



## A Hero's Welcome



### Delta Flight brings them home

The Gulfport Regional Airport gives the veterans of the AFRH a canon salute when the plane transporting residents from Washington, DC to Gulfport touched down on October 4.

### Welcome Home

By Mary Kay Gominger  
Admissions Officer

Emotions ran high here on October 4, opening day at the new AFRH-G. Many of the returning residents, still overwhelmed with the heroes welcome they received at their arrival at the airport, were speechless as they rode the elevator up to the main lobby and they got their first glimpse of their new home. Words like "unbelievable," "outstanding," "beautiful," "fabulous," – these were just a few of the accolades the staff received from the residents as they were greeted by active duty volunteers to help them find their way to their new rooms.

"The have really, really outdone themselves this time," said resident George

McGee.

"I didn't think they could do much improvement from the old building but I was wrong. This place is spectacular. They have really, really, outdone themselves this time," said McGee.

Since opening day, over 200 former Gulfport residents have settled in to their new home. Another 125 residents on the waiting list began moving in about the last week of October and will continue moving in, five per day, until we reach our maximum capacity of 474 independent living rooms.

"We never expected such a grand welcome," said one resident. "We cried on the buses when we saw the school children standing out on the roads cheering for us and

welcoming us home. It was definitely icing on the cake. So much time and thought went into our new home. You people thought of everything!"



On October 4, Miss Mississippi Sarah Beth James rides next to Roger Boucher on the bus from the airport to the new AFRH-G.

## Scott Project

# Key Projects Under Way



AFRH-W is moving forward to reduce the footprint in order to bring all levels of care and services into closer proximity for easy resident access.

Within the Scott Project there are many major elements: demolishing the Scott Building; constructing a new facility to house common functions and a new healthcare center; opening the new facility; closing LaGarde; and eventually the renovating AL rooms at that will located in the Sheridan Building.

The implementation of this program will require several ancillary projects, such as the permanent relocation of the on-site IT Center and Scott/Sheridan chiller plant both of which are currently located in the Scott Building. Also, temporary spaces will be required to maintain operations during construction such as the dining area will be temporarily relocated in the Sherman main floor north, wellness center and administration offices will be relocated into the Sheridan Building.



Top left: Geoarchaeological evaluation on the Sherman east side consists of the excavation and description of hand-augered sole borings. Top: Boring in the Sherman basement is in full swing for the cable system.

### Scott Project Timeline

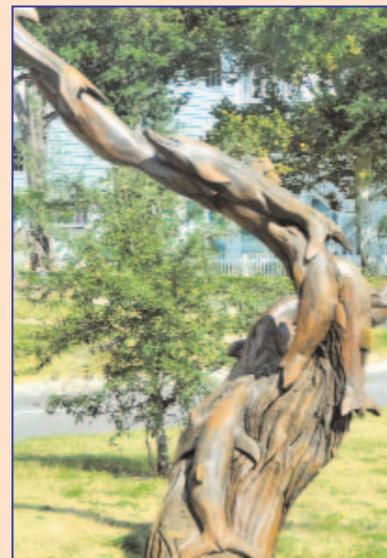
Demo Scott--May 2011  
Construction--Nov 2010 to December 2012 (several projects have already begun)  
News Commons open--January 2013  
Residents move into newly renovated Assisted Living rooms in Sheridan--June 2013.

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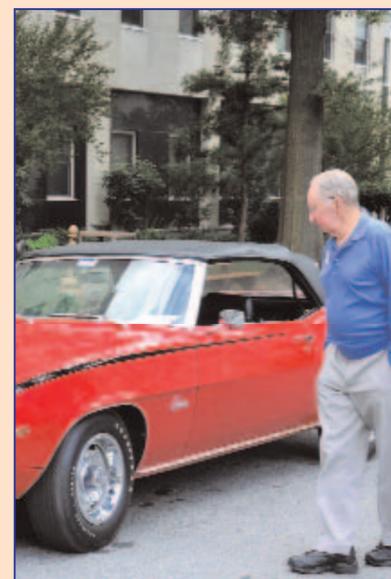
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## AFRH COMMUNICATOR

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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!

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home.  
<http://www.carf.org>  
<http://www.carf.org/aging>



### Ft. Myer Retiree Day

## Buffalo Soldiers Honored

By Wilfred "Mac" McCarty

At the Ft Myers Army Retiree Appreciation Day held on Oct. 8 they had a booth honoring the Buffalo Soldiers. In the Civil War the Union Army enlisted about 180,000 black soldiers of which 33,380 died. After the Civil War Congress authorized six all black units, two of the cavalry units and two infantry were referred to as Buffalo Soldiers by the Plains Indians because of their fierce fighting and short curly hair. Our deceased John Wright whose portrait is in our library was a Buffalo Soldier in the 9th Calvary.

John Wright was a genuine gentleman whose style I admired. A woman by the name of Cathy Williams enlisted under the name Williams Cathy joined the Buffalo Soldiers. She never had a physical examination all the time she was in Buffalo Soldiers 1866-1868. I guess in those days they did not have "short arm" inspections. She said the Zonave uni-

form worn by her regiment were not figure flattering. She had been born Cathy Williams to Martha Williams (not our wonderful Martha who was manning the AFRH booth) in Independence, Missouri in 1842. Although Cathy's father was a free man she was born into slavery. She was a cook and laundress to General Phil Sheridan and his staff. She accompanied them on raids to the Shenandoah Valley and was later at Jefferson Barracks. She had been around the military and one of the reasons she joined masquerading as a man was, "I wanted to make my own living and not be dependent on relations and friends." Capt Clarke her company commander wrote in her discharge papers that she had been a good soldier. The discharge papers said she was five feet nine inches tall, in addition to the notation of skin, eye and hair color that was the extent of any examination.

I salute all Buffalo Soldiers.

## Eagle Scout Takes on Benches

By Carolyn Weber

If you've visited the ponds recently, you have noticed the refurbished benches placed along the waters thanks to Randy Marshall's Eagle Scout Leadership Service Project. On October 2nd, Mr. Marshall rallied his friends, family and Scouts to complete the make over of the old benches. This two day project involved cutting and sanding wood to specific proportions, removing old wood, inserting new pieces and placing the benches in more accessible areas around the Ponds. In addition to the benches, the



One Eagle Scout along with family members and friends show off one of the refurbished bench located in the pond area.

Scouts painted sign posts and stained the wood rail around the Ponds. Thank you Randy and volunteers for your dedication in making AFRH a beautiful place for our nation's veterans!

# Message from the Chief Operating Officer



It is official... The United States Coast Guard has been approved for full participation in the Armed Forces Retirement Home! President Barack Obama signed

Public Law No: 111-281 on October 15, 2010. In Section 1502 of the Armed Forces Retirement Home Act of 1991 (24 U.S.C. 401) has been amended to allow eligible Coast Guard service members into our Home. We will be working closely with the Department of Defense and the U.S. Coast Guard in the weeks and months to come on all issues relating to this signed legislation.

During the past month we have stayed very busy with numerous projects and activities that involved both residents and staff. We have successfully transferred two groups of residents from Washington to the new Gulfport facility. This entire move involved coordination between both facilities in order to make a smooth transition for all residents involved. This task could not have been completed without my team members working together on a daily basis to make sure every detail was covered on each end. As most of you know this type of move involved

two separate pack outs and deliveries, medical records transfer, air & bus transportation, new identification cards and the list goes on. I would like to personally thank each one of my team members for an extraordinary job! We are currently working on transporting the last group of residents back to the Gulfport facility scheduled for November 2nd. With the moves completed, AFRH will be hosting the Gulfport "Grand Opening" on November 9th with the event scheduled to begin at 10:00 a.m.

Even though we have been busy with the opening of Gulfport we have also been focused on the Scott Project at the DC campus. The "New Commons" building preliminary concept design request for proposal was issued in September and the cost proposals are due on November 2nd. We have also received the NCPC and CFA approval for this project. GSA has awarded the Chiller Relocation contract and a "Notice to Proceed" should be announced in the very near future. The Information Technology & Telecommunications relocation started in the basement of the Sherman building. Unity CMS is currently boring in the utility tunnel for a new telephone cable run, and surveying (rod and roping) in existing conduit paths. In a short time you will see additional projects underway such as the ground level connection between the Sheridan and Sherman buildings. Upcoming relocations include the remaining residents from Scott to Sheridan, Resident Services, Wellness Center and the Business Center. In order to stay involved and

informed the Scott Project please attend our monthly focus group meetings held in the Scott Lounge at 10:00 a.m. on the fourth Tuesday of every month.

On November 11th we will honor all American veterans regardless of what war or period of peace they served. On November 11, 1919, President Woodrow Wilson proclaimed that each November 11th was to be commemorated as "Armistice Day", a day of

remembrance to honor the Americans who died during WWI. In 1954, Armistice Day was redesignated as "Veterans Day." With the new name, the observance was given a much broader scope that honored all veterans. It is with great honor that we at AFRH are able to serve all of you who have served so honorably. Thank you for your service!

*Timothy Cox*



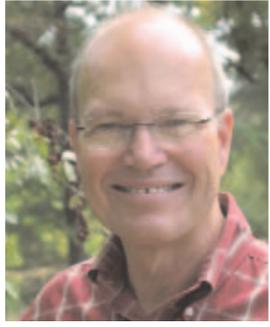
Commander, U.S. Fleet Cyber Command/Commander, U.S. 10th Fleet, Vice Admiral Bernard J. "Barry" McCullough, III, speaks with Stanley Sagara about his service time and his trip to Japan with several AFRH-W residents in 2009.

## Thank you!

# Service Men and Women Make a Difference



## From the AFRH-W Director



Today movers are here packing out residents who are returning to our Gulfport, Miss., facility and loading the semi trucks with their goods. Early Monday morning, the next group of residents are off

to their newly chosen home at AFRH Gulfport. One resident told me she is going to cry as she will leave behind so many friends. Another said that he is fairly anxious as in many ways he hates to say good-bye to the people of the Washington campus. Another resident told me, "I just love this place" but I am looking forward to warmer weather." The term "bitter sweet" was used by several residents who stood in front of the Channel 7 local news camera and commented before they got on the buses that ferried away the first wave of residents to Gulfport during the first week of October.

"Bittersweet." That is a fascinating word and a fitting way to describe what is taking place at the Armed Forces Retirement Home. The word "bittersweet" is used to

express contrasting emotions of pain and pleasure. For those residents returning to Gulfport, their bittersweet memories include both pleasant and painful or regretful emotions.

Anybody else out there remember listening to Casey Kasem's Top 40 Music Countdown on the radio when you were younger? It aired on Sunday nights on AM radio, right during Sunday night church! We'd catch the beginning as Casey announced and played songs 40, 39, 38, and maybe a few more. Then we'd go to church. As soon as services were out, if there wasn't an exciting event or a foursquare happening at the church, while the adults stood around and did what adults always stand around doing, some of us kids would sometimes manage to get the car keys and rush to the parking lot where we'd flip on the car radio and catch the final few hits. Casey was a master at slowly building anticipation, giving clues and hints about the top songs on Billboard that week. Eventually we'd arrive at Number One, with such a sense of arrival and finality.

What I feel right now about what we've all been involved in the reopening and occupation of the Gulfport facility makes the build up to the Top 40 Countdown seem extremely weak by comparison.

We will have to get used to new ways of catching the buses to appointments. These and other changes that will come about we will just have to adjust to. And if that was not enough; think of the way that we are going to have to be fed during the rebuild process. This truly, a time of struggle and challenge; and the final result will be A NEW SCOTT BUILDING.

As we go into this rebuild process let us find those things that are not working and then correct them. Not by shouting but by letting those who can assist in the management of the problem KNOW of that problem. In this regard, you have to make better use of your floor representatives. Tell them of the problem, hold their feet to the fire to let you know who they have informed of the problem. And finally, if they are not doing their job, for you the resident of the home let me know. Yes, that could be considered a threat to remove those who just are not doing the job for which they were elected.

And finally I want to give thanks to all the residents who have passed information on to the RAC. Residents who have volunteered to take part in the RAC. It is from your efforts that the RAC at the Armed Forces Retirement Home Washington has a record of getting things accomplished for the residents. This record shall continue as we move forward into the new history of the residents and the Armed Forces Retirement Home.

*Esker F McConnell*

### Notes from the AFRH-W Resident Advisory Council



Well the returnees have returned to Gulfport, and other residents of the home in Washington have joined them. We wish them well as they live, play, and adjust to their new

way of life in Mississippi.

Those of us who remain in Washington continue to wait for the rebuild of the Scott Building, and all the changes that will entail. This, I feel, is a good thing as it puts us in the forefront of a major change in the operation of the Armed Forces Retirement Homes funded by our user fees and the trust fund. How well this is managed will determine how well our remaining days will be. But to continue writing like that gets into a "vision" thing that will have to wait until next month.

As for now the next item of business is getting all the remaining residents moved from the Scott to the Sheridan Building. We now have to get used to new traffic patterns. We will have to get used to new office structures that will be on the first floor of the Sheridan Building. We will have to get used to the way medical care will be accessed.

### November Recreational Services Events

**November 8th--U.S. Marine Corps Birthday Celebration at 1:30 p.m. in the Scott Theater & Lounge**

**November 13th--Volunteer Service Military Family Day (various activities scheduled from 8:30 a.m. until noon)**

**November 26th--Concentration Game Show at 2:00 p.m. in the Scott Lounge**

But it is not just bittersweet for those leaving and moving to Gulfport. What about those of us left behind? Yeah, what about us? Yesterday I ate lunch with some residents and we talked about the huge differences at AFRH-W. The dining room looks oddly different, immense and empty. Friends for years now separated by miles.

We can look at it and consider all of it in two ways, negatively or positively. Like some of you, I have lived and worked in

many different places. True, it was bitter-sweet in leaving friends I had made but now looking in the rearview mirror, I understand how many more opportunities I had to make new friends and be involved in new opportunities. That is how we must look at all we are going through. A great definition needs to be: bittersweet sorrow is a contradictory emotion where a circumstance or event causes sadness, but the event can also be good for you and others.

*David Watkins*

**AFRH-W would like to thank the following service members and volunteers who helped residents relocate to AFRH-G:**

289th MP - Ft. Myer  
529th RSC - Ft. Myer  
DINFOS - Ft. Meade  
Ft. Belvoir  
FRC MA Washington  
Office of the Administrative Assistant to the Secretary of the Army (OAA)  
USCG CPOA  
USCG CWOA  
USCG Recruiting Command  
Walter Reed Army Medical Center  
White House Military Office - Camp David

## U.S. Navy celebrates 253 years



**L-R: David Watkins, AFRH-W, Director, Shaun Darnelle (youngest sailor), CMDCM Russell Smith, OPNAV Command Master Chief and John Pratt (oldest sailor) makes the traditional first cut.**

## AFRH-W Arts & Crafts Corner

*By Lori Thompson*

It has been another busy month for the artists and crafters at AFRH-W. We kicked off the month with our annual arts and crafts fair on October 3rd. We had a nice turnout and the show received many compliments. Thank you to BR McDonald and his assistants from the Veterans Art Program for their help setting up the show.

On October 11th, eight Residents traveled to the mountains in Sperryville, Virginia to visit Glassworks Gallery. After a delicious BBQ lunch at a local diner, residents were given a glassblowing demonstration and an informative talk by Master Glassblower Eric Kvarnes. Mr. Kvarnes has been a glassblower since 1973 and his work demonstrates his dedication to his art. It was very exciting to watch him work glass so

close! A heartfelt thank you goes to Mr. Kvarnes and the staff at Glassworks, for providing us with such a delightful afternoon. Our trip was made complete by our stop at a local farm stand to get cider and apple butter.

Along with our regular classes, this month we had an introductory workshop on Right Brain Activities to improve memory skills. Seventeen residents participated in the lecture and in the accompanying drawing activities. One resident exclaimed, "I can't believe I can draw better upside down!" Residents are looking forward to the upcoming "Drawing on the Right Side of the Brain" class. This will be a weekly drawing class for beginners and advanced artists alike.

Our fall display windows in Sheridan have had rave reviews. Want to make some holiday ware of your own? Keep your eyes open for our upcoming winter holiday ceramic pouring party!

I will close with a quote for you to ponder. "We are all born artists. The trick is how to remain one."

*Pablo Picasso*



**Ken Faller stands next to his display table at the Arts and Crafts Fair held at the AFRH-W on October 3.**

## From the AFRH-G Director

October was a remarkable month at AFRH-Gulfport. On the 4th the Veterans who left the coast after Katrina and moved to Washington, D.C., received a rousing welcome home from the City of Gulfport. It began at the airport with the water canon salute and an enthusiastic greeting by people in the terminal including the Mayor George Schloegel. Congressman Gene Taylor and Miss Mississippi Sarah Beth James were on hand at the airport and rode back to the home with residents. The residents were paired with a volunteer from the Seabee base or Keesler AFB who provided assistance throughout the day. On the bus ride to the home, complete with a police motorcycle escort, many people lined the streets and three different schools let their students stand in the school yard to wave at the buses as they passed.



and cheerleaders and band members from Gulfport High welcomed the residents who then had lunch and were escorted to their new quarters by their volunteers. The rest of the day was consumed with trying to absorb their new surroundings. While the building is well marked, the first floor is nearly four and one half acres and it takes time to learn your way here and there. However, everyone does seem to find their way to the dining room.

We welcomed more than 100 residents that first day and as of this writing we have 218 residents. On October 25th another 100 are scheduled to arrive and then five per day until the building is fully occupied.

New staff continues to arrive almost every week and new systems are activated almost daily. At this rate the building should be fully functioning and occupied by the end of November.

At the end of October we will say farewell to the staff members of Jacobs Engineering and Yates Construction. We have learned so much from both and the building we have stands as testimony not only to their fine work but their dedication to providing a quality home for our nation's veterans. They in turn were led by GSA's Steve



Quida Evans greets Eugene Allison as he enters the new building on October 4 and begins processing in.



Sailors from the Naval Construction Battalion Center raise the flag on October 4.

Smith whose vision and commitment to our mission turned the plans into the beautiful reality that is AFRH-Gulfport.

So after five years of waiting, planning and building the Gulfport home is operational once more and serving residents. It is

poetic that while the residents left following one of the worst storms to ever hit the U.S. mainland, the month of their return has been one of total sunshine and warm breezes. A good omen for future times.

*Richard Heath*

## Glory on the Gulf

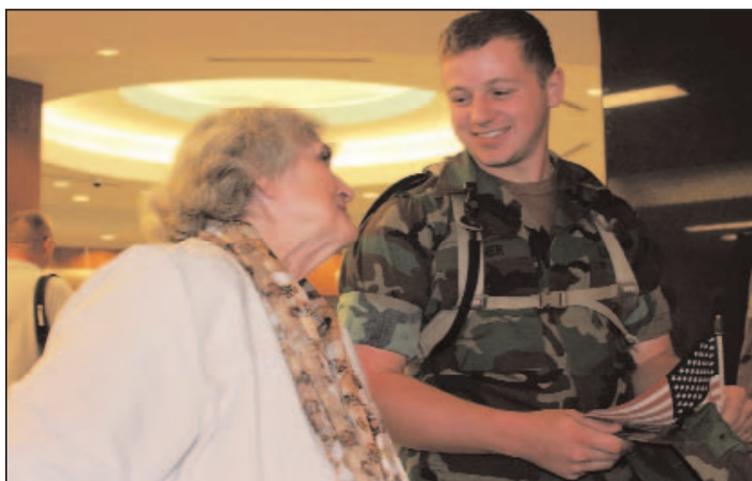
November 9, 2010

The AFRH-Gulfport Homecoming Celebration

- 9:30 am Arrival of Guests
- 10:00 am Music, Ceremony & Flag Presentation
- 11:00 am Guest Speaker: Mr. Robert Gordon, III, Deputy Under Secretary of Defense for Military Community and Family Policy
- Noon Luncheon
- 1-3:00 pm Guided Tours & Entertainment
- 3:00 pm Conclusion



A multi-service color guard present colors in an opening day ceremony on the morning the first group of residents arrived for check in.



Mary Nelson is greeted by a volunteer in the main lobby.

## Happy to be here

I was one of the veterans who returned from Washington on Oct. 4 to the new AFRH. I can't tell you how much we appreciated the welcome home. Many of us cried.

God bless all of those beautiful children who were out there waving flags and all the others who were out there to welcome us. It is people like you who make it worth every sacrifice we made in the service. I personally wish that I could do it again.

After Katrina, we were sent to the AFRH-Washington, which was a wonderful experience, but we always felt that we belonged here. There was a lot of anxiety and fear that the Gulfport home would not be rebuilt. We would have lived in tents if we had to, just to be able to return to the Coast, but our new home is so beautiful



we think we are in heaven.

Thank you to all of those who were in positions to make this happen. And thank you to all of you folks on the Gulf Coast. We are home to stay!

*Claire Smith*

## AFRH-G hosts first dance and Ice Cream Social, more to follow

By Adelina Hay-Wasser  
Volunteer Coordinator

The first big evening dance held at the AFRH-G took place on Oct. 15 in honor of the 235th birthday of the United States Navy. A Navy Color Guard posted the colors and everyone stood to say the Pledge of Allegiance. Our guest speaker was Captain Kathryn Donovan, the current commander of the 22nd Naval Construction Regiment at the Naval Construction Battalion Center here in Gulfport. Other assignments of Captain Donovan's include serving as the Commander of the Navy Provisional Detainee Battalion Two in Iraq and as the Executive Officer for Naval Facilities Engineering Command, Washington D.C. Captain Donovan welcomed the returning vets to Gulfport and proceeded with the cake cutting ceremony. This included Captain Donovan, the youngest Navy member and the oldest Navy Vet, CW1 Louis Neumic, who served during WIVINA. The residents enjoyed catching up with each other and dancing to the sounds of "A Touch of Jazz."

This month we also had our first group

of volunteers, Sue Durbin and the ladies of the "Steel Magnolias," serve at our ice cream social and Yordan Hay taught Tai Chi, our first group exercise class held here. With so many activities to choose from, we are off to a fantastic start to an active life at the Armed Forces Retirement Home-Gulfport.



Volunteers serve up ice cream with a variety of toppings for residents at the first ice cream social held at the new AFRH-G earlier this month. Ladies of the "Steel Magnolias" volunteered for this event.



Robert Royce and a guest take to the dance floor at the first AFRH-G dance held on October 15.

### SCENIC COASTAL TOUR

## Residents get first look at post-Katrina Coastline

By Lee Corban  
Supervisory Recreation Specialist

Wednesday, October 13 was a perfect cloudless day and the AFRH Gulfport residents departed on the first sight-seeing trip. A Scenic Coastal Tour of the 26 mile beach, riding along the reconstructed U.S. Highway 90 and crossing the new bridges to Bay St. Louis and Ocean Springs on each end. The residents loaded the motor coach to see what hurricane Katrina destroyed and to observe how the coast is building back.

Resident Mary Allen commented that she was on leave when the hurricane hit and had only seen video and photos of the coast. She was excited to see things for herself. Most of the residents who were at the home during the hurricane had only seen the damage that could be viewed from the home. The tour group saw the vacant grassy lots where beautiful beach front homes once stood. But, they also saw progress where families and businesses are beginning to build back. The bus driver stopped for the group to see the Katrina Memorial on the Biloxi Town Green. They also enjoyed seeing the tree carvings along the highway and the beautiful beaches.



Residents take a moment to view the Katrina Memorial located in downtown Biloxi.

### Tai Chi classes offered



Instructor Yorda Hay demonstrates Tai Chi moves during a session at the new exercise room in the Fitness Center at AFRH-G. Tai Chi classes are held every Monday at 10 a.m. and everyone is invited to stop by the exercise room (located next to the Fitness Center) and check it out.

### Donation from the heart



MSgt. Wendall Snider Jr (right) accepts a check from Northrop Grumman for the Sergeant's First Class Association. Donations accepted by the Sergeant's First Class Association will be used to welcome residents of the AFRH-G. Included in the photo is Richard Heath, AFRH-G's Director (second from left) and two representatives from Northrop Grumman.

## Lions and Tigers and Millipedes?

By Amanda Jensema

You could hear the “ooohs” and “aaahs”, and even a few squeals on Friday, Oct. 1st. That was because the Maryland Zoo from Baltimore was back in town to show-off some more animals for the residents of King Health Center. During this visit they began as usual with a small animal and worked their way too big. Some residents were hoping to see an elephant...maybe next time! The first animal to be brought out was a South African Millipede. Many residents looked and were amazed at how large it was. Next was a Bog Frog, which was a small frog with a patch of yellow. He was very interested in our residents and never hid in his shell! Next came

the boa constrictor. I was given the opportunity to touch it, and surprising it wasn't gross as I had always thought. It was very smooth to the touch. The final two animals were crowd pleasers...a skunk and a Macaw! Many staff began to back away when the skink was brought out, but once everyone was informed that it couldn't spray they relaxed. The Macaw was the crowd pleaser though. His right wing was injured so badly that he will not be able to return to the wild. He is very smart and did a few tricks for us. Every once in a while he even spoke...mostly saying “peanut”, which is his favorite snack. We look forward to having the Maryland Zoo back with some more animals for us to see!



## Exotic Belly Dancing

By Amanda Jensema

There was a lot of clapping, yelping and dancing going on in the King Health Center on Oct. 2nd. Could this have anything to do with the five belly dancers who were giving a performance? There were many different styles that were performed and different props. One lady danced with a sword, and even balanced it on her head while dancing in circles! One of the performers had finger cymbals that she played while dancing, and another used fans with blue and white lace freely flowing with her movements.

Before the performance began they explained to the residents that Belly Dancers like a lot of noise because that means they are doing a good job. They didn't have to worry about there not being enough noise. The residents and staff were clapping along and some were dancing with me on the sidelines! Those who attended the program all left with large grins on their faces. We look forward to having them back to perform for us again!



Residents clapped along as this belly dancer performed at the King Health Care Center.

## Recreational Services Host John Hancock Softball Tournament

By Jerry Carter

AFRH-W hosted the John Hancock Softball Tournament on Saturday, September 25th & Sunday, September 26th. The following teams from the DC community participated: Washington OutSiders, VA Hospital, Providence Hospital, Childrens Medical Center, Blue Cross-Blue Shield, and D-Backs. AFRH Diamondbacks defeated the Washington OutSiders in the first round of action and made it to the Championship game vs the VA Hospital CouchMen. The home team was defeated by the VA 19 - 9 and this game entailed everything from good hitting, outstanding defensive plays by VA and residents enjoyed opportunity to see a fun game with plenty of action! Congratulations to Phyllis "Iron Woman" Bradford, she was voted the MVP player for the season by fellow teammates. Phyllis finished with a batting average of .740 and had the help of a very fast pinch runner during the games.



Above: Jerry Carter presents the 1st place trophy to the VA Hospital Coach Ostella Criss.

Left: Phyllis “Iron Woman” Bradford gets ready to make a smooth swing.

## Sheridan Bowling Center

### Shootouts Back on Track

By Ed Crump

First of all it was great to finally get back to bowling in the bowling shootout once again after seven week absence due to renovations of the bowling center. Now that the renovations are all complete there's a whole new atmosphere. There's also a new control desk which is much smaller, located on the right side as you walk inside the bowling center. There's even room now for wheelchairs to get to all the lanes. All in all it was well worth the wait. I encourage everybody even if you don't bowl to come down to the bowling center and check out all the renovations that were done.

We did manage to bowl the shootout for three weeks in September which is the minimum amount of weeks we must bowl in order to have a bowler of the month and Buron Noel couldn't have picked a better time to win this honor. He accumulated eight points a result of winning first place one week which was worth five point. His other three points resulted in bowling a game at least 50 points over his average and winning high game handicap and high series

handicap for the month. It was the fourth time he's been bowler of the month since it was started in January 2008. This ties him with Eugene Allison for the most ever. It was also his final month in the shootout here. He returned to Gulfport where he was living originally until Hurricane Katrina destroyed the Home there in 2005. He will be greatly missed. Charlie Gammon and Al Provencher each accumulated six points in September to finish tied for second place for bowler of the month.

Now that people have gone back to Gulfport it took a big chunk out of our bowling shootout as we lost a total of six bowlers including both Buron Noel and Eugene Allison who I mentioned earlier have won bowler of the month four times each for the most ever. Losing that many bowlers in such a short period of time means only one thing. We need to get new bowlers to come and join the shootout on Thursday afternoons. We're down to 12 bowlers now in the shootout and I only hope we can keep what we have without going any lower. So I'm encouraging anyone who may be interested in joining the shootout



The AFRH-W Bowling Center after renovations.

to come to the bowling center and sign up. I'll be more than happy to sit down with anyone who may be interested and go over the rules and what you can win each week

In other bowling shootout news Charlie Gammon continues to be in the lead for bowler of the year honors with 76 points while Ralph Wineland has 43 points. Individual high scores so far this year belong to Ralph Wineland who has high game scratch with a 279 and high series scratch with a 631 while Myron Wash has high game

handicap with a 274 while Henri Gibson has high series handicap with a 748.

In closing I want to wish Gene Allison, Buron Noel, Jim Vancil, Clarence Peterson, Ernie Eldredge and Myron Wash the best of luck at Gulfport, Ms. Where I know they'll continue to bowl. I will miss them all believe me. They played a big part in making the bowling shootout what it is and it won't be easy to replace them. Thank you all, you will always be remembered.

# 53rd Annual Antique Car Show

## Car show results are in

By Nicole Chappell

On Sunday, October 3rd AFRH-W hosted our 53rd Annual Antique Car Show. "What a cool morning," said many of the participants, while sipping on hot coffee. There were over 70 cars on display at this year's car show. The cars were all clean, vintage looking and ready for competition. Many of the cars are regulars each year as they line up to be shown and judged. Lists below are for the results of this year's show.

Director's Award - 1956 Ford T Bird, owned by Dan Murray

Runner Up Award - 1955 Packard, owned by Curt Berry

Resident's Choice Award - 1973 Cadillac, owned by Mr. Dorsey

Oldest Car Award - 1909 Ford Model T, owned by Erwin Mack

Modified Award - 1952 Chevy Chevrolet, owned by Larry Roche

Military Award - 1973 Pinzgauer, owned by Dean Hanson

The Motorcycle Award- 1918 Harley, owned by Steve Murphy

Special thanks goes to the Northern VA Regional Group/ Early Ford V-8 club and members and to the Nations Capitol Model "T" Club for their support once again with this event. Recreation Services would like to extend a special thank you to the following people who helped make this event a success: Billy "The Music Man" White, Ruby Bloomer, Howard "Keith" Turner and Dave Brown.



Getting ready to cruise the coast in this 1930 Model A Ford would be an amazing ride.

## Pinks All Out! 2010 Winner



This 1956 Ford Thunderbird takes to the winner circle for the 2010 top honors.



Residents cheer along this 1931 Moline Knight as it makes its way around the campus.



Just 53 years ago this 1931 Ford appeared in the first antique car show held on the AFRH-W grounds.



In 1961 this Starliner was top of the line for cruise the country and it still is to this day.