



Spc. Devon Lynch (in red), a member of the California Army National Guard, leads the cast in "All That Jazz" during the 2003 U.S. Army Soldier Show. (Photo by Victoria Palmer, CFSC Public Affairs; May 3, 2003)

## A Look Inside

Health News

page 6

Skydiving at a

Young 80

page 11

What's Cooking at AFRH-W

page 14

Veterans Day on the SS John

W. Brown

page 16

Enjoying Riverine Boats on

Pearl River

page 21

# Soldiers Show Entertains AFRH-W Residents on Veterans Day

Residents were dazzled by a morale-boosting tour designed to entertain mobilized troops in an annual Broadway-style production dubbed the "U.S. Army Soldier Show." The Soldiers Show made the most of its last performance of 2003 by entertaining the residents of AFRH-W. Throughout the year this tour consists of a globe-trotting six-month-long road show that requires performers to not only sing, dance and act, but also set up and tear down their elaborate sets before traveling to their next performance. None of the soldiers receive "star treatment". They have to act as their own "roadies" and are responsible for setting up and tearing down their equipment

after every show. The entire crew is dedicated to motivating soldiers throughout the world.

This year more than 100 soldiers stationed around the United States and the world sent in videotaped auditions, but only about a dozen were selected. Needless to say, the competition to join the show is fierce. A professional music director and a choreographer, both of whom previously worked the Broadway circuit, were hired by the Army to ensure the shows are top quality.

The two citizen-soldiers are part of a 35-person crew of performers, technicians and drivers attached to the U.S. Army

Community and Family Support Center's Entertainment Detachment based at Fort Belvoir, Va. There, they practiced for six weeks before performances began in early May. During the 103-performance world tour they will visit 57 locations, ranging from Washington, D.C., to Guantanamo Bay, Cuba, to South Korea.

The Army National Guard is the main sponsor of this year's show, which features a tribute to Irving Berlin, has old dance numbers along with newer Broadway songs like a number from the rave Broadway-hit turned blockbuster-movie, "Chicago."

# AFRH COMMUNICATOR

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

Web site: [www.afrh.gov](http://www.afrh.gov) Email: [AFRH.Communicator@dc.afrh.gov](mailto:AFRH.Communicator@dc.afrh.gov)

Doug LeMere (G)-----Public Affairs Specialist  
 Sheila Abarr (W)-----Public Affairs Specialist, Marketing  
 Howard J. Sweet (W)-----Editor  
 Byron Dennis (G)-----Editor

Ray Colvard (W)-----Writer  
 Bob Mears (G)-----Writer/Photography  
 Nancy Littrup (G)-----Writer

*The AFRH Communicator* is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by *The AFRH Communicator* staff for journalistic style and length.

Editorial views and opinions expressed in these pages are not

necessarily those of AFRH or the leadership of each Home.

Please be aware that any mistakes in this publication are there for a purpose; we publish something for everyone and some people are always looking for errors.

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

## AFRH-W Editors Column



Well fellow residents, another year has rolled by and with Thanksgiving Holiday we begin the 2003 holiday season.

### *The Spirit of the Season*

Our thoughts turn to family this time of year. We recall Holiday Seasons past and many experience in their hearts and minds the joys of Holiday Seasons past.

Even warring nations and bitter enemies frequently observe a period of truce and peace on Holidays of this Season. Many times this will be the beginning of the permanent resolution of long standing differences amongst nations, friends, and family. This might be called “amnesty” and embodies the true “Spirit of the Season.”

*Amnesty, definitions – the formal act of liberating someone, a period during which offenders are exempt from punishment, a warrant granting release from punishment for an offense, grant a pardon to (a group of people)*

While amnesties are usually applied to nations or groups of people, I prefer the application of “amnesty” to our own personal relationships. Wouldn’t it be nice to start the coming New Year with all the differences in our personal relationships resolved. Amnesty, a complete forgiveness for all our transgressions real or imagined. The only condition being that the complete forgiveness be mutual. Think about it.

Now let’s extend this to mankind as a whole. Were mankind to grant “Amnesty” to all their enemies and their enemies would do the same there would be no wars. There would truly be “Peace on Earth to men of good will.”

I wish to all the Peace, Blessings, and Joys of the Season, and may the “Spirit of the Season” be with us throughout the coming year. – Enjoy your paper –

*Your Editor*

### *“Privacy”*

Google has implemented a new feature wherein you can type someone's telephone number into the search bar and hit enter and then you will be given a map to their house. I tested it by typing my telephone number and the numbers of friends with children in google.com. Some phone numbers came up, some didn’t, and when I clicked on the Map Quest link, it actually mapped out where they lived. Quite scary. Please look up your own number. Read below for details. Think about it – if a child, single person, ANYONE gives out his/her phone number, someone can actually now look it up to find out where he/she lives.

The safety issues are obvious, and alarming. This is not a hoax; Map Quest will put a star on your house on your street. In order to test whether your phone number is mapped, go to: [www.google.com](http://www.google.com) Type the area code and phone number in the search bar with dashes (i.e. 555-555-1212) and hit enter. This will divulge the name and address entered.

You will see a link option to the right for Map Quest (click on it), which will use the address to provide a map to your home or place of business.

If you want to BLOCK Google from divulging your private information, simply click on the telephone icon next to your phone number and follow the instructions. If you want to remove your telephone number, it takes 48-hours. If you are unlisted in the phone book, you might not be in there, but it is a good idea just to check. You might want to forward this on to friends and family.

*Contributed by Roy Lee Blaylock*

## AFRH NEWS

# Message from the Chief Operating Officer

The 2003 Holiday Season is upon us! As we look beyond the scrumptious Tom Turkey on the Thanksgiving table, the tinsel and glitter of the Christmas Season and the glow of the Hanukah Menorah we find a truly perfect opportunity to celebrate what the real spirit of the season is – the caring and sharing of ourselves with family, friends and fellow residents. What better time than now to contact a family member or friend – maybe even an estranged family member, an almost forgotten friend or maybe even a resident that you haven't spent much time with – and let them know that they are in your thoughts. There is no better gift to give to another than reaching out and showing that you care and accept their friendship in return.

This holiday season I am pleased to provide you with some good news. As you know, the Armed Forces Retirement Home (AFRH) has been involved in a long-term process to dispose of the excess 49 acres of land at the AFRH-Washington campus. This process has spanned many years of Congressional interest/legislation, Court hearings, obtaining bids from private developers, as well as negotiations with the Catholic University of America (CUA). I am currently in receipt of a letter from the CUA dated October 30, 2003, that notifies the AFRH that the CUA intends to purchase the 49 acres for approximately \$22 million dollars, pending one final environmental study. AFRH then has a requirement

to notify Congress for a 60 day period. Barring any unforeseen obstacles, we would settle on the land in the Spring of 2004.

I am sure your immediate question is: "Is this good for the AFRH and its distinguished residents?" My response is "yes" for the following reasons. First, I believe this is the best deal at hand. Secondly, we need to bring closure to this long-term issue so we can redirect our efforts to other initiatives that will benefit the Home. Third, the \$22 million is money that we would receive up front, as opposed to years of incremental payments. This one time payment will allow us to invest the entire \$22 million and begin to enjoy interest on the total amount immediately. The interest, of course, will also be deposited into the Trust Fund. I am sure some residents will also question whether the \$22 million figure is "enough for the land." I can assure you that this issue was thoroughly coordinated, analyzed and reanalyzed in recent months by the Court and its appointed experts. I want all AFRH residents to know that I am comfortable with this resolution to the 49 acre land issue and that we continue to welcome CUA as our neighbor.

In closing, Happy Holidays to you and your families – may the Season bring you much happiness and peace.

Timothy Cox

## Ropeyarn Sunday

By The Ole Salt (G)

What a title for a story about life in the Navy....In the Navy if you call a rope a rope they immediately know that you are from Iowa and the only salt water you are familiar with is the mix you gargle. Every good sailor knows a fiber rope, at sea is a line, on the farm it's a rope. At sea, if it's made of wire it's a rope. You can't get yarn from a wire rope so we must be talking about a fiber line. Maybe the title should be 'Lineyarn

Sunday'....Don't sound right does it? Well perhaps we should go even farther and call it, 'Lineyarn Wednesday'. It usually happened on Wednesday afternoon and never on Sunday....In our present-day Navy, this time might not even be necessary but in my time it sure was....The 'Ropeyarn Sunday' I knew was different than the one in the British Navy and even in our wooden ship days....Mine was just a half day off....It didn't happen often, and never after WW II started....When it did happen, it was on Wednesday afternoon. If you rated liberty that day it gave you time to really get ready to hit the beach....If you didn't rate liberty; after you got your uniform squared away, you could just cork off under the turret overhang.

The British Navy of the old days was a twenty-four hour

seven days a week grind. It was the same in our wooden sailing ship days. If a sailor was not on watch during daylight hours, he was working....It had to be that way to keep the wooden hull afloat and the sails drawing wind....It seems that a British Admiral on an inspection tour noticed that the men were in tattered uniforms. He, being fastidious in the matter of dress, wanted the men in better attire. He ordered the captains of the ships of the fleet to give the men time to mend and repair their uniforms. The captains did as they were ordered but the work suffered as a result. The ship's officers watched the men as they mended their uniforms. As soon as a man finished his uniform repairs, he was put to work making caulking material....Caulking was used to make seams between wooden planks water tight....The caulking material was made by taking fibers from ropes. Lines were called ropes back then - more about that later. The fibers were rolled between the hands with a little tar and it was made into a tar soaked yarn called oakum which was the caulking material. Since the men were given time off from their labors, it was a sabbatical....and since fiber rope was called rope....and since fiber was made into yarn....wallah...."ROPE-YARN SUNDAY."

Why was fiber rope called rope then and called line now? It is really a story in itself. When "Ropeyarn Sunday" got its name there was no wire rope - all rope was fiber. Maybe we will get around to that later.....

## AFRH NEWS

# Office of the Director

My Thanksgiving wish to all is that you celebrate this special day in peace and tranquility in whatever manner you choose to observe it. May your blessings be abundant, and remember that the essence of Thanksgiving is something we can and should reflect upon every day of the year.

It is an accepted historical fact that by the fall of 1621, the Colonists had lost almost one-half of their original group. However, their harvest that year was a bountiful one; they were thankful for this blessing, and they celebrated with the Native Americans who helped them survive their first ravaging year. It took 320 more years, many proclamations, and sev-

eral date changes, before Congress (in 1941) finally sanctioned Thanks-giving as a legal holiday the fourth Thursday in November. It is ironic that this was also the year America went to war. Many of you reading this article fought in that war and others. The freedoms we enjoy today are directly attributable to your selfless actions and sacrifice, and that is unquestionably a reason to be grateful and give thanks.

Through the ensuing decades, whether in the midst of religious and racial discord, military conflict, devastating disease, dwindling resources, or threats to our national security, our collective spirit and determination have persevered, as that is

our fundamental nature. We grieve for fallen heroes and lost loved ones, yet we continue to count the blessings we have, honor those who secured them for us, and accept the challenge of ensuring the prosperity of our children, our grandchildren, our great grandchildren...

Throughout our lives, the true measure of Thanksgiving is reflected daily in how we recognize, accept accountability for, use positively, and preserve the opportunities and advantages that have been bestowed upon us. How will you use yours in the coming year?

CAPT Jerald Ulmer

## Population Changes

By Byron Dennis (G)

In the last ten years, Mexican workers have been flooding Mississippi to take jobs that our unemployed people have been educated by the liberals to look disdainfully upon. Some industries, like poultry and catfish processors, the lumber industry and agricultural crop producers are actively seeking these immigrants because they will work, while the people drawing handouts will not. As long as our tax money is given to this segment of the population for not working, the situation will not change.

In 1990, Mexico accounted for 22 percent of the nation's foreign-born population. Today, Mexico accounts for thirty percent of that segment. In the 1990s our foreign-born population increased by 11.3 million and 43% of that was Mexican. Don't get me wrong, folks. I am not anti-Mexican. In the year and four months that I lived in the hill country of Texas, I came to admire the Mexican people for the way they worked at whatever job was available. Twenty-one percent of the foreign-born population in Mississippi is Mexican, 42

percent in Arkansas, 34 percent in Georgia, 30 percent in Tennessee and 31 percent in Alabama, and there are those among us who would like to prevent companies from hiring these people, thereby sending more companies south to find people who will work.

The point is that when unskilled, low-wage people began receiving handouts by politicians who dole out our tax money for votes, companies could not find enough people to do the unskilled jobs, so they turned to the people who were willing to work for a living. Not too many years ago, when my brother was alive and working as an independent claims adjuster in Mobile, he ran an ad for help. A guy rode up to his office wearing a black leather jacket and cowboy boots, came in, sat down and put one boot up on my brother's desk, then asked, "Say, Daddy, how much bread does this job pay?"

Needless to say, my brother, who was a few years older than me, gave that dingbat about 30 seconds to hit the street.

-30-

**How About These Military Warning Labels, Folks? From the internet:**

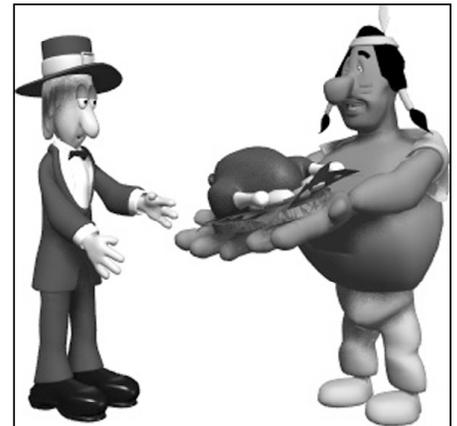
Instruction printed on U.S. Rocket Launcher – "Aim towards the enemy"

U.S. Marine Corps – "When the pin is pulled, Mr. Grenade is not our friend"

Infantry Journal – "If the enemy is in range, so are you"

U.S.A.F. – "Cluster bombing from B-52s is very, very accurate. The bombs are guaranteed to always hit the ground"

B.D.



## AFRH-W NEWS

# Office of the Deputy Director

Safety is everyone's responsibility. This obvious point frequently falls victim to the old cliché of "everyone, someone, no one" reports the unsafe act. We all see things such as wet floor without a properly posted sign, an open hole in the floor without a barricade, a fire door that won't open properly. We seem to assume some other person will take care of it when we witness dangerous and potentially life-threatening situations or activities going on. Some of the latest research conducted on providing assistance/aid revealed surprising results and helps explain why this occurs. The research showed that people facing choices to provide emergency assistance or prevent harm are much more likely to act if they

perceive no others have seen the danger and they are not pressed by other time requirements. When we are confronted and forced to acknowledge it's either us or no one to remedy a dangerous situation, more people tend to take action. Those pressed to make some personally important meeting or event are much more likely to avoid taking action, hoping that someone else would come by and step in. Such tendencies are thought to be directly responsible for the "don't get involved" reaction seen in urban settings. Needless to say, such tendencies can be disastrous. All staff and Residents need to realize unsafe situations and acts must be reported and stopped immediately, don't assume someone else

will step in, you need to do it! There is no meeting or place more important than your taking immediate action to remedy unsafe situations. If personnel are involved and they don't cease and desist from the unsafe acts, then you should contact someone in authority to include the Safety Office and/or Security if needed. Our leaders will step in and ensure the unsafe acts stop right away. Once again, Safety is everyone's responsibility, especially yours and mine!

CAPT (s) Paul Soares

## So, How's It Going at the U.N. These Days?

By Byron Dennis (G)

The U.S. is by far the most generous benefactor of the United Nations, donating 2.4 BILLION dollars of our money to primarily third-world dictators. Another 1.4 BILLION dollars goes to United Nations programs and agencies. We contribute more than ALL of the other 177 member nations combined.

Of the 13.3 BILLION dollars invested in direct Foreign Aid, only 26% or 3.5 billion went to support people who are friendly to us. The other 9.5 BILLION went to causes and people who were and are in open and direct opposition to the interests and objectives of the U.S.

EGYPT gets 2 BILLION of our money annually and votes against us 79% of the time. JORDAN gets \$192,814,000. of our money annually and votes against us 71% of the time. PAKISTAN gets \$6,721,000. of our money annually and votes against us 75% of the time. INDIA gets \$143,699,000. of our money annually and votes against us 81% of the time.

KUWAIT votes against the U.S. 67% of the time.

QATAR votes against the U.S. 67%

of the time.

MOROCCO votes against the U.S. 70% of the time.

UNITED ARAB EMIRATES votes against the U.S. 70% of the time.

TUNISIA votes against the U.S. 71% of the time.

SAUDI ARABIA votes against the U.S. 73% of the time.

YEMEN votes against the U.S. 71% of the time.

ALGERIA votes against the U.S. 74% of the time.

OMAN votes against the U.S. 74% of the time.

SUDAN votes against the U.S. 75% of the time.

LIBYA votes against the U.S. 76% of the time.

LEBANON votes against the U.S. 80% of the time.

SYRIA votes against the U.S. 84% of the time.

MAURITANIA votes against the U.S. 87% of the time.

So, what are we doing in the United Nations? It's like paying people to steal from your house.

### "Long Overdue"

(from Internet)

A new California law, which will take effect on January 1, 2004, allows consumers, ISPS, and the state attorney general to launch civil actions against not only senders of spam-who might be third-party hired guns used by unscrupulous advertisers-but also the advertisers themselves. It outlaws spam sent both to and from anyone in California, or through any server located in the state. Even better, it outlaws the nefarious practices of spidering, Web-crawling, or otherwise gathering email addresses from the Web to build spam-target databases.



## HEALTH NEWS

# “Strong Heart Key to Good Health in Old Age”

NEW YORK (Reuters Health) - Want to enjoy good health in your golden years? Take good care of your heart, according to the findings of a new study.

Researchers report that healthy elderly people who had low risk factors for cardiovascular disease continued to enjoy good health longer than people with more risk factors.

"Our study is a picture of what the future of older people could be like--the ideal golden years--if they keep heart disease risk factors in check," the study's lead author Dr. Anne B. Newman of the University of Pittsburgh said in a press release.

"Older healthy people can maintain better-than-average quality of life, with lower rates of physical and cognitive decline, when they refrain from smoking, lower their blood lipids, watch blood pressure and avoid obesity through diet and exercise," Newman added.

The study included nearly 3,000

men and women who were at least 65 years old. At the start of the study, all of the participants had aged "successfully," meaning that they maintained good mental and physical functioning and did not have cardiovascular disease, cancer or chronic lung disease.

Researchers followed the participants for eight years to see if they continued to age successfully.

Nearly half of the participants, 48 percent, were still aging successfully at the end of the study, Newman's team reports in the October 27th issue of the journal *Archives of Internal Medicine*.

Not surprisingly, a person's age at the start of the study had an important influence on the odds of aging successfully. People 85 or older enjoyed only about one fourth the number of healthy years as did people who were 65 to 69 at the start of the study.

But within each age group, the odds of aging successfully depended on other

factors, including the presence of "subclinical" cardiovascular disease, which does not cause symptoms and can only be detected with diagnostic tests.

Compared with people with subclinical cardiovascular disease, people without any signs of heart disease continued to enjoy good health for an average of 5 to 6 years longer.

Several risk factors for heart disease, including diabetes, smoking, high blood pressure and lack of exercise, were also related to the odds of aging successfully. This connection is important, according to the researchers, since these risk factors can be modified.

Noting that current efforts to reduce cardiovascular risk factors, such as smoking, high cholesterol, high blood pressure and obesity, fall short of goals, Newman and her colleagues conclude that "prevention of cardiovascular disease should be a major priority for the achievement of successful aging."

## “Knee Replacement”

By Nicholas Deluca  
(As told to Byron Dennis)

My knee problems went back as far as 1937 when they were broken while my family and I were in Europe. In spite of that, I got along rather well with them until I retired in 1969. At that time I was on the Vioxx medication, which was changed to Percocet.

After coming to the AFRH-Gulfport I was still having problems with the knees, so in July of 2003 I went to Dr. Ricardo Rodriguez in Gulfport. His X-rays showed no cartilage in the knees and the bone had worn until both lower legs shifted, giving the appearance of bowed legs. The only way to correct this seemed to be replacing both knees.

A decision had to be made. As such

surgery could be possibly put a strain on the heart, he suggested that we replace both at the same time since the strain would be about the same as replacing one. On August 14, both were done. On the next day I was able to stand up with some assistance. On the second day I was able to walk with the help of a walker. For the next three days, after being fitted with a mechanical walking unit, this kept my legs much like walking, even when asleep.

I was getting around now with the help of a walker and a wheelchair. On August 20, I gave up the wheelchair. After ten days of therapy at the Rehabilitation Unit of Memorial Hospital, on August 28 I came back to the AFRH with just a walker. After therapy three times a day for two weeks, I left the walker and just used a

cane.

Two weeks after this I left the walking cane and for the first time in many years I feel like I have good knees. I'm told that I should expect no more problems for ten to fifteen years. I can honestly tell you that I am a strong believer in replacing both knees at once, because doing only one may not only cause undue stress on the other leg and cause more problems, but when the operation is over, it is over.

(When we were kids, who would have dreamed such a thing was possible? When my grandfather practiced medicine in the 1800s, they bled you if you were sick and called it dementia if you acted funny...B.D.)

## RESIDENT CORNER

# WELCOME HOME

### NEW RESIDENTS AT AFRH-G

|                       |                      |      |
|-----------------------|----------------------|------|
| Shirley N. Smith      | Washington, D.C.     | USN  |
| Glen V. Karmann       | Roswell, N. M.       | USAF |
| Neslon C. Farr        | Coventry, R.I.       | USN  |
| Helen R. Suddith      | Navarre, Fla.        | USN  |
| William H. Carver Jr. | El Paso, Texas       | USA  |
| Alfred W. Henke       | Hollywood, Fla.      | USN  |
| Charles C. Genter     | Manila, Philippines  | USAF |
| Robert A. Carver      | Diamondhead, Miss.   | USN  |
| Roger A. Boucher      | New Bedford, Mass.   | USAF |
| Walter F. Childs      | Levittown, N. Y.     | USMC |
| Gilbert W. Young      | Beebe, Ariz.         | USAF |
| Ronald K. Perry       | Bay St. Louis, Miss. | USA  |
| Walter W. Sparks      | Ridgeland, Miss.     | USMC |
| Murle B. Shirley      | Shreveport, La.      | USN  |
| Henry G. Lehman       | Meridian, Miss.      | USN  |
| Leslie A. Dick        | Dallas, Texas        | USAF |
| Charles E. Davis      | Savannah, Tenn.      | USAF |
| Obil Webb Jr.         | Delta, La.           | USN  |
| Wanda M. Webb         | Delta, La.           | USN  |
| Carl Belcher          | Shreveport, La.      | USN  |

### NEW RESIDENTS AT AFRH-W

|                   |                    |      |
|-------------------|--------------------|------|
| John Turner       | Kitty Hawk, NC     | USN  |
| George Brown      | Myrtle Creed, OR   | USA  |
| Robert Armstrong  | Elko, NV           | USA  |
| James Fitzpatrick | Prundale, CA       | USN  |
| Glynn Davis       | Pittsburgh, PA     | USAF |
| Thomas Noe        | Wilmington, NC     | USN  |
| Willy Wagner      | Germany            | USA  |
| John Helwig       | Lewistown, PA      | USAF |
| John Gage         | Chicago, IL        | USN  |
| Joseph Meisinger  | Milwaukee, WI      | USAF |
| Lonnie Grant      | Emporia, VA        | USA  |
| David Minor       | Rocky Mount, VA    | USA  |
| Francis McAleer   | Hyattsville, MD    | USN  |
| Donald Rowe       | Charlotte Hall, MD | USA  |
| Antonio Hedgepeth | Rocky Mount, NC    | USA  |
| James Chaffin     | Alexandria, VA     | USN  |

## Veteran News

# Photo to Honor Marine's Father Becomes Korean War Vets Stamp

By Rudi Williams

WASHINGTON, D.C. – The weather conditions were perfect: Heavy snowfall was blasting the Washington metro region with up to 25 inches. It was just the moment John W. Alli had been waiting for to do something to honor his father.

Marine Corps Reserve Lt. Col. John W. Alli of Catonsville, Md., poses with Deputy Defense Secretary Paul Wolfowitz at the July 27, 2003, Postal Service dedication of the Korean War Veterans Memorial postage stamp on the Washington Mall. Alli took the photograph that was used to design the stamp after a heavy snowstorm in January 1996. Photo by Yvonne Johnson

(Click photo for screen-resolution image); high-resolution image available.

For years, he'd listened to his father talk about the bone-chilling cold temperatures in Korea during that war in the early 1950's. He decided what more meaningful retirement gift could he give his father than a picture representing the bitter cold on the Korean peninsula.

Alli slid out of bed in the middle of the night in his suburban Maryland home Jan. 7, 1996, revved up his four-wheel drive truck and headed for the Korean War Veterans Memorial on the National Mall.

When he got to Washington, he said, "all the roads within one mile were blocked as snow plows cleared the roads of snow. I hiked the mile through the snow in the dark pre-dawn hours and then set up my camera equipment for the shot.

"As I waited in the dark freezing weather for the first light of dawn I thought, "This is nothing compared to what Korean War veterans had to endure," said Alli, a lieutenant colonel aviator in the Marine Corps Reserve and a commercial airline pilot.

"At the first hint of light I began taking a series of photographs," he said. "By the time the sun had risen, I was done and on my way back to the truck.

"I took this photo with the purpose of giving it to my father for his retirement ceremony after 40 years in the government," Alli explained. "I wanted the photo to have the effect of the Korean winters - bitter coldness.

"The photo I named 'Real Life' turned out great," he said. "I signed the first print, framed it and gave it to my father at his retirement ceremony."

His father, William E. Alli, 72, of Bowie, Md., was a Marine machine gunner during the Korean War. At the State Department, he worked on feeding people overseas in the population development section of the Agency for International Development. He retired in 2002.

Alli's mother, a former schoolteacher, is now a homemaker. His wife, Patricia Sue McDonald is a physician at Johns Hopkins Medical Center in Baltimore. The couple has young two sons.

An avid photographer since 1986, Alli was so pleased with his work that he entered it in Naval Institute "Proceedings" magazine's photo contest and won first prize. The picture appeared on the magazine's front cover. He has also won awards for his work in other national and international publications as well in advertisements.

The "Real Life" photo caught the eye of Postal Service stamp officials, who



Marine Corps Reserve Lt. Col. John W. Alli of Catonsville, Md., poses with Deputy Defense Secretary Paul Wolfowitz, Postal Service dedication of the Korean War Veterans Memorial postage stamp on the Washington Mall.

used it to design a 37-cent stamp honoring the Korean War Veterans Memorial to help ensure "The Forgotten War" is remembered for generations to come. The stamp was issued as part of the Defense Department's 50th Anniversary of the Korean War armistice commemoration ceremony, which officially ends on Veterans Day – Nov. 11.

The photograph depicts a patrol of 19 stainless steel 7-foot-tall statues – 14 soldiers, one sailor, one airman and three Marines – trudging through snow in a wedge formation toward an objective. The statues represent a racial and ethnic cross section of America – white, African-Americans, Asians, American Indians and

**Continued on page 22**

## Veteran News

# VA Secretary Details Plans for Better Care and Service to Veterans

### Sgt. 1st Class Doug Sample, USA

WASHINGTON, D.C. -- Secretary Anthony Principi made bold claims today on plans to transform the second largest federal department in the nation, promising veterans and America that the "Veterans Affairs will not be found wanting."

Speaking before the National Press Club here, Principi said when President Bush named him to the helm of the VA three years ago, "He directed me to take whatever steps were necessary to improve VA's health care and our benefits- delivery systems."

For example, to ensure that veterans receive prompt decisions on their disability claims, he said the VA has revamped its system to eliminate the ordeal of waiting "year after year" for a decision on their claims.

"Last year our inventory for what we call rating-related claims -- those are claims for disability compensation, pension for a wartime veteran, low income, a death gratuity -- peaked at 432,000," he said. He said the department averaged 60,000 more new or reopened claims every month, and "we were able to get the number of cases in our inventory down to 253,000."

In addition, the VA claims representatives now visit with newly wounded service members in the hospital, informing them of their benefits, such as disability compensation; vocational rehabilitation, if they choose to go back to school, for which they are eligible. "And we have social workers in the military hospitals helping newly wounded soldiers and sailors and Marines and airmen plan a future course of treatment for their injuries when they get back home in VA hospitals," Principi noted.

"If these heroes are discharged from the service because of their disabilities, we will link them and their medical records up with the VA medical center closest to their home that will continue to provide them

with the care after their discharge."

VA has also set up teams of claims representatives and social workers serving Fort Gordon, Ga.; Fort Sam Houston, Texas; Madigan Army Medical Center in Tacoma, Wash.; and all key DoD processing points for seriously injured troops.

Principi said that each medical center and benefits office has points of contact to work with service members and veterans from Operations Enduring Freedom and Iraqi Freedom. He noted that "many are enrolled in the VA system even before they are discharged from the military.

"We have trained tens of thousands of our hospital employees to treat the anticipated health needs of this new cohort of veterans," he pointed out.

Principi said two new research centers for the study of war-related illnesses and injuries will also be established and that the department has developed new clinical practice guidelines to guide VA physicians and nurses on how to best restore veterans to their highest possible levels of functioning.

"Men and women who sacrifice limbs in freedom's cause will be well served by the world's best robotic and prosthetic laboratories," he emphasized.

Principi also said that VA also wants to eliminate the puzzling questioning that often accompanies the claim filing process.

When a wounded or injured veteran from Iraqi Freedom or Enduring Freedom contacts VA for care," he said, "our question cannot be, 'Are you still on active duty? Do you have your discharge papers?' I simply do not want to hear those kinds of questions. The only question that should be asked of any man or woman on active duty is, 'How can we help you now? We'll sort out the paperwork later.'

"We know that young veterans who are injured or become ill in combat have never dealt with VA before, and that they

likely don't understand our procedures or know the benefits available to them."

Other initiatives, he pointed out include VA regional offices calling seriously wounded veterans to help them with their disability claims. The offices will aid veterans with grants to adapt homes and cars to their disabilities. Offices will also assist with applications for home and education loans, vocational rehabilitation, or life insurance benefits, he noted.

"Many disabled veterans are eligible for vocational rehabilitation that will help them learn a new trade, a new vocation, send them back to school, pay for all of their tuition and a monthly stipend," Principi said

He also said service members will receive service-connected disability compensation more quickly than in the past. VA has established benefits- delivery-at-discharge programs at 136 military installations around the country. "This will make it more convenient for separating service members to receive the benefits they've earned," he said.

Another move by the department is to assign VA rating specialists and VA physicians to military bases, where he said a service member can "literally" walk across the street from their barracks or his duty assignment, file a claim for disability compensation, see a physician, and have their claim decided even before receiving their DD 2-14 discharge papers.

"They do not have to wait until after they're discharged," he said. "They can actually get this all done before they leave active duty... that's the kind of service that they have earned and that we must provide to them."

But, Principi also cited overwhelm-

**Continued on page 22**

## DID YOU KNOW

# Engraving Isn't Easy

By Ludwig Olson (W)

During my teen years, I became very interested in learning how to engrave. Seeing illustrations of beautifully engraved revolvers in Colt handgun catalogs greatly increased that interest.

When I was about 16, I made a drawing of an engraved Colt caliber .38 Official Police revolver using an illustration in a Colt catalog as a guide. The result is shown.

My father thought the drawing was very well done, but he had no experience in that field and was certainly not a competent judge of drawing and engraving. He was like the old mother owl that considered her ugly little owlets to be the world's most beautiful.

As can be seen from the drawing, the engraving scrolls are not perfectly executed. I lacked the ability to draw perfect curves, and there were other faults. However, it was a fairly good first attempt.

I never got far enough into engraving to purchase a set of gravers, chaser hammers, engraving block, optical magnifier, etc., but I watched professional engravers at work and acquired a lot of information from them.

Some of the most competent engravers are women. They have the delicate touch required for such work. I watched a group of engravers, mostly women, at the Fabrique Nationale Arms Factory (FN) in Liege, Belgium, plying their trade, and was very favorably impressed. They also made gold and platinum inlays on extremely expensive shotguns.

As the years rolled by, my interest in engraving declined. It's work that requires very great skill, a deft touch, and the patience of a saint. To top it off, most engravers are not well financially rewarded for their efforts.

My good friend, Dr. Jay Angevine from Arizona, feels that "Engraving a gun is like tattooing a beautiful woman." An opposing view is that tastefully executed engraving enhances the appearance.

If you are still interested in engraving after reading this article, I refer you to a book, *The Art of Engraving*, by James B. Meek, available from Brownell's, Inc., 200 South Front Street, Montezuma, Iowa, 50171.

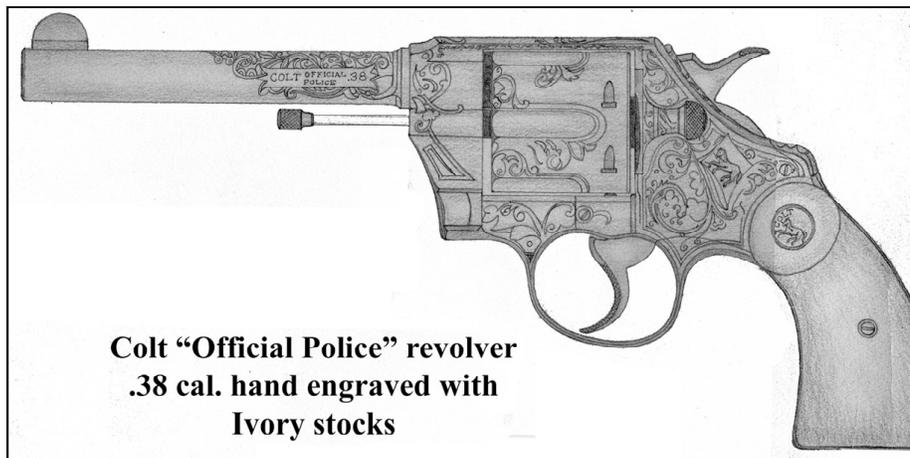
# Mississippi Reminiscing

By Byron Dennis (G)

For the first 25 years that we lived in Jackson we were extremely proud of the city and happy to live there. The next 25 years have seen it transformed into a crime-ridden city of mismanagement. How sad. It used to be a pleasure at night to walk around downtown and enjoy the surroundings. Now it is advisable to stay away from downtown, especially at night. Although the following was written in a humorous fashion, there is much truth in it, and Jackson is not alone in this predicament:

*Visitor's Guide to Jackson*

1. Forget the traffic rules you learned. Jackson has its own version of traffic rules, to wit; the truck with the loudest exhaust goes next at a 4-way stop. The truck with the biggest tires goes next. Blue haired ladies driving anything have the right of way any time.
  2. The morning rush hour is from 6:00 to 10:00. The evening rush hour is from 3:00 to 7:00. Friday's rush hour starts Thursday morning.
  3. If you actually stop at a yellow light, you will be rear-ended, cussed at and possibly shot.
  4. Construction is a permanent fixture. The barrels are moved around in the middle of the night to make the next day's driving a bit more exciting.
  5. Watch very carefully for road hazards such as deer, skunks, dogs, barrels, cones, cows, horses, pot holes, cats, pieces of other cars, opossums, truck tires, raccoons, squirrels, rabbits and crows or vultures feeding on any of these items.
  6. The minimum acceptable speed on I-55 is 87 mph. Anything less is considered downright sissy. This is Mississippi's version of NASCAR.
  7. Never honk at anyone. Ever. Seriously.
  8. Ground clearance of at least 12 inches is recommended for city driving.
  9. It it's 10 to 20 degrees and sleeting or snowing, watch out. Jackson residents consider this "demolition derby day" and will be all over the roads. Proceed with caution. You could be the next target.
- There's more, but this will give you some idea....



Colt "Official Police" revolver  
.38 cal. hand engraved with  
Ivory stocks

[Editor's Note: The original drawing is better than 60 years old and yellowed with age, which, of course, accounts for the stocks and metal having a gray overcast]

*Drawing by Ludwig Olson.*

## COASTAL VIEW

# Skydiving at a “Young Eighty”

By Doug LeMere (G)

Resident Pete Lea spent his eightieth birthday in an airplane high above the Trent Lott International Airport in Moss Point, Miss. With over a dozen residents as on-watchers, Pete jumped from what some consider, “A perfectly functional airplane.”

“It was burst of exhilaration,” said Pete. “It was fun all the way down.”

Pete had been inspired to jump out of a plane from the stories shared by our own Marian Powers. Ms. Marian jumped out of a plane last year on her eightieth birthday and fulfilled a lifelong dream.

Pete had contacted the Gold Coast Skydivers in Moss Point and told the instructors that he wanted to skydive on or near his birthday. He was linked up with Martin Swords, a Master Tandem Instructor - and the date to skydive was coordinated.

When the tandem skydivers neared the earth, Pete raised his knees and landed perfectly on his feet. The crowd let out a great cheer.

“He’s an excellent skydiver,” said Martin Swords. “He had great body position and was hooting and hollering when we walked through the clouds.”

“Everything went according to the plan,” said Pete. “The best part was floating on the clouds.”

What a great inspiration for us all.

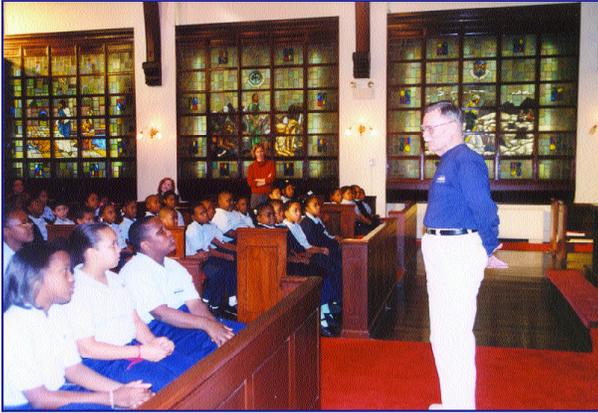


**Pete Lea and Ms. Marian Powers start a new tradition at the Gold Coast Skydivers Club.**



**Pete Lea with Tandem Skydiver Martin Swords, minutes after the landing.**

# AFRH-W SPECIAL EVENTS



DC Preparatory students had the privilege of spending Veterans Day with a few of AFRH-W residents. Roger Division speaks to the students about the true meaning of Veterans Day.



Roger Division answer questions from DC Prep along with Jeanne Beasley and George Lausund on Veterans Day.



Left: Home employee Cecilia Smith (left) listens to one of the CFC representatives.

Right: Home employees Margie Asper (center) and Liz Ortiz (right) look over materials from another CFC representative.



Mike Longwell lines up his shot in a recent pool tournament held on the Sheridan 4th floor.



Larry Friesel (left) eyes the break shot of Don Egolf in one of many games held during the recent pool tournament.

# AFRH-G SPECIAL EVENTS



Photo courtesy of Special Warfare Unit

Riverine Boat cutting a nice wake on the Pearl River, Stennis, Miss. See more pictures on Page 21

## Veteran's Day Services

By Doug LeMere(G)

Veteran's Day services were held in the theater for the residents of the AFRH-Gulfport, where the seats were filled and many folks from assisted living and long-term care joined in the memorial service.

Brig. Gen. (Dr.) David Young III, Commander, 81st Medical Group, Keesler Air Force Base, Miss. was the featured speaker for the event. The Pledge of Allegiance was led by third grade students from Anniston Elementary. The Keesler Drum and Bugle Corps closed the memorial service with Taps.



Students from Anniston Elementary leading the service with the Pledge of Allegiance.



Member of the Keesler Drum and Bugle playing TAPS at Veteran's Day service.



Resident Frederick Douglass dressed and ready for the ride to Veteran's Day Parade.



Residents aboard USMC 5 ton are heading to Veteran's Day Parade.



Brig. Gen. Young and Lt. Col. Van Dyke greet with resident James Lovik before Veteran's Day services.

## COMMUNITY

# What's Cooking at AFRH-W

By Ray Colvard (W)

More than two thousand years have passed since the Roman philosopher and poet Lucretius pointed out that, "What is food for to one is to others bitter poison." It's been the bane of cooks for centuries. Most certainly it is the concern of the food service staff of the Armed Forces Retirement Home-Washington.

Colonel Paul R. Goode's history of the first hundred years of Soldiers, Home is not clear as to what was served to the Home's first resident in 1852. Private John Corkin signed in at the administration office in the building across the street from the White House and was told to find his way out to the former Riggs house the Military Asylum. Whether he walked or caught a ride on a wagon is conjecture. He arrived before supper time and, Goode wrote, was given the standard Army ration of the time, "bread and tea." Home records of daily menus over years suggest that the residents ate as did enlisted soldiers. Senator John Hale, always critical of Home management, said, "fed as they would be on the deserts of Utah."



Long time employee Ms. Vivian Brooks prepares one of the dishes for the noon time meal.

Goode noted that in 1917 the food allowance was raised from twenty-five to forty-five cents a day. Those of us who entered the service in the 1930s recall that forty-five cents a-day-per-person is more liberal than it appears today. One may see a sense of the importance of food in the life of residents during earlier years by the photographs of the dining room in Scott Annex at the turn of the century the grand (Grant) mess hall 1912 to 1954.

Perhaps the ongoing interest in "our daily bread" is not unlike that observed by Cervantes's "Sancho" and Lewis Carroll's "Alice." Sancho wisely said, "The proof of the pudding is in the eating,." Alice was faced with bureaucratic rigidity. When Alice wanted to know why there was no jam on the service line the queen told her, "The rule is jam tomorrow and jam yesterday -- but never jam today," Alice seems to have had little respect for the queen's by-the-book stance. "It must come sometime to jam today," she argued. "No it can't," said the queen, it is jam every other day: today isn't another day you know."

Mr. Leon Barwick the AFRH-W Food Service Manager explained that since 1991 efforts have increased by staff to have "jam" on the service line most days. Home resident Frank Nelson can attest that Alice-like food concerns are eventually solved if one is persistent and patient. He recalls that during the Battle of Cape St. George in 1943 Navymen were on battle stations all Thanksgiving Day and missed dinner. After the battle they were promised by admirals that their Thanksgiving Dinner had only been delayed. Ships crewmen waited, and waited and waited.

Fifty years after the Battle of Cape St. George the Navy named a cruiser after the disagreement episode with the Japanese. The cruiser was built near the Naval Home in Mississippi. Old Salts from the 1943 battle were invited to the launching ceremony. The prospective commanding officer of USS Cape St. George listened to oft repeated tales of the Navy's promise which was never kept. Captain Nash, prob-



Art Shon (right) explains to Ms. Joyce Pickeral (left) exactly what he wants for lunch.

ably born years after the battle, listened. "If, and when," he said, "I am the ship's captain, the veterans of the Battle of Cape St. George will be invited to the ship's first Thanksgiving Day Dinner.

Frank Nelson and, a less notable resident of the Home he met, finally got their Thanksgiving dinners that had been cooking for fifty-two years. It would be interesting to learn what other Home residents in Gulfport and Washington were at the battle, launching and dinner of Cape St. George. It's as Sancho said. "The proof of the pudding is in the eating."

Mr. Barwick notes that what one gets in eating may not always be what one wants. To offer greater variety in choices menu's after 1951 at the Home included Barbados Beans, Cincinnati Chile and North Carolina Barbecue. None were universal favorites. The addition of new foods is risky. Most of us continue to agree with the sentiments of Johnathan Swift, that "He was a bold man that first eat an oyster."

For many of us "Master menu" and "menu of the day" are terms of little mean. Though a lunchtime meal may last for just

**Continued on page 22**

## ACROSS AMERICA

# Pride in Indian Culture, Heritage Resurging, Say Old Elks

By Rudi Williams

EDGEWATER, Md.— "Powwows are important to native culture, because at one time we were not allowed to be Indians," said Clayton Old Elk, a member of the Crow Indian Tribe of Montana.

Doug Hall, a member of the Odawa tribe of Minnesota, carries the eagle staff, the traditional American Indian flag, as he leads the procession into the ceremonial areas during American Indian Intertribal Cultural Organization Second Annual Veterans Powwow celebration, held at Central Middle School in Edgewater, Md., Nov. 8. Photo by Rudi Williams.

(Click photo for screen-resolution image); high-resolution image available.

"We weren't even allowed to practice our religion, our language, to sing our songs or dance our dances. They said it was sacrilegious," said Old Elk, master of ceremonies at the American Indian Intertribal Cultural Organization Second Annual Veterans Powwow celebration, held at Central Middle School here Nov. 8.

AIITCO, a non-profit association established in 1983, offers its members the experience of cross-cultural sharing of tribal histories, customs and traditions, which helps preserve American Indian heritage.

As the sounds of thundering drumbeats and "vocables" echoed through the school's gym, the grand entry ceremony was led by Doug Hall, who was carrying the eagle staff, the traditional American Indian flag. Hall, a member of the Odawa tribe of Minnesota, was decked out in a multicolored ribbon outfit and was followed by the three-man color guard of the Washington metro chapter of the Vietnam Era Veterans Intertribal Association.

Next came headman Walter Reed of the Lenni-Lenape tribe of New Jersey, part of the Algonquin nation. The headlady was his wife, Justine Reed, a mixture of the Seneca, Ojibwe and Lakota tribes. In leading the group of dancers into the ceremoni-



"Powwows are important to native culture, because at one time we were not allowed to be Indians," said Clayton Old Elk, a member of the Crow Indian tribe of Montana.

al area, both performed their respective roles as headman and headlady.

Old Elk told the audience that the Europeans tried to take away their "Indianness," but they couldn't take away their spirit. "We're here. We have been here," said Old Elk, a health systems specialist with the Indian Health Service in Rockville, Md. "Our songs, dances and our languages went underground, but recently, they've made a comeback.

"It's at times like this (powwows) that we remember our ancestors and our warriors," said Old Elk, adding that active duty military personnel were invited to the powwow free of charge. "We come from warrior societies that remind us of who we are. You have to know who you are and where you come from before you know where you going."

Justine Reed, left, dances around the ceremonial area with an unidentified male dancer during the American Indian

Intertribal Cultural Organization Second Annual Veterans Powwow celebration, held at Central Middle School in Edgewater, Md., Nov. 8. Photo by Rudi Williams

(Click photo for screen-resolution image); high-resolution image available.

He said powwows are a good time to express that to young people. "Most of our languages are lost, but fortunately, I can speak my own language – the Crow," Old Elk noted.

Powwows are also a good time to point out the good and bad things affecting American Indians. People should be aware of the fact that "there was a time when we were made ashamed to be who we are," Old Elk said. "I remember growing up in Montana when there were signs saying, 'No dogs or Indians allowed,' in restaurants. The racism still prevails there in rural areas."

"It's at times like this that we can educate the mainstream society about such things and the contributions we've made to this country," said Old Elk, who attended the Haskell Indian Nations University in Lawrence, Kan., before transferring to Montana State University on a football scholarship. He later moved to Eastern Montana University where he earned his bachelor's degree.

"We've given much more to this country than most people realize," he continued. "When you call yourself an American, you're in fact calling yourself a Native American, because you speak our language. The food that we have, whether it's pumpkin, corn or turkey, or if you drink coffee, go to a movie and eat popcorn – that's Indian food.

"We've shared everything with this country, because sharing is part of our way of life," Old Elk said.

The North Carolina Commission on

**Continued on page 23**

## On The Road

# Veterans Day on the S.S. John W. Brown

By John Mallernee (W)

On Saturday 08 November 2003, twenty-five members of the Armed Forces Retirement Home, including myself, boarded a Home bus and went to Baltimore to participate in the annual Veterans Day sailing of the S.S. John W. Brown, one of only two World War II liberty troopships still operational.

The day was windy and brisk, but sunny, with no pollution or haze, a perfect day for sailing. I had the honor of carrying the Home's flag, which came from the office of the director, Captain Ulmer, United States Navy.

At an adjacent pier, the United States Navy hospital ship, SANCTUARY, was moored. As I boarded the ship, a lady cried out, "There's another Scottish tartan!", for as it was a military event, I was representing Clan Henderson by wearing a tartan sash and clan badge, along with my military decorations.

Below decks, there were museum displays and replicas devoted to World War II liberty troopships and the Navy Armed Guard, along with the ship's souvenir store, and tables laid out with lots of goodies to eat and drink. Because I was responsible for the Armed Forces Retirement Home colors, I spent very little time below decks, because the flag was so large.

The Boy Scouts of America were on board to lend a hand with just about every-



John steps aboard the S.S. John W. Brown.

thing, from preparing food to handling lines. As we waited to get underway, we were entertained by the Chesapeake Vocal Ensemble, a group of high school kids singing patriotic songs and songs from World War II.

Lots of people wanted to know about the flag I was carrying, as none of them had ever seen it, and I handed out quite a few Armed Forces Retirement Home brochures.

As we sailed past Fort McHenry, the Chesapeake Vocal Ensemble began singing our NATIONAL ANTHEM, at which point, I respectfully dipped the Soldiers' Home flag towards the giant flag flying over Fort McHenry. I had never seen Fort McHenry, so I was very excited about all this.

Also, as we sailed out of the harbor, we passed the United States Navy hospital ship, COMFORT, which had just returned from Iraq.

During our one hour voyage, there was a memorial service, with rifle volleys fired by young kids wearing World War II uniforms from the various military services, followed by a bugler playing TAPS.

I was especially pleased to see the fellow representing the United States Army wore the insignia of the 101st Airborne Division "Screaming Eagles", whom I served with in Viet Nam.

A propeller-driven United States

Navy Texas trainer flew over the ship, simulating strafing runs, and each time he flew over, I'd wave our Soldiers' Home flag.

We sailed under the Chesapeake Bay Bridge, and then a little beyond, turned around and headed back. What a beautiful day it was, so clear, that we had unlimited visibility, and now we were sailing into Baltimore, directly towards Fort McHenry! The skyline of Baltimore, Maryland is beautiful and picturesque when seen from a ship's deck on a clear sunny day.

As we sailed once more past Fort McHenry, we were saluted by Fireboat Number One of the Baltimore City Fire Department, with all water spraying from all four of the water cannon, and accompanying blasts from the boats horn.

The S.S. John W. Brown replied with a deafening ship's whistle, and of



Bill Norvell and Marguerite Peterson sample a few pastries.

course, I enthusiastically waved our Soldiers' Home flag.

What an grand outing, a perfect time! It was well worth the effort of making the trip.

In addition to this annual sailing for veterans, which was free, the S.S. John W. Brown also has six-hour cruises four times a year, for which they charge one hundred twenty-five dollars (\$125.00).

This event was so popular and successful, I suspect our Soldiers' Home will probably begin doing this EVERY year!



Michael George enjoys breakfast below the decks of the S.S. John Brown.

# RESIDENT PROFILE

## Gulfport's Own Odell Williams

**By Rudi Williams**

Name: Odell "Kid Odell" Williams

Rank: Chief Petty Officer

Date of Birth: Jan. 20, 1913

Place of Birth: "I was born on Jan. 20, 1913, place of birth unknown. My father was a railroad man and they didn't remember whether I was born in Lancaster, Calif., or in San Antonio," Williams said.

Military Career: May 7, 1936 - January 1956

Awards and Decorations: Asiatic-Pacific Campaign Medal, American Campaign Medal, American Defense Service Medal, Philippine Liberation

Ribbon, World War II Victory Medal, Good Conduct Medal (with two stars), European-African-Middle Eastern Campaign Medal and the Navy Occupation Service Medal. Williams also received numerous honors, including letters of appreciation from President Harry S. Truman, Secretary of the Navy James Forrester, Los Angeles Mayor Tom Bradley and Mayor Ken Combs of Gulfport, Miss.

Retirement Date: January 1956

AFRH-Gulfport: August 1993

Best Memory: "My best memory was on the USS Enterprise, seeing how the guys cooperated -- no color line or any



of that stuff. You went to your battle station, no matter what your special duties were. Discipline was hard."

Worst Memory: "My worst experience in the military was aboard the heavy cruiser USS Des Moines in 1950. I was a young chief petty officer. I sat my bags down on the quarterdeck and saluted and went aboard. They supposedly took my bags down to the chief's quarters, but when I went down to get my bags, they were sitting out in the passageway. I went back to the quarterdeck and asked the messenger, 'Sailor, where did you put my gear?'"

## A Walk to Remember

**By Doug LeMere (G)**

Several residents and staff participated in the annual "Walk to Remember" fundraiser for Alzheimer's disease on October 19th, 2003, through the streets of Biloxi, Miss.

The weather was perfect for the folks that joined together in this worthwhile cause.

Lt. Col. Wendy Van Dyke led the group of walkers which consisted of staff and residents, plus our AFRH mascot Kabie and Hope, who is owned by Mr. Ralph Marshall, Director of Campus Operations.

It took approximately 40 minutes to complete the three-mile event. Afterwards, the participants were provided a great lunch and listened to Caribbean music from a local band.



**Odell Williams waiting in lobby to leave on cruise.**

# Marine Corps Birthday at AFRH-W



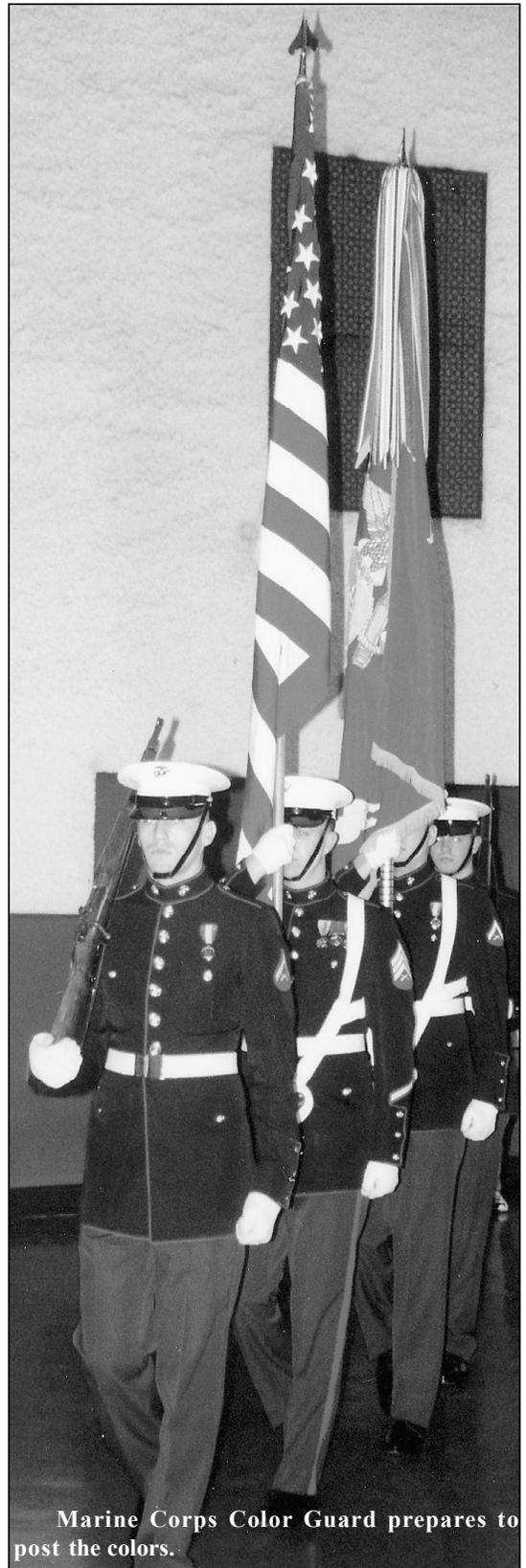
Tradition! William Abernathy oldest Marine present sets along side the youngest Marine during the ceremony.



Once a Marine Always a Marine! Home Resident George Lynch [left] and Joseph Montgomery resident [right] are still proud to be called U.S. Marines and are seen here with a Marine Corps Sergeant and the ever popular mascot.



Youngest and Oldest Marines await the traditional cake cutting ceremony.



Marine Corps Color Guard prepares to post the colors.

# Marine Corps Birthday at AFRH-G



*Outstanding Photo by Bob Mearns*



*Photo by Bob Mearns*

Above, The Marine Color Guard Posts the Colors.

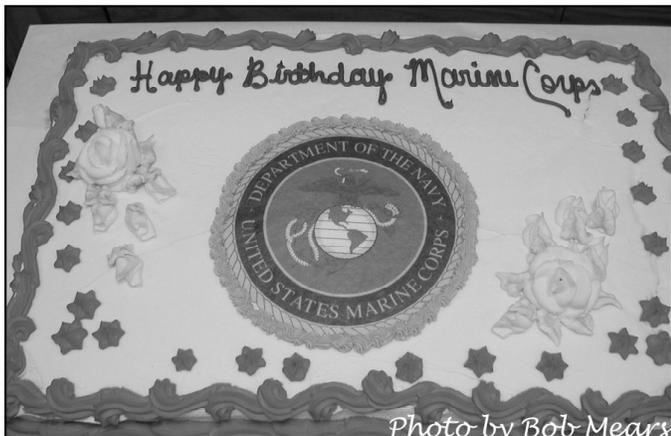
Left, Major Daniell L. Yaroslaski officiates at the Marine 228th Birthday Ball, and right, Yaroslaski cuts the cake Marine style while the oldest Marine, John R. Taylor, looks on.

Bottom left, a beautiful cake inscribed with "Happy Birthday Marine Corps."

Lower right, Taylor receives the first piece.



*Photo by Bob Mearns*



*Photo by Bob Mearns*



# RESIDENT'S DESK

## The Light of Love

Submitted by James H. Beitman (G)

A light traveled far tonight  
Far from the life I knew  
And now there is just one  
When yesterday there were two.  
The light can travel back to me  
And make its presence known  
But there are no hands to hold  
And I feel so very much alone.  
But then one day I will see it  
The light of love so dear  
It will be as plain a day  
And I will hold it ever near.  
It will be there in the sunshine  
It will be there in the rain  
It will be there when I'm happy  
And when I'm feeling pain.  
The light will never leave me  
Its warmth is like the sun  
Someday my light will join it  
When my work on earth is done.

## Smile

Submitted by Odell Williams (G)

Smiling is infectious,  
You catch it like the flu.  
When someone smiled at me today,  
I started smiling too.  
I passed around the corner,  
And someone saw my grin.  
When he smiled, I realized,  
I'd passed it on to him.  
I thought about that smile,  
Then I realized its worth;  
A single smile, just like mine,  
Could travel around the earth.  
So, if you feel a smile begin,  
Don't leave it undetected.  
Let's start an epidemic quick,  
And get the world infected!

## Growing Pains Thanksgiving

Submitted by Ida Simpson (W)

Grow old gracefully,  
Let your life unfold  
Do not fret about the silver;  
You've had your gold.  
And so what if you squint  
When you read the fine print?  
Learn to shift from fast to slow,  
No need to hurry whenever you  
want to go.  
The traffic will be a lot easier to  
bear,  
And the roses will smell just as  
sweet when you get there.  
Walk more slowly, and without  
that frown,  
Remember that even the finest  
machinery ultimately slows down.  
If your unhurried pace  
should move some to laughter,  
remember it's mobility not  
applause, you're after.  
Still you say you're feeling old  
because your hair is silver, instead  
of gold?  
Try smiling, old friend, at the way  
you look,  
For silver is still good tender in  
anybody's book.

## Comments

By Byron Dennis (G)

A Couple of Comments Overheard  
at the AFRH

"I don't do drugs. I get the same  
effect just standing up fast."

"I live in my own little world, but  
that's OK. They know me here."

"I don't approve of political jokes.  
I've seen too many of them get elected."

"There are two sides to every  
divorce. Yours and dipstick's."

"Every day I beat my own previous  
record for number of days I have stayed  
alive."

Submitted by Leslea Pidgeon (W)

It's turkey day again and it's time  
for us to give thanks for all our  
blessings many-great and small-  
to be blessed to live in a land of  
plenty-in homes of comfort, with  
one we love, food to enjoy,  
clothing to wear, health care,  
places of education, religion and  
government, sports, recreation,  
farming.  
Protection from crime  
and fires, many types of business  
and industry. Cultures in  
abundance.  
Thanksgiving-a day to reflect and  
remember, all our good-as it  
should.

## More Facts From 100 Years Ago

By Byron Dennis (G)

The American flag had 45 stars.  
Arizona, Oklahoma, New Mexico, Hawaii  
and Alaska had not been admitted to the  
Union yet.

The population of Las Vegas,  
Nevada was 30.

The five leading causes of death  
were:

1. Pneumonia and Influenza (Did  
you get your flu shot?)
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

There was no Mother's Day or  
Father's Day.

Crossword puzzles, canned beer and  
iced tea had not yet been invented.

One in ten adults could not read or  
write. Only six percent of all Americans  
had graduated from high school.

# AFRH-G Residents Enjoy Riverine Boats on Pearl River

Photographs Courtesy of Special Warfare Unit

**By Doug LeMere (G)**

Traveling by powerboat down a Mississippi river can be a relaxing, tranquil experience. Buzzing through the curves and giving the ole Evinrude outboard motor some gas can surely make a nice wake. What if you gave the gas to twin 440 horsepower diesel engines on a Mississippi river? Would the ride be relaxing - tranquil? Would you make a nice wake?

Just ask some of the lucky folks who spent the day with Special Boat Team 22 (SPT 22) at Stennis Space Center. The Team invited some residents to the center for what was called a "Dog and Pony" show. Now we didn't see any dogs but there sure was some "ponies" horse power to see.

The trip started with a command brief. Special Boat Unit 22 is a division of the Navy Special Warfare Operations Command and the only riverine force within the Special Operations community. It mans, trains and equips riverine forces for deployment throughout the world. It has about 200 employees, all military, including Navy SEALs. SBT 22 is stationed at Stennis, utilizing the Pearl River for training and operations.

The brief was informative but the best part of the day came afterwards.

The Team set up one boat with all the weaponry on mounts. Residents climbed on board, asked questions and were allowed to take photographs of some weapons like: Gatlin guns, twin 50 caliber machine guns, Mark 19 grenade launchers and other weapon systems.

The group then watched two river boats on display including: control maneuvers, power stops and specialty turns. Following the unit display, the guests received a safety brief, donned safety gear and loaded in the river boats.

The first and most important instruction was to hang on at all times. The crew took us up the river and slowly increased the speed as the time flew by.

Resident Pat Kane served with special boat units during the Vietnam era. "It felt like I never left the unit," said Pat, a retired Navy Boatswain's Mate Master Chief. "These guys were really knowledgeable – real friendly."

Traveling up the river the group took photos and filmed along the way. Walt Hutchins, retired Navy Electronics Technician filmed the entire trip. "This reminded me of my amphibious days during the Cold War," he said. "It's a little different from a schooner."

Some of the residents even got a



Photograph by Doug LeMere

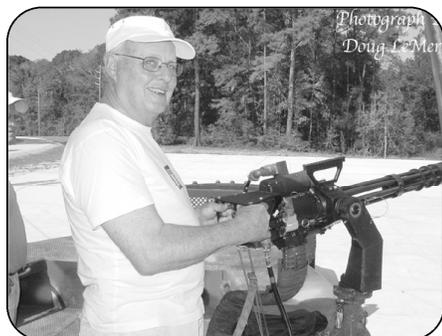
Crew of AFRH-G taking a breather before climbing aboard riverine boats.

chance at the wheel. Residents Sid Land, William Adams and Sid Hixon were some of the lucky captains.

"Everything worked out great," said Sid Hixon, retired Aviation Boatswain's Mate 1st Class. "This trip was more than we expected."

On the way out, one Team leader said, "These are the kind of "Dog and Pony" shows we like to give – these guys have been there and worked the rivers."

The command brief, display and boat rides were impressive. The tour ended with many handshakes, pats on the back and the offer for the Team to come to the retirement home.



Photograph by Doug LeMere

Left, Richard Richey spins the barrels of a Gatlin gun aboard riverine boat.



Photograph by Doug LeMere

Right, Sid Land slowly gives the throttle aboard riverine boats with Henry Pike and Jim Davis as onlookers.



Photograph by Doug LeMere

Left, Riverine Boat cutting a nice wake on the Pearl River, Stennis, Miss.



Photograph by Doug LeMere

Right, Action shot of the Riverine Boats on the Pearl River, Stennis, Miss.

## FOLLOW UP

### Korean War Stamp Continued on page 8

Hispanics.

At first glance from a distance, the photograph looks like real infantrymen, which prompted Alli's to "Real Life" title.

Graduating with a bachelor's degree in mathematics from Towson (Md.) State University in 1983, Alli, 42, received an Marine ROTC commission. A naval aviator, Alli left active duty after two tours of duty in the Persian Gulf and joined the Marine Corps Reserves.

Alli and his brother Robert deployed to the Persian Gulf together in the same Marine expeditionary unit during Operation Desert Shield in June 1990. John Alli flew AH-1W Super Cobra attack helicopters with Marine Medium Helicopter Squadron 164. In the reserves, he flew helicopters with the Marine Light Attack Helicopter Squadron 775.

In 1993, Alli began working as an aviation consultant in the Washington area. He worked on cockpit design and tactical scenarios, creating computer-based training demos and marketing videos. In 1998, he began flying as a commercial airline pilot and continued to fly in the Marine Reserve.

"My dad said when he was in Korea during the war, the people were starving to death. Now they're not," Alli noted. "They're a prosperous country. You look at how much we invested over there. It was a tremendous investment with a human life, people, time and money. Look at the differ-

ence.

"(Deputy Secretary of Defense Paul Wolfowitz said that some people say the Korean War was a tie; others say it was a loss," he noted. "I don't call 50 years of freedom and prosperity a tie, especially compared to what's over the DMZ (demilitarized zone)."

He said no one knows how the situation in Iraq is going to turn out, but some people compare it with the Marshall Plan after World War II in Germany and Japan. "How about Korea's 50 years of freedom?" Alli asked. "That's what the Korean War made you think of, giving hope and fighting for something.

"I'm happy that my dad got a good gift out of this," Alli said. "That's the only reason I took the photo."

About a year after the 1996 snowstorm, Alli returned to photograph the memorial during the summer. There he met a former Marine Korean War veteran who had traveled from Missouri to put an American flag next to the statue of a squad leader.

"It was to honor a Marine second lieutenant who was his platoon commander in Korea," Alli noted. "The lieutenant saved his platoon, and in doing so, paid the ultimate price."

Allie took the veteran to breakfast and later sent him a copy of his "Real Life" photo. "It was the least I could do for an American that fought for our country and knew the meaning of, 'All gave some, and some gave all.'"

food bar is certainly appreciated, though sometimes abused as an "all you can carry challenge." Cereal and pastry bars are also welcomed innovations. Ongoing are the new Birthday Specials and Chef's Specials. Virtually extending the Birthday celebration is a boon to everybody and the Chef's choices should bring joy to gourmets and gourmands alike.

Re-arrangement of service lines is experimental. One proposal is to provide a low level (height) service for residents in walkers and motorized chairs. Another proposal under consideration would separate the northwest corner of the dining hall

### Veterans Services Continued on page 9

ing growth in just about all areas of the VA healthcare system. He noted that this year VA will treat 1 million more veterans than it did in 2000, that veterans will make 50 million outpatient visits to one of its facilities, up from 40 million from 2000. The VA has also seen an increase in the number of prescriptions filled per year from 86 million to 108 million, he said. And the expected enrollment for VA health care will grow to 7.1 million veterans this year, up from 4.8 million in 2000, "2.3 million (more) than just a short time ago."

"In 1998, the VA was only treating about 2.9 million veterans. This year, we're about 5 million veterans," he said.

Still, he said, the department and the 226,000 employees "hold the power and bear the responsibility to transform the words of countless Veterans Day speeches into the benefits and services ... all veterans have earned while (in) service to our great country."

Principi told reporters that he and his wife were both Vietnam War vets, and that two of his sons served in Iraq. He said he cares "very deeply and very personally about every man and woman who returns to our shores from combat."

"I want to assure every service member returning from the war against terrorism that VA will be there for them when they return to civilian life."

to create a snack area -- available to residents when the dining hall is secured. This would offer the amenities of the canteen with no coin slots.

Coffee lovers have expressed their satisfaction with new dispensers, in the dining room and sports' lounge, especially the "gourmet coffee" maker in the center of Cordiner Hall. Although the foregoing comment applies to the Scott Building, my information is that like innovation and upgrade will be applied in LeGarde.

### What's Cooking Continued on page 14

two hours it is the result of more than two months of preparation and practice, and, it is seldom "Too many cooks spoil the broth." Cooking is only one of the many skills essential in planning, preparing and presenting lunch at Cordiner Hall. Note: dinner and breakfast are also available.

Upgrade is a continuous menu for the food service staff. Changes are made, often without notice to residents. The fresh

## Old Elks Continued on page 15

Indian Affairs points out that many of the "gifts" Native Americans introduced to the white settlers are still being enjoyed today. Among the foods Indians showed the settlers were chili, pumpkin, succotash, cornbread, popcorn, potatoes, corn, beans, peas and sunflower seeds. Indians also gave Americans the sapodilla tree that produces chicle, which is used to make chewing gum. Indians also taught the settlers the drying process used to preserve foods and make raisins, prunes and jerky.

Indians also introduced the settlers to clothing, such as moccasins and ponchos. Chaps that rodeo riders wear today are a form of Indian leggings. Indians also introduced settlers to cotton, which is used to make clothing today.

The commission also notes that Indians taught Americans about their way of life, which is to live in harmony with nature. Many of today's organizations, such as the Boy Scouts, Girl Scouts and YMCA Indian Guides, get their influence from the arts, crafts and culture of Native Americans.

"At the beginning of this powwow I said the U.S. Constitution is patterned after the Iroquois Indian Confederacy," Old Elk said. "The Iroquois form of government is used by the U.S. government today. So we share our style of government, but most people don't know that."

He said the contributions of Native Americans to the defense of the nation and society as a whole should be recognized throughout the year rather than just during American Indian Heritage Month.

"We have many things we've shared with this country, including our language," he said. "Even right here in this area, the Chesapeake and Potomac are Indian words. Even cities and states across the country use Indian names -- Manhattan, Chicago, Miami, Alabama, Mississippi, Tennessee, Maine. The geographical words, too -- Appalachia, Ozark."

Old Elk noted that Indian sciences are still being investigated in Central America. For example, no one has yet fig-

ured out how the Inca built huge pyramids without mortar or wheels that have withstood centuries of adverse weather conditions and earthquakes. They're also trying to determine how "The Sun Pyramid in Teotihuacán ("City of the Gods"), Mexico, was built around A.D. 100-200, and the Pyramids of Cochasqui in the Northern Andes of Ecuador were built between A.D. 950 and 1550.

Noting that researchers still can't figure out how the dimensions of the Inca pyramids were derived, Old Elk said even the Inca calendar is the most accurate in the world.

"People should be made aware of these things," he said. "We should let our people know that there is another culture. We're rich, not in material value, but our languages, sciences and our way of living with nature. We have a wealth of information that we can share with everybody."

## Wisdom

By Byron Dennis (G)

The tribal wisdom of the Dakota Indians, passed on from generation to generation says: "When you discover that you are riding a dead horse, the best strategy is to dismount".

However, in the Federal Government, more advanced strategies are often employed, such as:

1. Buying a stronger whip.
2. Changing riders
3. Appointing a committee to study the horse.
4. Arranging to visit other countries to see how other cultures ride dead horses.
5. Lowering the standards so that dead horses can be included.
6. Reclassifying the dead horse as living impaired.
7. Hiring outside contractors to ride the dead horse.
8. Harnessing several dead horses together to increase speed.
9. Providing additional funding and/or training to increase the dead horse's performance.
10. Doing a productivity study to see if lighter riders would improve the dead horse's performance.
11. Declaring that, as the dead horse does not have to be fed, it is less costly, carries lower overhead and therefore contributes substantially more to the bottom line of the economy than do some other horses.
12. Rewriting the expected performance requirements for all horses.
13. Promoting the dead horse to a supervisory position.

### DISCLAIMER

In the article last month about Mississippi, I mentioned the hills between Natchez and Vicksburg being made by huge dust storms, forming the soil called LOESS. It was spelled 'loses' when it was published. It is pronounced as low-ess and I do know how to spell it.

B.D.

**“AFRH-W —And suddenly it’s Fall — AFRH-W”**



*Photograph by Steve DuBos*



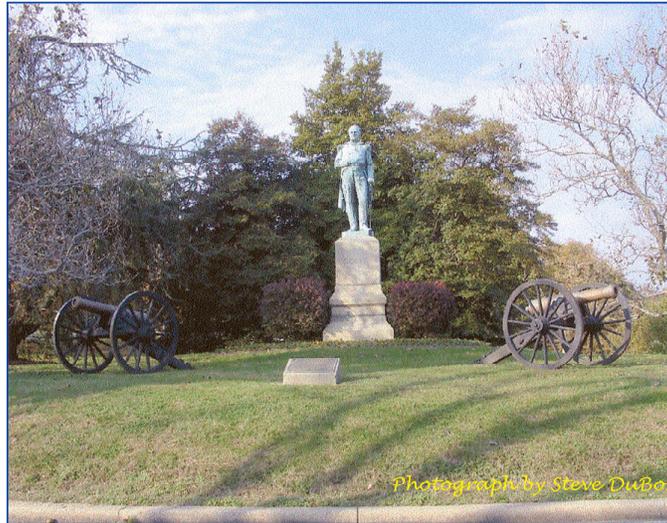
*Photograph by Steve DuBos*

The Le Garde Building , part of the AFRH-W’s Health Care Facility, is in the background of the above photograph. The trees with their autumn decorations frame our modern long term care unit.

The residents here at the Armed Forces Retirement Home enjoy hiking through the woods and absorbing the beauty of the surroundings.

In days gone by, all the food and dairy products were provided by the Home’s farm.

A prize herd of dairy cattle, poultry, and swine provided a satisfying menu.

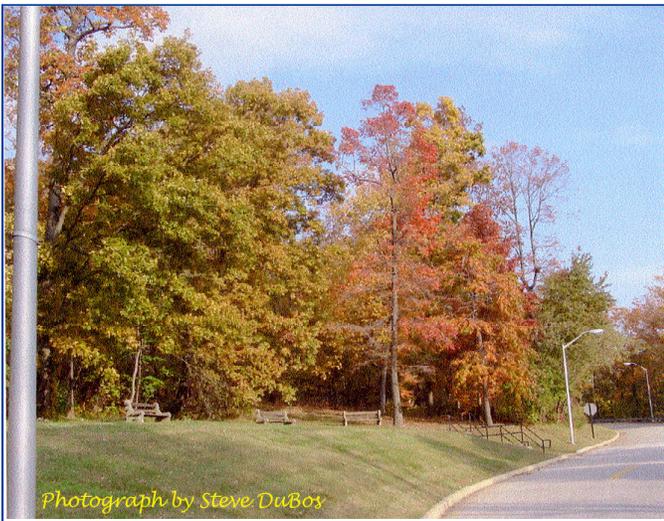


*Photograph by Steve DuBos*

General Winfield Scott, whose likeness is portrayed by the statue at the left, was one of the founders of the Armed Forces Retirement Home, Washington.

Half of the reparations paid by Mexico City were divided amongst his soldiers. The remainder plus funds obtained from Congress were used to provide the “asylum” as it was called in those days.

When looking over the beautiful grounds from the vantage point of Scott’s Memorial you can almost feel Scott surveying his creation.



*Photograph by Steve DuBos*



*Photograph by Steve DuBos*