event

More than 500 racers took part in the third annual DCCX cyclocross race on the grounds of the Armed Forces Retirement Home on Oct. 25. The race, which is run by the DCMTB biking team with Family Bike Shop as the title sponsor, had record attendance, with participants praising the grounds of AFRH as the perfect venue for the twists, turns and climbs of the discipline known as the steeplechase of cycling.

In the women's race, Arley Kemmerer of Hub Racing powered up the opening blacktop climb to take the head of a lead group, and then pulled away from her chasers at the tricky uphill and never looked back during the hour of laps of the course made up of grassy sections, tight turns around trees and asphalt road climbs.

Ryan DeWald of Battley Harley-Davidson rode away from 18-year-old phenom Joseph Dombrowski to win the men's elite race.

The race was held again this year on an awe inspiring sunny day following a heavy rainstorm, leaving the course gooey in parts for the first racers of the day. The sunshine and big fields in the early races hammered the course into a firm racetrack by the time the

elite riders started in the afternoon.

In addition to the racing, riders were treated to fresh pancakes from the DC Dutch Club; bananas, all-natural peanut butter packets and other treats from Whole Foods Market and liquid refreshments on tap.

Family Bikes of Crofton, Maryland donated the purse for the men's field and the shop's owner, Jonathan Seibold, competed in the race, taking fifth place in a master's race.

"The day couldn't have gone better," Seibold said after the finish. "I can't wait to do it all again next year."



Cyclers celebrate the win.



With twists and climbs, AFRH proved to be a very challenging course for a cyclocross race.

Message from the Chief Operating Officer



October proved to be another busy month for the AFRH. Progress continues on schedule with the construction of our new facility in Gulfport as well as initial planning stages with the Scott Project here at our Washington campus. We are now under a year away from moving Residents into Gulfport with much preparation work still ahead of us. Once the Gulfport residents return in October 2010, we will begin the execution stage of the Scott Project. The year 2010 will bring huge changes to our AFRH community and we are doing everything we can to keep the Residents involved in the planning stages of each of these events. The Resident Advisory Council has been actively involved and they have been instrumental in bringing potential issues to the table so that they can be openly discussed and resolved early to everyone's satisfaction. The monthly focus group meetings are a great way to pass and receive important information about the project.

A key element that is driving decisions being made at both homes is our adaptation of the 'aging in place' philoso-

phy into everything we do. And what aging in place basically means to us is that everything we do for our Residents, every activity we plan, every trip we take, every new space we design - we do so building into the plan, the trip or the design, measures to accommodate a chronologically natural aging person. Our goal is that our Residents can age gracefully in place and not have to be moved around but can stay in their comfortable environment surrounded by friends and maintaining their daily life's activities with little variance. That's what we want for our Residents and that is what we have achieved in the new facility in Gulfport. Furniture, hardware in the rooms, cabinets, bathroom fixtures - they all have passed the aging in place test. For Residents, this means that *you* have more control over your everyday living environment and you can continue to do things you enjoy doing as you gracefully age.

We have had a lot of visitors to the AFRH-W this month and we've sponsored many events for our Residents. A special treat this month was the Resident Art Show, featuring over 100 pieces of Resident artwork on display in the staircases and hallways of the Sherman building. The annual event drew more than 300 art enthusiasts, Residents, family members and friends.

We also hosted a variety of visitors to the Home this month. On October 7 we had a group of active duty Coast Guard volunteers completing several work projects around the AFRH pond area. The Coast Guard volunteers have been coming out for over a couple of years now sprucing up that area making it more enjoyable for our Residents. Their volunteer hours are certainly appreciated. Admiral Neptun, manager of the Coast Guard's Human Resources field activities, joined the group as they put finishing touches on pond projects. We look forward to continued visits and camaraderie from our Coast Guard friends.

Mrs. Iowa Wendy Sledd and Mrs. Northern Virginia Darlene Deeben visited the Residents of AFRH on October 8. Their bright smiles and warm greetings brightened the day for everyone that stopped by to meet them.

The Deputy Minister of Defence of South Africa, Mr. Thabang Makwetla and



Mrs. Iowa Wendy Sledd meets Robert Stevenson and Wilfred 'Mac' McCarty during her visit to the AFRH on October 8.

members of his staff toured the AFRH on October 14.

The Navy Birthday celebration was also held here on October 14. FLTCM Scott Benning, Navy Total Force/MPT&E Fleet Master Chief took part in the festivities. We also had active duty Navy members from Henderson Hall and Bolling Air Force Base join us for the afternoon. Stephen Jennison, a Resident and Navy veteran, participated in the traditional cake cutting ceremony with FLTCM Benning and Seaman Amanda Schmidt.

Two distinguished guests, Rear Adm. Christine Hunter, Deputy Director, TriCare Management Activity, and Colonel(s) Kyung Chan Poh of the Korean Embassy visited the AFRH October 20 and 22, respectively, and both received a tour of our community spaces and met many Residents.

The AFRH Wellness Center hosted a Health Fair on Oct. 23. Residents had the opportunity during the Health Fair to learn more about the benefits available to them through their various health care providers (WRAMC, VA Medical Center, Providence Hospital & Washington Hospital, National Naval Medical Center). We thank all of these organizations for their support and great displays. This is but just one way we encourage Residents to make their health a priority. Just as it is important to pay attention when we start an exercise routine or new medications, learning to listen to your body's messages is key to knowing how you feel. Only YOU are responsible for your health. Take the initiative to know what medications you are taking, the correct dosages and when they are to be taken. This will be a first step toward us helping you age comfortably in place. Together we can make longevity and graceful living the catch phrase of this generation now and in years to come.

Timothy Cox



Marion Wolke (seated) talks with Timothy Cox, AFRH Chief Operating Officer, Rear Adm. Christine Hunter, Deputy Director, TriCare Management Activity, and Pamela Young, AFRH Director of Nursing.



Cutting the cake are FLTCM Scott Benning, Navy Total Force/MPT&E Fleet Master Chief, Seaman Amanda Schmidt and Stephen Jennison.



U.S. Navy members have cake and ice cream after the Navy birthday cake cutting at AFRH on October 14.

Al Mori (left), AFRH Ombudsman, greets Colonel (Select) Kyungchan Poh of the Korean Embassy. Col(s) Poh visited the AFRH on October 22.



Timothy Cox, AFRH Chief Operating Officer (left) welcomes the Deputy Minister of Defense of South Africa, Mr. Thabang Makwetla and members of his staff during their visit to AFRH on October 14.

Welcome Aboard



Name: Robert Gonterman
Branch of Service: USA & USAF
Entry Date: January 1945
Separation Date: April 1966
Rank: E5
War Theaters: Korea

FRA honors resident for service

AFRH resident Helen Sadowski was honored by the Fleet Reserve Association (FRA) on October 7, 2009, for 35 years of continuous membership. FRA's National President Don MucHECK presented a 35-year membership pin and certificate to Helen, who joined the Association in October of 1974.

Helen is a retired Navy Chief Yeoman. She is affiliated with FRA Branch 22 in Pensacola, Florida.

FRA is a congressionally chartered, non-profit organization representing the

interests of current and former enlisted members of the Navy, Marine Corps and Coast Guard. In addition to its advocacy work on Capitol Hill in support of enlisted personnel, FRA aids its members with career issues by maintaining close relationships with government agencies and by educating lawmakers about the challenges facing those who serve in the armed forces. The Association annually awards scholarships that totalled nearly \$100,000 in 2009, sponsors a national essay contest, and assists its members with disaster relief grants.



FRA National President Don MucHECK presents a certificate and pin to Helen Sadowski in honor of 35 years of continuous membership.

Warm Up To Giving Feds Feed Families 2009 Food Drive Results

By Alan Hess

Let me start off with expressing my sincere appreciation and gratitude to all those who participated in this summer's Warm Up To Giving Feds Feed Families Food Drive. Because of the generous contributions from the men and women of the Armed Forces Retirement Home we well surpassed the agency goal of 1,315 pounds or 5 pounds per person. More importantly our donations benefited those families and communities not as fortunate as you and I. All of our donations went to The Capital Area Food Bank which serves over 700 food pantries, soup kitchens, and other service organizations in the District of Columbia, Maryland, and Virginia.

That being said first place went to the National Capital Planning Commission. They had collected a cumulative total of 3,083 pounds or 77.0 pounds per person. Second place went to AFRH who collected a cumulative total of 15,390 pounds or 58.5 pounds per person. Lastly, third place went to the Office of Government Ethics with a cumulative total of 1,226 or 15.3 pounds per person.

Congratulations to a job well done!!!

Records reveal interesting facts relating to the Soldier's Home old Guard House

SECURITY BUILDING

The Governor submitted a letter from the Constructing Officer dated May 12th, 1905, inclosing the drawing of a proposed new Guard House to be erected at the Home, at an estimated cost of 435,900.

On motion the Governor was authorized to employ Messrs. Wood, Dorn & Deming, Architects, to prepare plans and specifications for such a building, to be built of brick, and submit the same to the Board for its action. - **May 16, 1905, BDMTG72.DOC**

The Constructing Officer submitted drawings prepared by Wood, Donn and Deming, Architects, for the construction of a Guard House at the Soldiers' Home which the Board approved and fixed the maximum cost at \$55,000. - **Oct 17, 1905, BDMTG73.DOC**

Record is made of the approval by the Secretary of War on October 20th of the proposed erection of a guard house at the Soldiers' Home. Also, of its approval on November 4th of a request received from that officer for authority to employ a draftsman at \$100 per month in addition to those now employed by him on Soldiers' Home work. - **Nov 21, 1905, BDMTG73.DOC**

A letter was read from Captain John S. Sewell, Constructing Officer, regarding the employment of Wood, Donn & Deming as architects for the Guard House at the Soldiers' Home, and recommending that he be authorized to make an agreement with that firm to furnish the drawings and specifications for the Guard House for 3 1/2 per cent of the cost of the building apart from mechanical equipment, and that in addition thereto they be required to visit the building, or to consider samples, etc., whenever called upon to do so by the Constructing Officer, and for this service be paid at the rate of \$15 for every visit made by a member of the firm to the Soldiers' Home.

Approved by the Board. - **Dec 19, 1905, BDMTG73.DOC**

With reference to the bids for the Guard House the Constructing Officer recommended that the bid of Pavarini & Wyne, Incorporated, of Washington, D.C., at \$51,500, it being the lowest of the six received, be accepted and the contract awarded that firm; that as the specifications provided for a number of deductions, it is possible to reduce the bid of this firm to \$46,959.

This was approved by the Board. - **Nov 20, 1906,**

BDMTG74.DOC

The Constructing Officer also reported that in order to secure safe foundations for the Guard House it has been necessary to extend the footings to a greater depth which will slightly increase the cost. - **Feb 19, 1907, BDMTG75.DOC**

The Constructing Officer in letter of October 15, 1907, recommended an extension of time for the completion of the new guard house to November 15, 1907, which was approved by the Board.

The report of progress of the construction work at the Soldiers' Home submitted by the Constructing Officer was read and noted by the Board. - **Oct 15, 1907, BDMTG76.DOC**

The Constructing Officer reported that the final completion of the Guard House is delayed and recommends that the time be extended to February 1, 1908, and that when the building is fully completed, except the painting of the ceiling, that full payment be made to the contractors, retaining sufficient to cover the cost of painting.

The Board approved the recommendation and directed a supplemental contract be entered into to cover the case.

The Constructing Officer submitted report of the construction work underway at the Home, which was noted by the Board. - **Nov 19, 1907, BDMTG76.DOC**

The Constructing Officer also reported that the allotment made for the Guard House (\$55,000 in all) has been expended and that there is an extra allotment required to cover certain items amounting to \$2,381.65, which the Board authorized.

The report of the Constructing Officer was read of the work underway at the Soldiers' Home and was noted by the Board. - **Dec 17, 1907, BDMTG76.DOC**

The monthly inspection of the Home by a Committee of the board of Commissioners was made by the Governor of the Home (General Bliss) and the Surgeon General (General Ireland) on April 10, 1923. A report of the results of the inspection was submitted by the Surgeon General as follows:

"In compliance with a request from the Governor, and

in company with the Governor and Deputy Governor, I made the following inspection at the Soldiers' Home this afternoon:

3. Detention barracks (Guardhouse): This is an admirable building, well kept, and splendidly adapted for the purpose for which it is used. Upon my inspection there was only one inmate of the Home detained there. -

Apr 17, 1923, BDMTG111.DOC

The monthly inspection by a Committee of the Board, consisting of the Governor of the Home (General Bliss) and the Surgeon General (General Ireland), was made on January 15th, 1925. The report of the inspection submitted by The Surgeon General is as follows:

"In company with the Governor and Deputy Governor, I made the usual inspection of the Home this afternoon. We confined our inspection to the Barber Shop, the card room, the Detention Barracks, the storeroom, the shops, and the hospital. In all of these buildings we found the conditions satisfactory in every respect.

The Detention Barracks were occupied by the Guard and 5 inmates, who are detained at the present time as a result of the violation of the 18th Amendment. -

Jan 20, 1925, BDMTG123.DOC

The monthly inspection by a Committee of the Board was made on 4 August 1949 by Major General Edward F. Witsell (The Adjutant General) who submitted the following report:

The upkeep of the Detention Barracks was excellent. Here accommodations are provided both for the guard and the watchmen of the Home. On the day of my inspection, some twenty members were under confinement for minor offenses.

During my inspection I was accompanied by the Governor, Deputy Governor and quartermaster of the Home.

The foregoing report was noted, approved and ordered filed. - **Aug 15, 1949, BDMTG235.DOC**

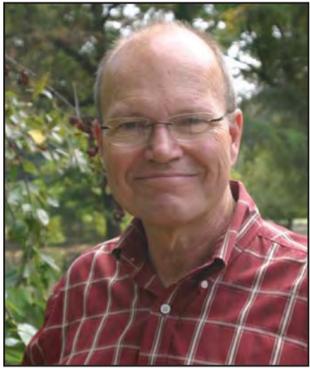


The Guard House at the Soldiers' Home in 1907.



The Security Building as it looks today.

From the Director



Every individual has talent. Talent is a natural ability or aptitude. I read recently that one young man's passion is repairing computers and has

begun a not-for-profit company to help children in third world countries to know how to use, work with and repair computers. I would never have thought of that because my abilities and talents are inclined differently. We have some amazing people on this campus who use their talents in different ways.

The first weekend of October, two special events were held at the Armed Forces Retirement Home that speaks of talent: The Art Show and the Antique Auto Show. Mary Kay Ash said, "Those who are blessed with the most talent don't necessarily outperform everyone else. It's the people with follow-through who excel." And many people follow-through here at the Home.

In 1958 AFRH's Arts and Crafts Director, Clifton Browne started the first

Antique Auto Show here. It was a passion and talent of his and that he passed on to his two sons, Clifton Jr. (Dave) and Kevin. Dave has worked with Campus Operations for years and continues the organization for the Show each year. As far as Dave's research shows, the AFRH Antique Auto Show is the longest continuous Auto Show on the East Coast. Next year will be the 53rd year.

Those of you who know Dave have to appreciate his sense of humor. Last weekend he attended an Auto Show in Pennsylvania and told me after returning to work, "I buy things I don't need, with money I don't have, to impress people I don't like!" You see, Dave's money is burning a hole in his pockets when it comes to locating an old Stanley Steamer.

Then the AFRH Art Show took place that same weekend and was a great success. Many of our artists brought and displayed their fine works on the walls of the Sherman building. There are many tremendous and moving works of art. When I think of the many, many hours of labor the various pieces of art represent, I am in awe. They add "life" to the old Sherman Building. This last week some of the AFRH staff met with a number of the artists and discussed the possibility of allowing some of their art to remain on display in the Sherman Building. Some decisions will be made as to how to tastefully and best display the various pieces. I am so

appreciative of the willingness of the AFRH artists to allow their work to be on display so that it will be available to anyone who would like to stop by and see it.

A wise person stated: "Having talent is like having blue eyes. You don't admire a man for the color of his eyes. I admire a man

for what he does with his talent." I appreciate the people who use their talents here at AFRH. I have not mentioned many though there are many more that should be mentioned. Thank you.

David Watkins

Notes from AFRH-W Ombudsman

By Al Mori

Veterans Day is just around the corner so a little bit about Veterans Day. Originally called Armistice Day, this holiday was established to honor Americans who served in World War I. It falls on 11 November the day that World War I ended in the year 1918. In 1921 an American Soldier was buried in Arlington National Cemetery, his name "known but to God." This became the personification of dignity and reverence for America's veterans. At the same time similar ceremonies were occurring in England and France (Westminster Abbey and the Arc de Triomphe). The universal gestures all took place on November 11th at 11 a.m., to celebrate the ending of World War I. Armistice Day officially received its name through Congressional Resolution in 1926. It became a national holiday 12 years later by similar Congressional action. The idealistic hope being that they had just gone through the "War to end all wars."

In light of the upcoming Veterans Day the Home will have two buses that take Residents to the ceremony. We are requesting that both buses be allowed to drop Residents off more closely to the ceremony area this year. In past years they have allowed only one bus to get close enough for easy access to the ceremony, while the Residents on the second bus had a difficult walk to the area. We are attempting to have all of the buses from the Home get to the main point for the ceremony and let Residents depart there.

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

ART Colony

AFRH artists display their work

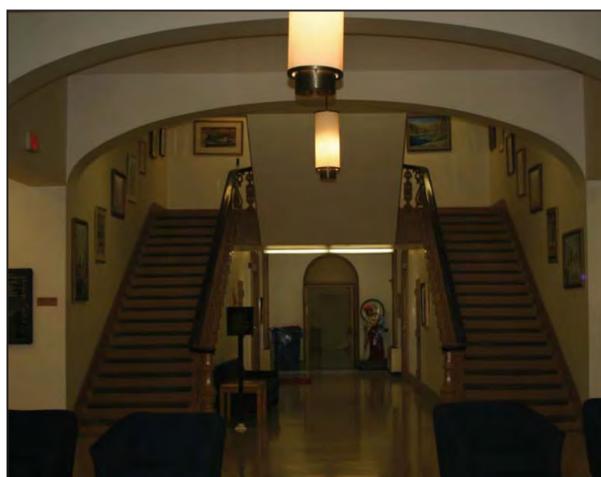
By Mimi Rivkin
Resident Artist

Thirteen artists launched a major Art Exhibition that filled two floors and the stairwell of the Sherman South building. We wanted to show a lot of people how a fine Retirement and Continuing Care Home offers opportunities for its members to be productive, creative and contribute to their community. We succeeded! We are highly pleased with the results; and our guests will spread the word.

Under Art Specialist Jackie Bell, the participating artists are: John Bednarz, George De Monfort-Proksa, Miko Dickerson, Barbara Folk, Alice Garrymore, Alfio Giunta, Anthony Hedgepeth, Warren Helm, Mike Kelcourse, Betty Lindstrom, Mike Martinez, Don Patrick and Mimi Rivkin. In addition, the work of past artists was displayed: Josephine Beary, Kennard Collier, Stanley Filipek and Napoleon Thompson. Bernice (Goldie) Goldstein's music provided the elegant ambiance to the exhibition. Mimi Rivkin coordinated the show and Bill Jentarra was the gallery assistant.

Our Friday evening opening reception brought friends, acquaintances and professionals from the private sector, as well as residents and employees. Mr Tim Cox attended, as did Mr. Charles Dickerson and other staff members. There were college professors and guests from Pennsylvania and New York. During the day on Friday, Saturday and Sunday, residents and their guests, Lincoln Cottage tourists and Auto show attendees filled the 'galleries.'

During the two-and-a-half months we worked on the show, the AFRH Agency and administrative staffs supported our efforts and provided all the help we needed- including refreshments, lighting, volunteers and encouragement. You can't beat that!



Veteran's Day Ceremony at Arlington National Cemetery
Nov. 11 Depart at 8:30 a.m. Return at 1 p.m.

AFRH hosts the 52nd Annual Antique Auto Assembly Show

By Laura R. Fogarty, Recreation Director

This tradition continues each year as one of the resident's favorite's events to attend. The show this year was held on Sunday, October 4th marking the 52nd year, an event many residents and car show enthusiasts look forward to attend each year. Many of the car owners and/or their family vehicles

have been entering in the AFRH show since its conception 52 years ago.

Shortly after 8 a.m. the first car rolled in and throughout the morning we had a total of 102 cars lined up for viewing one after another, side by side along the Sheridan/Scott circle. Props and vintage attire even accompanied some of the vehicles. Everyone was complementing owners and reminiscing from the "good old days" of driving their car of choice. This was a perfect car show day for residents and car owners to share their stories. Our own DJ Billy White did an outstanding job with the music selections throughout the event as residents tapped their feet and swayed back and forth "feeling" the tunes of that era.

In keeping with the tradition, our long time partnership with the Nations Capitol Model T Car Club participated in the event. This demonstration went off without a hitch. Within 15 minutes those car pieces scattered on the ground were put together to create the famous Model "T" car. Spectators were amazed as the car was put together and the engine started up.

The Northern Virginia Regional Group/ Early Ford V-8 Club has assisted the last few years with supporting this event. Their contribution assisted with providing the wonderful refreshments for everyone so early in the

Military vehicles, such as this one, were on display at the show.



A resident gets behind the wheel of a Model T during the 52nd Annual Antique Auto and Assembly Show held at the AFRH on October 4.

morning for people that traveled great distances to be part of the special day.

Listed below are the winners for this year's event:

Director's Trophy, a 1970 Ford Mustang, owned by **Lynn Rumble**.

Runner Up Trophy, a 1913 Model T Ford, owned by **Don Silbert**.

Al Linton People's Choice Trophy, a 1931 Franklin, owned by **Michael Levick**.

Oldest Car Trophy, a 1913 Model T Ford, owned by **Don Silbert**.

Best Modified / Hot Rod Trophy, 1930 ford coupe, owned by **Carl Bernard**.

Best Military Trophy, a 1943 Jeep owned by **Tim Ketchum**.

Best Motorcycle Trophy, a HarleyTrike owned by **Charlie Krepsaw**.

Events such as this one take a great deal of time - before, during and after the

event. Many people assisted to make the Car Show such a success.

I would like to thank the Browne family for providing the Director's Trophy again and to Dave Browne for assisting with the show and for providing his expertise, once again volunteering to judge the show along with the Resident Services Chief, Mr. Chuck Dickerson. Residents Jesse James and Ruby Bloomer, our long time dedicated recreation volunteers always are on hand to help us as they managed the refreshments. The students from Catholic University provided excellent support which we needed to set up the memory boards and tables. Lastly thank you to the best Recreation staff in the world; Jerry Carter, Carolyn Weber, Nicole Chappell and Jacqueline Bell. This is it until next year!

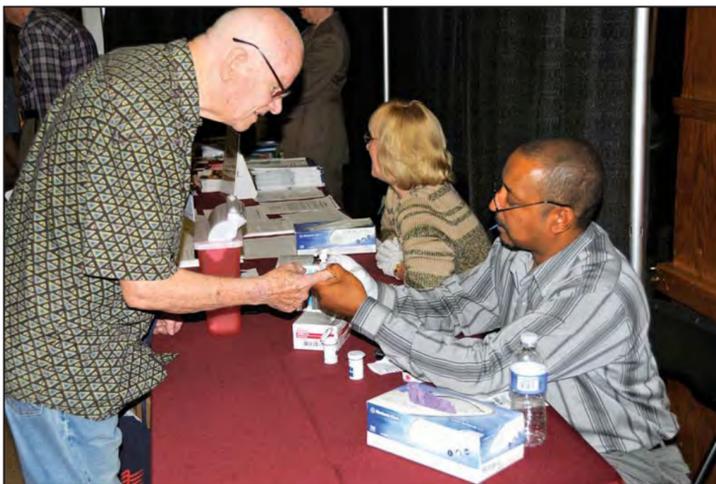
Health Fair hosted by the AFRH Wellness Center

On the morning of October 21, the Wellness Center hosted a Health Fair for all residents. Representatives from Walter Reed, Providence Hospital, VA Medical Center, Golden Age Entertainment and Respiracare Home Respiratory Care as well as some of our own AFRH providers took part in the event. It was a great opportunity for Residents to see what is available and to receive valuable information on senior health and services.

Representatives from many services provided information on the following:

- Prostate cancer screenings
- Immunization and allergy education and screening
- Skin screening
- Falls
- Fitness
- Arthritis
- Diabetic foot care
- Information on services their facility provides to seniors
- Entertainment for seniors
- Oxygen

Walter Stevens gets his sugar level checked by a health care provider during the Health Fair held at AFRH on October 21.



Dick Robinson talks with a Dermatologist from Walter Reed. The Health Fair provided residents with the opportunity to ask questions about their health and to participate in wellness checks in a variety of health care matters.



Curtis Young gives a demonstration on the use of the Osteoball, used for strength building and flexibility.



Health care providers from AFRH, WRAMC, VA Medical Center, Providence Hospital & Washington Hospital Center, and National Naval Medical Center were on hand during the Health Fair to explain benefits and answer questions for residents.

Thank you to all the area health care service providers that participated and helped make this a successful event!

Gulfport Update

GULFPORT UPDATE - as of October 26, 2009

Progress: Design-Build - Main Facility Notice to Proceed January 3, 2008,

Total Completed and Stored 75.9%

Construction: Estimated Construction Completion - July 2010

Design

- Design - 100% Complete and drawings Issued for Construction Drawings
- Finishes and final color selections final
- Furniture, Fixtures and Equipment procurement packages final
- Design - Swimming Pool 95% Complete (Modification to Base Contract)

Structure

- Complete. Remaining concrete is exterior to the building (on-going)
- Exterior stairs, loading dock complete, electrical platform
- Sidewalks, concrete paving, hardscape, signage

Architectural

- Temporary dehumidification of: Areas of Level 1 and resident towers to allow installation of drywall and finishes.
- Framing, interior and exterior metal studs (95% Complete - on-going)
- Exterior waterproofing (97% Complete - on-going)
- Dry-in Building (Roofing barrier lower levels - 95% Complete)
- Pre-Cast Paneling Complete
- Continue installing masonry at 1st level, kitchen, stairwells, day rooms, mechanical rooms, penthouses
- Balcony Waterproofing and Railings Continues
- Exterior Doors/Curtain Wall (90%) Painting walls first floor and Tower A
- Balcony handrail 65% Complete

Elevators

- Installing Elevators 1- 6

Mechanical/Electrical/Plumbing/Fire Protection

- MEP Infrastructure (on-going)
- Testing of Components has begun (on-going)
- Main Electrical Switch Gear Energized

(On Permanent Power)

Beach Access

- GSA Modification to W. G. Yates for Design/Build Services
- Estimated Construction Completion: March/April 2010

Chapel:

Notice to Proceed June 8, 2009 Total Completed and Stored 53%

- Existing Roof demolition and replacement completed to dry-in building
- Drywall and metal framing (100%)
- Trenching and placement of conduit for main service feed completed
- MEP Infrastructure 50% (On Going)
- Coordination with Willet Hauser (Stained Glass)
- Estimated Construction Completion: March/April 2010

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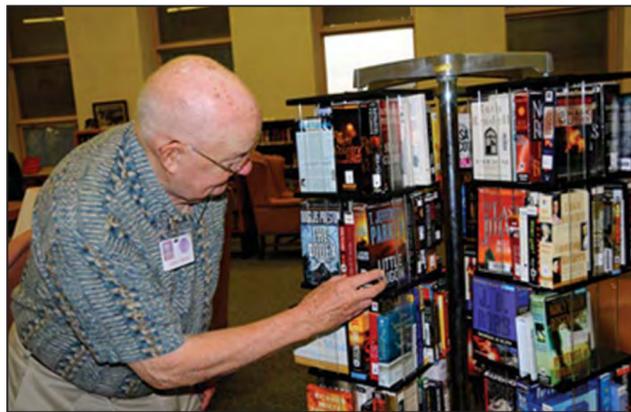
Stanley Whitehead, of AFRH Information Technology, answers questions concerning telephone, television and internet service in the new facility at Gulfport during a Gulfport Focus Group meeting.



Residents listen to a presentation by AFRH Information Technology during the Gulfport Focus Group meeting held on September 22 in Scott Lounge.

Library offers many choices for patrons

On Friday, October 16 in the Scott Library, residents were given a hands on demonstration of the new audio book reader from the DC Public Library. Serena McGuire, the head of the Adaptive Service Division, and Bernard Harrison, who used to run the bookmobile, talked



John Porter, a volunteer at the AFRH Library, looks through the audio books on display for checkout.

about the history of the readers and showed the new features of this compact player. Not only does it have volume control and toner features, but it can also bookmark "pages," so that the reader can go back and hear something again. The reader and audio books are sent directly to the resident at no cost. The library has applications, which must be signed off by a medical professional or social worker.

Bowling Column

Chuck Merlino became just the second reason to win Bowler of the Month honors for two consecutive months when he won in September after winning in August as well in the Bowling Shootout. The only other person to accomplish this feat was Eugene Allison who did it back in November and December of 2008. Chuck also became only the second person to finish in the top four finishes on five different occasions over a six week period in which he averaged 169 for the 24 games. He was unable to bowl in the Shootout for a period of eight months due to a medical condition. He returned on July 23 and has since been one of the top bowlers in the Shootout. He's had nine games of 180 or better over the past two months. Steve Kostick is the only other person to finish in the top four or five different occasions over a six week period which he did in March and April of last year.

Henri Gibson, just as he did in August, once again finished second for Bowler of the Month in September. He's beginning to put everything together and his scores have been much better over the last two months than what they were earlier. He had a first place finish and two fourth place finishes in September in the Shootout.

Clarence Peterson had his highest series ever in the Shootout when he rolled a 475 series and with his handicap he took first place on the final week in September. He finished third for Bowler of the Month.

I had my best month since July of last year when I had one third place finish and

two four place finishes in September.

I always have the greatest respect for those bowlers who are always at the Shootout week after week and one of those bowlers is Bob Schonherr who has missed only one week in 21 months that I've been running the Shootout. He currently has a streak of not missing one game in 69 weeks. That is quite a streak. It tells me that he's a dedicated bowler.

Ralph Wineland continues to be on top for Bowler of the Year honors with 59 points. His closest competitor is Charlie Gammon who has 42 points so with only three months left this year he's going to be very hard to catch. You never know, however, strange things can happen. He continues to have high game scratch, high series scratch and high series handicap for the year and each of these categories is worth two points on his Bowler of the Year point total. So if he ends up winning all three categories, that would be worth six more points.

Our attendance at the Shootout this year through September is 589 compared to 600 at the same time last year. Now that summer is over I look for the attendance to go up somewhat over the next three months. Everybody seems to enjoy themselves which is what really counts. Hopefully we'll see some new faces in the Shootout which we always welcome. Even if you don't bowl, stop by on Thursday afternoons to watch the action.

I almost forgot to note that Mimi Rivkin bowled herself a tremendous 238 game in open bowling one day last month. At that game she had no open frames and rolled five strikes in a row. No matter how you look at it, that's one game I'm sure she'll never forget. Way to go Mimi!

KHC Oktoberfest

By Steven Briefs

Recreation Therapy Supervisor

On Friday, October 23rd, KHC residents gathered to celebrate Germany's famous "Oktoberfest." We heard authentic German music by the "Bavaria Two" and enjoyed home made knockwurst, sauerkraut, german potato salad, waldorf salad, mixed bean vegetables and german chocolate cake. We were assisted by nine volunteers from the National Capital Region Joint Enlisted Counsel (NCRJEC) working out of the Pentagon and our ever faithful resident volunteer, Chuck Felder. What a time we all had!



Band members from Bavaria Two perform for the residents of KHC during the Oktoberfest held on Oct. 23.

Thanksgiving Cruise: The Capital Yacht Club (CYC) at the Waterfront in Washington, D.C. is hosting their annual Thanksgiving Cruise. Turkey dinner with all the trimmings and entertainment as you cruise up and down the Potomac River.

Date: Tuesday, November 24, 2009. Departure time TBA

If you would like to attend please sign-up in the Public Affairs Office, Sherman Building 3rd floor or call 3228/3043.

Sign up now.

Gulfport update



A view from the 4th floor of Tower A, looking south.



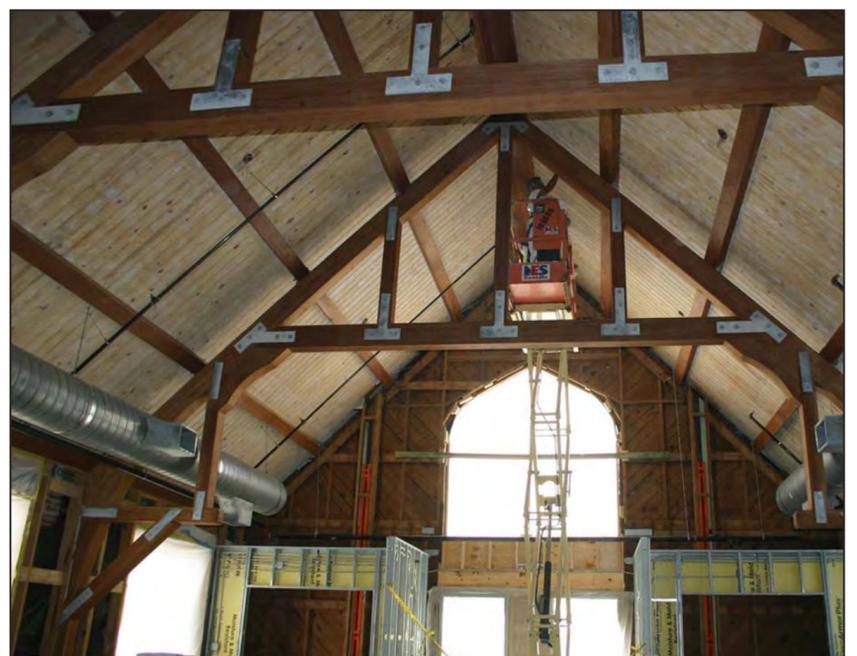
The loading dock area on the east side of the building.



From the rooftop of Tower C, looking west towards Towers A and B.



From Tower C, looking northeast at Pavilion D.



The south end (main entrance) of the Chapel, currently under contract for renovation by Tri County Contractors of Jackson, Mississippi.