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CHELSEA COMES TO WASHINGTON

By Colonel Nigel Gilbert-Chelsea

The bond of friendship between the In-Pensioners of the Royal Hospital Chelsea and the Veterans of the Armed Forces Retirement Home has been growing steadily over the past 7 years and this continued with this year's trip to the AFRH. Our party consisted of me, my wife Maureen and In-Pensioners Bert Leach, Sid Lunn, Jim McGovern and Tony Tremarco. Upon arrival it was a great pleasure to be met by Chuck Dickerson, and Laura Fogarty who planned the visit along with our old friends KC Collier, Bill Jentarra and Red Cooper, as well as Harold Schultz, James Webster and Bill Sinnott.

The entire week has been memorable and most enjoyable. We started off on Tuesday with a visit to the Capitol Building. We were much impressed by the history of the nation. During the remaining day we met Captain Paul Soares for an informative AFRH briefing, toured the facilities including the Arts and Crafts studios, listened to the US Navy Sea Chanters Concert and enjoyed dinner

downtown at Chef Geoff's, Restaurant.

Thursday, was Veterans Day, and the real focus for our visit. Our group along with Mr. Tim Cox and other veterans of the NCOA had breakfast at the White House, prior to the service of remembrance at Arlington Cemetery. On our arrival at the White House we were met by a number of Presidential Aides and escorted to the reception rooms. Everyone was intrigued as to who we were, and so appreciative of our presence on such an historic day. Following breakfast we joined the line prior to being formally introduced to President Bush. He spent quite a few minutes talking with us all, and joined us in an historic group photograph. It was for us the highlight of our visit. We then moved on to Arlington for the 51st Annual Veterans Day National Ceremony and wreath laying. It was a most moving occasion, and the laying of our wreath of poppies in memory of the fallen from both our countries in times of conflict and war meant a great deal to the In-Pensioners and myself.

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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.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or the leadership of each Home.

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

AFRH-W Editors Column

A Veterans' Day Tribute

We as veterans have had sometimes difficult but always educational experiences around the globe, even in certain places we have difficulty in pronouncing by name. Although at times under extremely difficult circumstances, we have survived.

Another Veterans' Day has recently come and gone, and we have once again been honored by fellow citizens throughout the Nation. With this in mind, I have come to realize that our loved ones deserve a portion of the honor. They are the ones who waited at home, often never knowing whether we were alive or dead.

It further occurs to me that, while we receive recognition, many Home residents don't give enough credit to those who dedicate themselves toward helping us enjoy a quality existence at the AFRH. I refer, of course, to those loyal and understanding AFRH staff members who go above and beyond for us while contending with their personal concerns.

This issue of the AFRH Communicator should be in your hands on November 24, the day before Thanksgiving Day. And, there cannot be a more appropriate time for us to remember and say "Thank you" to our caring staff. Why not regard the occasion as our "Veterans' Day Tribute" to them? Hugs are discretionary. However, a word of caution: We are fragile in our "advanced youth," so be very subtle in your exuberance.

I will be enjoying Thanksgiving Day and dinner in Dallas, Texas with a few of my loved ones. "Wish" I could be in several places at once to enjoy the day with ALL my loved ones.

ENJOY YOUR PAPER!

AFRH Residency

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

Eligibility:

Military veterans from each service branch can live at either Home.

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

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to non service-connected disability, and who served in a war theater or received hostile fire pay, or
- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following offices:

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

In Washington, call 1-800-422-9988, or write to Admissions Office, AFRH-Washington, 3700 N. Capitol St. NW, Washington DC 20317.

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

Message from the Chief Operating Officer



Its hard to believe but the 2004 Holiday Season has arrived. In just a few days we will celebrate Thanksgiving with all the trimmings. Thanksgiving is the perfect time to reflect on the many, many blessings we have enjoyed this year. It is also the perfect time to think about individuals who made a difference in our lives this

past year. Sometimes we take for granted the camaraderie and support we receive from each other, or the extra effort made on our behalf by those in our support network. I encourage each resident and staff member to make a mental note of the top five individuals who have added value to their lives this past

year – and then take the time to let them know how much you appreciate their support.

This year our Agency has also been blessed – we have brought closure to the sale of the 49 acres which resulted in additional funds which strengthened our Trust Fund, we have made great strides in achieving our targeted operating model thus allowing us to operate more efficiently and effectively. We have also explored partnerships with outside entities which we believe will take this Home to a new level of excellence in the future.

I like to wish each resident and employee, and their families, an enjoyable and meaningful Thanksgiving.

Tim Cox

New residents at AFRH-G

Census: 605

As of Nov 22, 2004

Raymond E. Karns	USN
Italo G. Silvers	USAF
David E. Morse	USAF
Donald C. Myers	USAF
Billy J. Williams	USAF
Frederick E. Chance	USAF
Walter W. Stevens	USA
Selso N. Sanchez	USN
Merle E. Tuning	USN
William J. Heard	USN
Nicholas J. Civetti	USAF
Clyde H. Hairston	USAF
William H. Kelley	USA
Donald E. Beebe	USA
William J. Conn	USAF

New residents at AFRH-W

Census: 999

As of Nov 22, 2004

Lyle D. Sorensen	USA
R. Carpenter	USA
M. Brunenmeister	USA
John M. Zemko	USAF
F. Radavitch	USAF
Harold Jones	USN
James D. Carlton	USAF
James H. Brown	USAF
Gilbert L. Baker	USA
Edward Alexanian	USMC

First employee awards ceremony breakfast held on Washington campus

Healthcare Services

Helen Ofili

Carol McFadden

Doxie Predergast

Madelyn Shelton

Virginia Lutterell

Resident Services

Jacqueline Bell

Mary Marbin

Howard (Keith) Turner

Edward Underwood

Support Services

Reginal Johnson

Sheila Motley

Food Services

Steven Briefs

Rosemary Brown

Tryone Brown

Shevonnia Dawkins

Ann Faulks

Vaughn Keene

Congratulations to all!!!

Office of the Director



“November, December . . . “ember” . . . remember.”

Oh yes, each of us has some range and depth-related changes when it comes to remembering details of recent events in our lives.

We forget things for a while and remember later. Also, there are those of us who may exhibit related thought to action coordination in gaps with greater frequency.

The general society, at large, experiences a variety of challenges with the onset of storing information that a person needs to remember in the following seconds, minutes or hours. There are numerous examples. Asking the same question over and over, forgetting that the question had been answered. In fact, the person may not recall that they had already asked the question.

A second example is problems with language as resulting from routinely struggling with simple words or use of wrong

words to the extent that communicating becomes more difficult. Another unsettling feeling is the unwelcome time and place disorientation. You know, the chilling realization that “the person forgot how they got to a certain place and has trouble with the details of returning to the point of origination.”

“Your activity programming professionals continue to roll out the treasure chest of memory enhancers.”

Of course, there other triggers that may drive to a point of concern regarding memory. Most experts (medicine and science) agree that age-related memory loss is normal and without a miracle cure. While always keeping the important and frequently used belongings in the same place, and using calendars and organizers as well as lists are helpful, these basic measures are

not the solutions for the aforementioned trouble spots.

Your Home has good news! It is one of the ideal places for the active senior to refresh the retention capacity of their human central processing unit (a.k.a. brain)...home of the subject topic. Our....Your activity programming professionals continue to roll out the treasure chest of memory enhancers. The game shows (Family Feud - one of my all-time favorites), Jeopardy (the marvels of gray matter), Spelling Bee (the oos , ahs, and wows) may be just the perfect antidote. At a minimum you will continuously have the time of your life every time you play....guaranteed with no repeat scenes of spontaneously amazement, humor and “good stuff.” Please join us as often as possible. The only thing you have to remember is that your spot is reserved for you.

CAPT Jerald Ulmer

Working on building a better tomorrow

By David Rouse (W)

Although the Armed Forces Retirement Home Washington has successfully served thousands of prior service members for over one hundred and fifty years, it needs to constantly be striving to improve the care provided to its Residents. As such, AFRH has launched a campaign to enhance the living conditions while reducing operating expenses. The single largest investment of AFRH resources lies within the facilities and infrastructure which provide the shelter and comfort.

The first of several key facilities related actions is currently underway on the Ground Floor area of the Scott Building, behind the Auditorium. Hillian Brothers Construction Contractors have begun construction to convert this space into a new Dental and Optometry area. Scheduled for completion around May 2005, the current operations being performed in the Barnes Building will be shutdown and moved to this new area centrally located to our Resident population.

Another major move underway is to relocate all of the Residents and Staff functions currently located within the Pipes Building. To accomplish this, several inter-related projects have begun and will continue of the next couple of months. The first of these was the rapid shifting of the Guest Rooms from the 1st to the 2nd floors within Scott Building. This was necessary to support the movement of Medical Records and physical exam rooms into the same area currently housing the Health Clinic. By centralizing all of these Health related functions in one area, it creates a one-stop health service area for our Residents. Simultaneously, we are rehabilitating the Scott Building east end 3rd floor to support Assisted Living moves from both the Pipes and LaGarde Buildings. Once completed, this will allow us to move the 23 bed Dementia unit to the LaGarde Building west end 2nd floor. Clearing the way to close and deactivate the Pipes Building.

Not all of the improvement projects

are on such a large scale. A new Ombudsman Office is being created in the Scott Building to provide an easily accessible yet confidential area for Mr. Al Mori to investigate complaints and mediate fair settlements while supporting the Residents. The AFRH Washington Business Office is also on the move to the ground floor level of the Sheridan Building. Clearing space for future projects in the Scott Building that will further consolidate functions that provide support to the Residents.

The entire AFRH Campus Operations Staff is focused on enhancing the quality of life provided to all of our Residents through facilities enhancements and maintenance, while reducing our footprint and operating expenses. It may seem like a lot of action without much direction; however, each of these pieces of the puzzle when put together supports the long range Master Plan visions for AFRH Washington, of “Building a Better Tomorrow”.

Office of the Command Master Chief—Gulfport



By Walter Asher (G)

As the weather moves from cool to cold, we need to remind ourselves that we are not as spry as we once were. Our bodies

will begin to predict the changes in the weather and try to prevent us from being socially active. Don't let it happen. Dress appropriately for the weather, drink plenty of fluids and maintain a healthy diet to combat the medical challenges of winter. Staying active with your fellow residents or your friends in the community will prevent you from becoming a hermit. Volunteer at the local schools mentoring the next generation. Help out at the local homeless centers; they can always use a hand. Participate in the Leisure and Wellness activities at the Homes and establish new friendships. If you don't see an activity you think others would enjoy, sug-

gest it to the staff.

All of these things will help to stem the melancholy tide as the holiday season approaches. Be watchful for your fellow

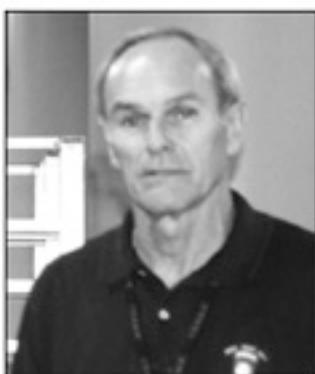
residents who seem to be isolating themselves. Pull them into the family and activities. They will thank you for it. See you about the halls and grounds.



Don't let the cooler weather keep you from enjoying walking and bicycling. Bundle up and enjoy!



Office of the Ombudsman-Washington



By Al Mori (W)

This is from the new guy on campus. I have been here for two months now and have been asked to write an article for the Communicator.

At first I asked, why me? I don't know enough about the Home yet to do an article, they are kidding, I'm sure. But, I was soon apprised of the fact that they indeed were serious. Then comes the hard part, what do I know enough about that I could put in the Communicator. So I decided to pass on my first impressions of my two short months here in the Washington Home.

I was truly amazed when Mr. Steve McManus first gave me my initial tour and briefing prior to my beginning work here. And I, like a lot of others that have made the \$.50 donation each month and in my case I even contributed to the fines and forfeitures in my early years in the Army, are really impressed by what our money has

gone for. During my first BOSS day that I was involved in shortly after I arrived, two young soldiers from Ft. Sam Houston, Texas told me that they thought the "Old Soldiers Home" was a myth. They really didn't know where there money was going. They were really impressed by the people, the facilities, and opportunities that we have here. As one of them told me we are our own little city in the greater Washington, DC.

When Home Member Mr. French presents his class to new Home Members on how to get around the area using the metro system it really makes you realize all of the opportunities we have right here. As he tells his students, you really can't get lost using the metro, just five colors to remember. Almost like the old days of learning basic map reading, remember the basic colors and you will be okay. And not only is the metro system easy to use but look at all of the attractions we have right here locally and with most of them being free. I would urge all of you to take advantage of what we routinely take for granted by living here all of the time. I myself am guilty of this. I don't venture out unless out-of-town family or friends come to visit.

Mr. Chuck Dickerson told me not to long ago that I was still in my honeymoon period, and he was right. After two months here I still have so much to learn that it seems some days to be insurmountable. But, with the great people that we have here, both as employees and members, I get a boost and feel like one day I will understand what is really going on. After thirty-six years dealing with the Army as a soldier and civilian, just the language is a challenge. I often found it interesting how people I would be talking with were constantly asking me to explain what I was talking about. Now I know what they were going through, with all of the different acronyms and terminology it is like learning a foreign language all over again. I still have a lot of learning to do, each day each conversation with a member of employee is a valuable learning experience for me.

So after two months I can honestly say I am proud to tell people that I work at the Armed Forces Retirement Home-DC. The people here are all number one and I am glad to be here.

A little bit of history...

At AFRH-G

The history behind the gravestone in front of the towers....

A Kentucky colonel, a white horse, and a pot of gold

By Thomas Hepworth Oswald, V
Commander, Civil Engineer Corps,
U.S. Navy (Ret.)

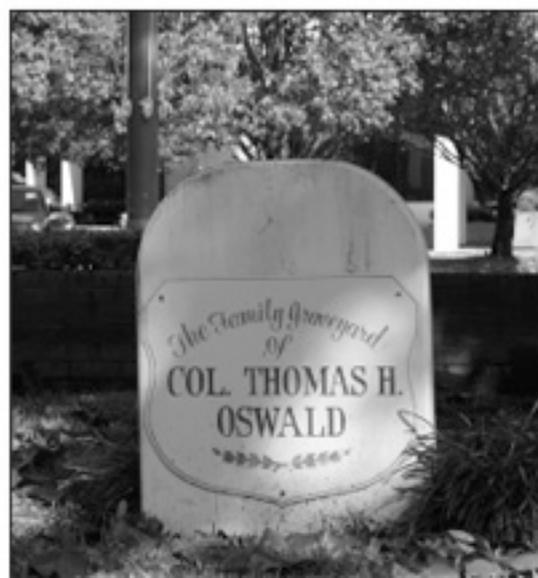
One afternoon in 1977 my office phone rang and it was the boss's secretary "requesting" my presence in the boss's chambers. This was a request that would be unthinkable to deny. My "boss" was Captain Bill Bannister, Civil Engineer Corps, U.S. Navy, and I was a commander in the same division of the Navy, and his department head in charge of the design and construction of naval shore facilities from South Carolina to New Mexico.

My office, located in Charleston, SC, had been responsible for the design and construction of the magnificent new Naval Home (now the Armed Forces Retirement Home) in Gulfport, Mississippi. The Navy had decided to relocate its "older folks home" from downtown Philadelphia to the sunny south, just across Highway 90 from the white sandy beach of Gulfport. The Southern Division, Naval Facilities Engineering Command, was the office in charge of construction in that area. The land had been acquired from the U.S. Air Force, which had once had a radar station there, associated with nearby Keesler Air Force Base. The Air Force had acquired the land some years before, from the Milner family, prominent on the Gulf Coast as the founders of the, by then defunct, Gulf Coast Military Academy, which years before had occupied the site. (I was born and reared in Natchez, Mississippi, and recall our high school playing "GCMA" in Big Eight football.)

I grabbed a pad and pencil and walked smartly to the CO's office and was promptly shown in. Captain Bannister had a Rear Admiral (retired) Clyde van Arsdall on the telephone. The admiral was the then "governor" of the Naval Home. It was a ceremonial position, since there were med-

ical and other support staff assigned to the facility and the "chief doctor" was the actual CO. Captain Bannister related that the admiral was inquiring about an old family cemetery located on the Naval Home property, in fact according to the admiral, "smack dab in the middle of the front yard, next to the anchors and bells and flagpole" of the ceremonial circle. The architect had been required to integrate the small plot into the "hardscape" design, by means of a low brick wall and appropriate planting.

The reason for all of this, according to the admiral, was that the real estate drawings for the construction project indicated that the old gravesite remained the property of its occupants' descendants, and did not "convey" in the several real estate transfers, either to or beyond the Milner family. Hence the reason for my being summoned to the captain's office. He went on to say that Admiral van Arsdall said that there was a single headstone (seemingly not the original) in the 40-foot square plot that read "Family Graveyard of Col. Thomas H. Oswald," a name more than distantly familiar to me! The captain had informed the admiral before I arrived in his office that, unbelievably, he had a com-



mander on his staff by that exact name. Supposedly there was a long pause on the phone from Gulfport, followed by an outburst of "The hell you say!" That call began a long and fascinating trail of discovery of who this colonel was, who was accorded such a prestigious burial place, as it had turned out.

"the admiral was inquiring about an old family cemetery locatedsmack dab in the middle of the front yard, next to the anchors and bells and flagpole..."

The admiral related that the grave and its occupant(s) had been the subject of much conjecture ever since the move from Philadelphia. He stated that he had researched the Oswald name in all the local newspapers, with no results. The courthouse had burned years before and all those records went with it. Out of desperation he had resorted to telling people at local social events that he was informed that the grave was occupied by "a Kentucky colonel, a big white horse, and a pot of gold." Sometimes he threw in a slave as well. He hoped that by telling this outlandish story he might smoke out someone who knew the real story and would set the record straight. Having no luck at this, he called the builders, my office, to see what we knew. He was scarcely prepared for what he was to learn.

Even though I had visited the site several times during the construction period, I had never seen the gravesite, since it was surrounded by a chain link fence and various construction materials and equipment. No one had ever thought to tell me about a cemetery, much less a cemetery with a grave bearing my name! I had been assigned elsewhere during the project's design phase, and hence knew nothing of

See 'Oswald' page 17

Family tree

From Norway To America In 1866

By Ludwig Olson (W)

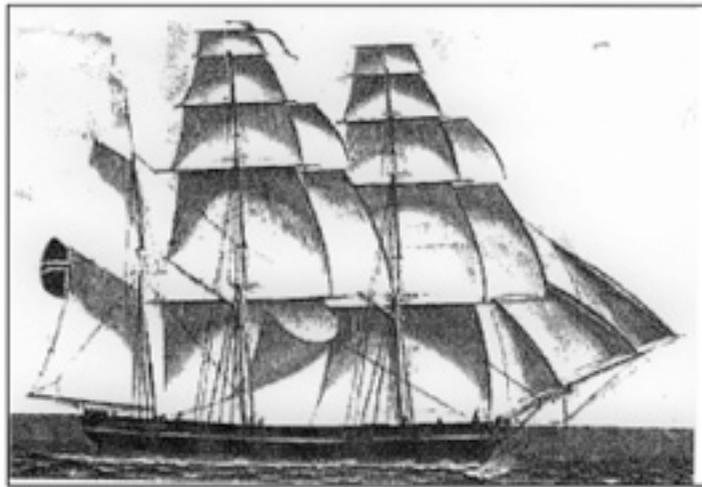
My grandparents were among the large number of immigrants who traveled from Europe to America on sailing ships. Some immigrants came to this country for religious freedom, adventure, or to escape being drafted into a foreign army, but the most common reason was to seek better opportunity in the New World.

My maternal grandmother was Regina Anderson, born in Hokksund, Norway, about 35 miles southwest of Oslo. As with many other Scandinavians during the latter half of the 19th century, she got the "America fever". So did her older brother, Hans, his wife, Merit, an older sister, Anne-Catherine (Katrina), and Katrina's husband, Nels Jacobson. Hans and Merit had an infant son, Adolph, and the Jacobsons had a son, John.

In April 1866, the above group traveled in a small boat on the Drammen River from Hokksund to Drammen, a port city. They boarded the bark "Rhea" on May 1, 1866. (A bark is a three-mast sailing ship rigged so that the sails partially overlap one another.) There were 341 passengers on board. The ship's captain was S. Christensen. Destination: Quebec, Canada.

Life on a sailing ship in 1866 was far from easy and pleasant. The passengers were quartered on the "between deck" immediately below the main deck. Family bunks were one above the other with a little space in front for eating meals. Food and milk were stored in chests. Some food, particularly bread, became moldy.

There were primitive toilets on the main deck. Sanitation was almost nonexistent. During storms, all openings to the passenger deck were closed so that the area was dark as night. Air was very bad. If a storm was severe, passengers and crew were likely tossed around like plastic balls in the mixing bowl of a lottery machine!



The "Rhea" was a bark similar to that shown here.

Origin of the term "steerage" on sailing ships comes from steers (cattle), and indicates that passengers traveled on the same decks used for transporting livestock. The term steerage was used for the lowest price accommodations on ships long after using the same quarters for cattle and humans had ceased. My ancestors on the bark "Rhea" were not steerage passengers.

Names on the passenger list of the "Rhea" were real Scandinavian tongue twisters! Examples are Ole Svendsen Fiskebjerget and Anne Hansdatter Gjermohusuus. Preparing the passenger list and calling the roll must certainly have been an ordeal.

After the ocean crossing, the "Rhea" sailed down the St. Lawrence River in Canada and reached Quebec June 7, 1866. It was reported that four children died and two were born during the trip.

Regina Anderson and the Jacobson family went from Quebec to Winneconne, Wisconsin (near Oshkosh), where a number of Norwegian immigrants settled. Mans Anderson and family traveled to Spring Grove, Minnesota, also a Norwegian settlement.

Special thanks to my cousin, Judith Anderson, who did extensive research for this article. Her great grandfather was Hans Anderson, a passenger on the Rhea" in 1866 with my grandmother and the Jacobson family.

Don't Throw Them Away

AFRH-W resident Stanley M. Segara wants your old eyeglasses; not only those which no longer meet your optical needs, but even ones with faulty frames. He, in turn, will do his part toward making those eyeglasses available to less fortunate people around the world.

Mr. Segara is a member of Volunteer Optometric Services to Humanity (VOSH), an organization of doctors and lay personnel who travel to "3rd World" countries, examining patients and giving out recycled glasses free of charge. He has personally traveled to some 16 countries including India, Thailand, Ecuador, Peru, Paraguay, Guatemala, Bulgaria, Honduras and Mexico on such missions.

VOSH members usually pay their own way on these trips, but occasionally benefit from reduced fares as well as food and lodging.

Your old eyeglasses may now be useless to you but, to others who live in poverty, they can become treasured items. Stanley currently resides in the Scott Building, room 6305. If he happens to be elsewhere, donors are welcome to put the items in a plastic bag and hang it on his doorknob.



16 October 2003, Salisbury, South Australia - Stanley Mataichi Sagara (the one wearing the hat) is holding a Kuala, a marsupial and not a bear as widely thought. The photo was taken at the Adelaide Australia zoo during a home visit to a member of the Friendship Force Club. Kuala are very friendly but rather high strung and if frightened they are known to urinate.

Let the games begin

2004 CHESS & CHECKERS CHAMPIONSHIP TOURNAMENT

By Keith Turner (W)

The Washington DC AFRH held it's first Chess and Checkers Tournament for champions.

The tournament was as competitive as anyone would've imagined with over 20 residents participating to take home the first semi-annual championship trophy. The true chess and checker players came out and put on some great games for the residents to witness. The tournament was a bracket elimination tournament and the focus of the contestants was unbelievable. The checker tournament championship came down to Don Egolf and Benedetto Renzi. The two battled like the hero warriors they are, but the one small mistake made by Egolf, gave Renzi the small crack that he needed to open the final game up and by days end proudly walk away with his first "Champion of Checkers Trophy". "The chess championship rounds were exciting as I had ever seen in my life", said one resident. That was because William Black and James Howard made it that way. In the best out of three championship round, Mr. Black looked like a genius at work as he blew Mr. Howard away in game one. Game two started out the same way as game one had ended, but when Black failed to see a move that would've put Howard in a checkmate position and would've presented Mr. Black with a clean sweep and the title, Mr. Howard made him pay for his mistake and rallied take dominate game two. Game three could not have been written in better for a movie, as the two made spectacular moves and sacrifices to corner the other. Finally, in the end Mr. William Black cornered Mr. James Howard and the battle of champions was claimed by William Black as he proudly hugged his trophy and said, "This really means a lot to me. I have a special place in my room for this trophy, this really means a lot". Mr. Black has already said that he is taking on all comers who will try to take his title away next tournament. "We'll see," said Mr. Howard, "We'll see."



One wrong move could cost you the game!!!! Ed Underwood is keeping a close eye on these two tough competitors during the first Chess and Checkers Tournament.

SPELLING BEE CONTEST IS A SMASHING HIT

By Keith Turner (W)

If you've ever wondered how exciting a Spelling Bee Contest could possibly be, then you should've been present on October 21st in the Scott Dining Hall. The contest was designed for Residents and Employees to team up and battle for the Champion Title. The contest was packed to capacity and the audience was into the event just as much as the contestants were. At the end of the first round, the contest was still close, but by the end of the second round a few team were eliminated on points which began to shape an exciting championship round. At the end of three rounds, two teams out of twelve were left standing. The match was set for the perfect showdown, two men: Mr. Alfred Linton and Capt. Soares, were set to do battle against two women: Jackie Haslam and Laura Fogarty. To everyone's surprise, we were amazed at the amount of great spellers that participated in the event, having to spell words such as "spatiotemporal", "gobemouche", "synchronicous", and many more words that you couldn't begin to pronounce. However, in the championship round Jackie Haslam remained hot and put on a show of her own by not hesitating on any of the words, which were much harder than the previous rounds. "She was hot, what could I say, she told me to sit back and relax in so many words and she shifted into 3rd gear" said Laura Fogarty as she and her partner walked away with the 2004 Partner Spelling Bee Championship Title. The greatest thing about the contest was that everyone was excited to do it again soon. Does this mean that something else could be in the works? Maybe, just maybe a tournament challenge between Washington and Gulf Port. HMMMMMMMMMMMMMMMM!!!!!!

Veterans honored in Gulfport

Miss Mississippi Jalin Wood took time out of her busy schedule to visit the residents of AFRH-G.

Right, Jalin thanks Odell Williams for his service to his country. Below, Dr. Tommie Lucas Peterson, a participant in the 2001 Mrs. Senior America, poses with the current Miss Mississippi. Below right, Charles Jenkins thanks Jalin for visiting the Home.



Central Elementary School in Pascagoula, Miss., held a Veterans Day ceremony. Above, AFRH-G residents Doris Jones and Bob Rutherford salute during opening ceremonies. Left, Ed Junikka visits with a student.

Fall festivities highlighted in Gulfport

Pumpkin decorating contest

HCC residents at AFRH-G participated in a pumpkin decorating contest last month. Below Sam Cook (left) proudly displays the pumpkin he and Elvis Turner entered. Below right, Tim Cox, AFRH COO, visits with resident Irene Matthews after the contest.



What a spooky night it was....

Trick or Treat - AFRH-G style!

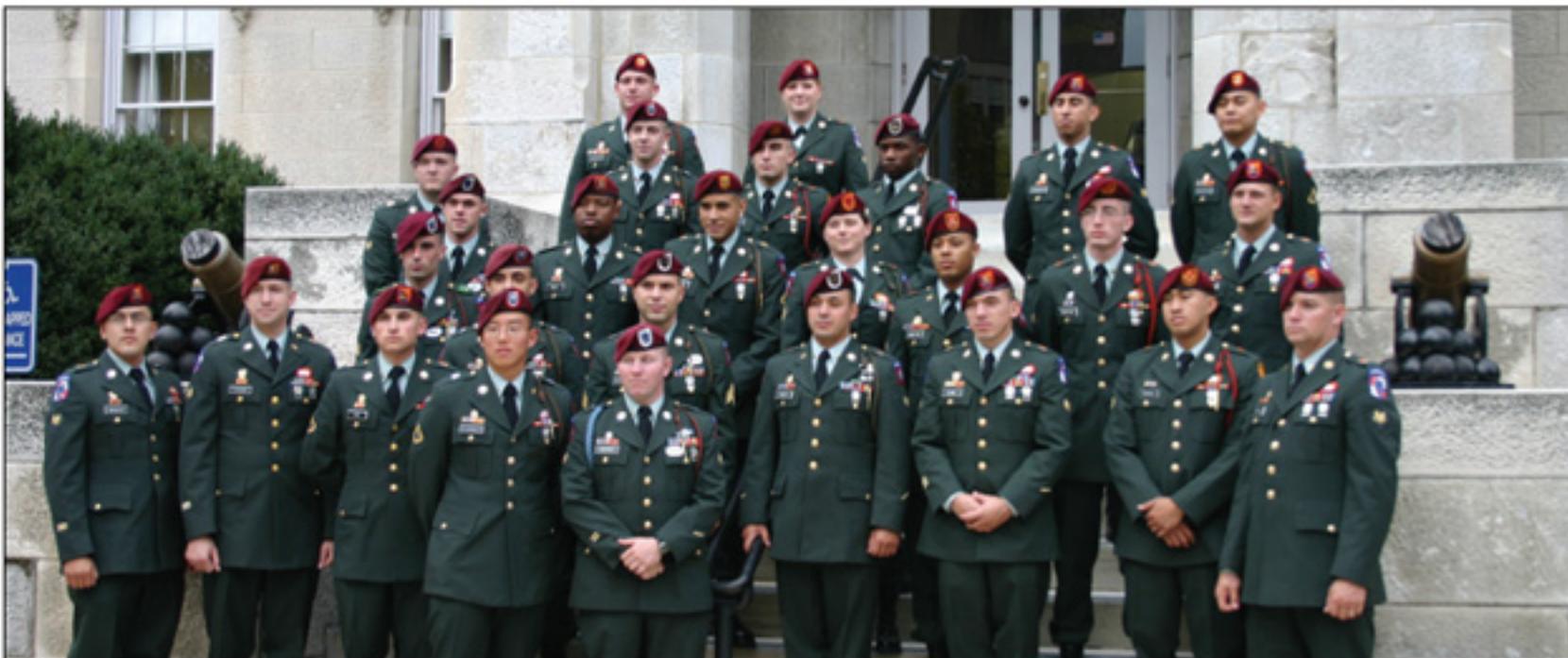


The Halloween Party was a huge success with a ballroom full of scary, interesting and beautiful spooks.

Photos by Jim Pankey, PAO Volunteer



82nd Airborne annual visit



82nd Airborne Division of Ft. Bragg, North Carolina visits the Armed Forces Retirement Home—Washington during the Association of the United States Army (AUSA) Convention.

By Sheila Motley (W)

On October 25, 2004, the 82nd Airborne Division of Ft. Bragg, North Carolina came to Washington, DC for the Association of the United States Army (AUSA) Convention. Although their schedule was extremely full, 130 elite Airborne Soldiers took flight through the Washington home. They received an introductory briefing about the Home and were given a tour of the campus prior to dinner, which they interacted and enjoyed with the residents. The 82nd Airborne Chorus entertained everyone with delightful music.

The chorus showed their diversity by indulging both residents and staff with various styles of music, from patriotic to modern and back to the era of Elvis Presley, which the residents enjoyed immensely. Mr. McBride a resident at the home stated "I think the chorus presentation was outstanding. I found the soldiers very outgoing, friendly and professional."

Mr. McBride took the time to show two of the visitors his room and presented them with pocket knives from "Friends of the Retirement Home."

AFRH-W would personally like to thank residents Mike Longwell, William Sinnott and James Webster and the AFRH-W employees Laura Fogarty, Al Mori, Ed Underwood, Keith Turner and Jeff Anderson for stepping up to the plate and volunteering their services with the tour (due to the size of the group) and last, but not least, Leon Barwick and staff for the

excellent service that was provided to our guests. You all have demonstrated that our staff and residents can make any event a success by working together.

"I think the chorus presentation was outstanding. I found the soldiers very outgoing, friendly and professional."
Resident-Ed McBride



82nd Airborne Division Chorus entertains residents during dinner.

Hero's never forgotten...

Hero's Honoring Hero's

By Laura R. Fogarty (W)

On Saturday, October 24 the day was planned for a beautiful Country Hoe Down barbeque outdoors for residents and the Walter Reed active duty troops and their families. As the morning hours approached contending with the morning wetness on the grounds from a heavy rain the night before and the weather report calling for strong winds throughout the day, staff and volunteers went into action with plan B.

This very special event coordinated by the AFRH-W Leisure and Wellness Division, AAFES and the Walter Reed Army Medical Center MWR Division was a gesture of gratitude and thanks to all those service men and women who served past and present; a chance for both groups of veterans to socialize and enjoy the camaraderie they share. Although decades separate these Veterans, many experiences are the same and all have defended our country proudly.

The Scott Dining Hall recreation



Saturday, October 24 - AFRH-W Leisure and Wellness and WRAMC MRW Devisions, and AAFES, held Barbeque for IRAQ returnee patients at WRAMC.

area and lobby were transformed into a festive country hoe down party area. Bales of hay, cornstalk, scarecrows and autumn colored balloons added just the touch for the occasion. The food and drinks were plentiful and even Baileys Irish Crème tasting was offered. The Sounds of the Country music played by the Southbound band was

enjoyed by all. Dancing and foot stomping was done all throughout the event by many participant. During the afternoon the residents and the young servicemen and women enjoyed getting to know one another.

Door prizes donated by the Army CFSC (Community Family Support Center) in Alexandria Virginia were given out throughout the afternoon to add some excitement and anticipation of winning a prize.

This event wouldn't have been possible without the support from AAFES. Thanks you to Kelli Hackett, AAFES General Manager and Scotty

our Lounge Manager for their sponsorship support with this event. The food and band was great! I would also like to thank the following staff and volunteers for their hard work in assisting with this event: Joe Williams, Harold Schultz, Al Mori, Billy Hitt, Jerry Carter and Jackie Bell.

Antique Fire Truck Show

On Sunday, November 7th, the AFRH in Washington DC along with the District of Columbia Fire Fighters Association Local 36, put on a spectacular display of antique fire trucks and a small amount of special antique vehicles. The residents were also given a number of Hollywood type "Ghost Busters" antique emergency vehicles, entertained by the Bag Pipers musical display (made up of all firemen), viewed over 32 beautiful Antique Fire Trucks, and viewed the special "Arch of the American Flag". The show was judged by our own Mr. Alfred Linton, the trucks and cars then put on a parade for the residents who are living at the LaGarde Building.



*One of our own...***WAC band members return to McClellan for reunion**

By Charlotte Tubbs
Star Staff Writer

Fifty years ago, young women from across the country converged on Fort McClellan to make music for the Army. They returned, toting their trombones, French horns and clarinets, to replay their musical memories.

More than 50 former members of the Women's Army Corps 14th Army Band returned for the reunion. The band was based at Fort McClellan from 1954 to 1976, when it was integrated with men.

"We all had a wonderful time making music together, and we wanted to do it again," said Julia Oliver, a former clarinet player.

The band provided the background music for all of Fort McClellan's major events, including parades, changes of command and basic training graduations. They also served as ambassadors of the Army, ushering in Presidents Eisenhower and Kennedy during their inaugurations and travelling around the country to give concerts at universities, festivals and fairs, often to an audience of thousands.

The band carried the distinction of being the only all-women military band from 1961 to 1976.

Many women joined the band straight out of high school, living away

from their parents for the first time in their lives. They played music day and night, rising at 5 or 6 a.m., practicing four to five hours a day and performing in concerts or providing live music at the Fort's Officer's Club or Non-commissioned Officer's Club.

Band directors enforced a strict curfew during concert tours, checking each night to make sure the women were in their rooms where no men were allowed.

But the strict regulations didn't prevent the women from having plenty of fun.

Now many of the women have



The beat goes on! Washington resident and former WAC band member Bernice Goldstein attended the WAC reunion this past fall. AFRH salutes you!

moved past motherhood and careers into grandmother roles and retirement. But they haven't outgrown the need for support from other women who share a common bond.

Some band veterans had let their horns gather dust for years, but brushed them off and started practicing when they heard about the reunion.



Mr. Ernest Borgnine (McHales Navy star) meets with AFRH-W residents Pasquale L. Giudice, Loretta Turner, Wilfred McCarty, Alfred Giunta and Grace Mueller along with Captain Paul Soares (not shown) at the National Press Club Luncheon held on October 15, 2004. Mr. Borgnine was the keynote speaker for this special event in which the residents thoroughly enjoyed.

Team work pays off

AFRH-G

Top spellers

Resident Jim Pankey (left) and staff member Mary Kay Gominger teamed up to win the Resident/Staff Spelling Bee held last month. Here, Robert Locke, Service Chief, Resident Services, presents a plaque to the winning team.



The following article was submitted by AFRH-G resident George Weeks. He recently returned from a VR Navy Mats Reunion. This poem, written by a reunion member's granddaughter, expresses the sentiments of that group.

The Reunion

Autumn leaves, rustling together to the appointed place, the old warriors come.

Pilgrims, drifting across the land they fought to preserve. Where they meet is not so important anymore...They meet and that's enough for now. Greetings echo across a lobby. Hands reach out and arms draw buddies close.

Embraces, that as young men they were too uncomfortable to give, too shy to accept so lovingly.

But deep within these Indian Summer days they have reached a greater understanding of life and love. The shells holding their souls are weaker now, but hearts and minds grow vigorous remembering. On a table someone spreads old photographs; a test of recollection. And friendly laughter echoes at shocks of hair gone gray or white, or merely gone. The rugged, slender bodies lost forever. Yet they no longer need to prove their strength. Some are now sustained by one of "medicines miracles." And even in this fact they manage to find humor. The women, all those who waited, all those who love them, have watched the changes take place. Now they observe and listen and smile at each other and are as glad to be together as the men.

Talk turns to war and planes and foreign lands. Stories are told and told again, reweaving the threadbare fabric of the past. Mending one more time the banner of their youth. They hear the vibrations, feel the shudder of metal as propellers whine and whirl, and planes comes to life. These birds with fractured wings can see beyond the mist of clouds, and they are in the air again, chasing the wind, feeling the exhilaration of flight, close to the heavens; the wild and blue yonder of their anthem. Dead comrades, hearing their names spoken, wanting to share in this time, if only in spirit, move silently among them. Their presence is felt and smiles appear beneath misty eyes. Each, in his own way, may wonder who will be absent another year. The room grows quiet for a time. Suddenly an ember flames to life. Another memory burns. The talk may turn to other wars and other men, and of futility.

So, this is how it goes. The past is so much the present.

In their ceremonies, the allegiances, the speeches, and the prayers, one cannot help but hear the deep eternal love of country they will forever share. Finally, it is time to leave. Much too soon to set aside this little piece of yesterday, but the past cannot be held too long for it is fragile. They say, "Farewell....see you next year, God willing," breathing silent prayers for one another. Each keeping a little of the others with him forever.

History in our backyard

THE TIBER CREEK

By Ray Colvard (W)

Older visitors to the Home and those younger who have an interest in the history of the District of Columbia, have asked about the "Tiber Creek" which once came out of the Home grounds, flowed down into the city of Washington and out into the Potomac River. Recently one of the docents for the Smithsonian's Museum of American History who visited the Home noted that in the Home's early years, about to 1874, the stream was known as "Goose Creek."

That would have been the time of Alexander Shepherd, known as "Boss Shepherd. He added miles and miles of expensive pavements to cover streams and eliminate slums. Expense meant little; projects planned for six million dollars cost twenty. The rights of property owners were disregarded. They were assessed for the "improvement" when their property was ruined.

Tracks and stations of the Pennsylvania and Baltimore and Ohio Railroads were on property they did not own. He had their tracks torn up and the stations demolished. Then, with lavish grants from a liberal Congress, he encouraged the railroads to move to the new Union Station.

Oral history accounts are that during the Civil War years Tiber Creek crossed and recrossed North Capitol Street and flooded the areas on both sides of the sub-sea-level expanse that was called "Swampoodle." Owen Parry wrote in *Shadows of Glory*, "I know the streets that led to Swampoodle, but no outsider knew the alleys within. The provost marshal's men went there only by daylight. The Washington police did naught but collect the bodies floating in Tiber Creek"

Crime in Swampoodle may have been exaggerated by newspaper reports. Margaret Leech's Pulitzer Prize winning "Reveille in Washington, 1860-1865." Stated that Swampoodle was the Irish Colony, the city's poorest of the poor. They were strong secessionist, anti-Union, and hoped "Stonewall" Jackson or Jubal Early would "liberate" Washington.

By the time the Tiber Creek went into the City Canal near North Capitol and Second Streets, the condition of its water,

in 1860, was far from the clear, pristine state of the Tiber, where, according to folklore, President John Adams chose to skinny-dip. The Canal, actually an open sewer, was the dumping place during the war years for offal from slaughter pens on the Mall as well as carcasses of animals from dogs and pig to Army mules.

Northwest of the Canal was Pennsylvania Avenue, L'Enfant's "Grand Avenue," the city's elite, political, business and social center. Beyond the city limits at Boundary Street, three miles northwest were the fine estates of Harewood and Eckington. On a wooded hill stood the Soldiers' Home, a favorite place to visit. It was founded by part of the tribute which General Winfield Scott levied on Mexico City. In 1901 Charles Moore, Clerk of the Senate Committee on the District of Columbia, wrote, "The grounds of the Soldiers' Home, now five hundred acres in extent, are highly developed in an informal manner, with borders of forests and great central meadows, through which flows a small stream that forms ponds and miniature cascades."

It is unlikely Moore was noting Tiber Creek since the "small stream" can be seen today. Not, however, in the parklike ambiance he described. One can assume, as does the writer, that the life of Tiber Creek as a viable stream ended in the mid 1930s.

Colonel Paul Goode wrote in his *The United States Soldiers' Home*, that the Engineer Commissioner for the District was determined to build a reservoir on Home grounds. The argument was, "that in all Washington only the land of Soldiers' Home was suitable for that purpose" In spite of objections by Home administration, it was authorized. It was built under the agreement that for the use of the land the Home would be furnished water "in perpetuity and without cost."

The *Evening Star*, Washington, D.C. of September 15, 1939 described the construction of the new "first high", underground reservoir, a 15,000,000 gallon, 396 by 228 foot interior. "The huge tank, which will be covered over with earth and look like any flat field when completed, is to be serviced by the Bryant Street pumping station with water from McMillan Reservoir

just south of the Home. The water will be pumped into the reservoir at night and allowed to drain out during the day serving large sections of the city...the area roughly bounded by Pennsylvania Avenue Connecticut Avenue, North Capitol Street and Florida Avenue; that area east of the Capitol including the Northeast and Southeast sections centering at Lincoln Park; also a strip along New York Avenue near Brentwood Park." The city selected for their tank an area which today is south of La Garde building and under the golf course.

None of the Tiber Creek water would be used for Soldiers' Home needs. The city's water distribution system was designed to be controlled by gravity according to five different levels of water consumption. The Home's water intake is from two levels. It is metered by the District at the mains near Eagle Gate and a location near the ponds. No account seems to be taken of amounts entering or leaving the tank under the Home's grounds. Goode noted in 1957, as have the Home's engineers since, that within a year of the District's agreement with the Home, the District has attempted to have the phrase, "in perpetuity and without cost", nullified by District or Federal Courts. Meters to assess and hopefully tax the Home's consumption of the "City's water" have been in place since 1939.

Until the mid 1950s the Home's grounds extended, unbroken, eastward to Harewood Road and southward to Michigan Avenue. How Tiber Creek, when it was alive, meandered across the expanse is conjecture. In the early 1900s it was, according to Moore, "the only driving park in the District of any considerable extent... the Soldiers' Home grounds favorite drive alike of Washingtonians and visitors." Bridges which still exist in the Home's remaining acres suggest that a stream, probably Tiber Creek, was here.

Attempts to locate the historic and folkloric creek may have led to an improbable assumption. However, to borrow from Sherlock Holmes: "When you have eliminated the impossible, what remains however improbable, must be true" It may be true that the old Soldiers' Home's star-quality scenic attraction was, indeed, in 1937-1939, made a "black hole."

Local highlights at AFRH-G

Fleet Reserve Association

Local Chapter 307 reinstated

The Fleet Reserve Association AFRH-G Branch 307 was reinstated to active status in ceremonies held here last month. FRA National President G.R. Kaye officiated the proceedings and introduced



National FRA President G.R. Kaye, right, welcomes Harvey Beaudreault as a member. Photo by Jim Pankey

resident Elmer Miller as the president elect of the local branch.

"I was surprised when I moved here in February of 2003 that there wasn't an active chapter here," said Elmer. "I had been a FRA member for many years and didn't want to stop my association with the organization. I couldn't believe with all the retired military here, there wasn't an active chapter."

Elmer started asking questions around the Home and discovered that there used to be a chapter here. Then, with the help of Master Chief Asher, he located the man in charge of the regional chapter and talked with him about reinstating the Gulfport chapter.

"I found out that the old chapter's number had never been reassigned," said Elmer. "So I asked that we keep that number and just put the chapter back on active status."

Now, almost two months later, the group has grown to nearly 70 members. Elmer said that they've accomplished a lot

but he didn't do it alone.

"Charlie Bruno and Bob Rutherford have been very instrumental in getting this chapter going again. I couldn't have done this without them," Elmer said.

The FRA AFRH-G Branch 307 meets the second Tuesday of each month at 2 p.m. in the Residents' Reception Room. The FRA is made up of retired members of sea services which include Navy, Coast Guard and Marines. Their motto is loyalty, protection and service.

"I have always enjoyed the fellowship and companionship that goes along with being a member of FRA. We look out for our own and that's important when you reach this stage of our lives," Elmer said.

He continued, "The FRA is looking out for the rights and benefits of the military retired members of the community. Without their input to Congress, we would never be enjoying benefits like TriCare for Life. They can and do make a difference."

For more information on joining the local FRA, contact Bob Rutherford, Membership Coordinator at ext. 8686.

It's a dog life

Photo on right -Volunteer Julene Mayewski (left) and her poodle Keri take time to show Barbara Folk Keri's outfit. Below, Keri sits with resident Zara Cotton. Julene and Keri visit AFRH-G every few weeks making rounds as part of the Pet Therapy Program.



AFRH-G Around Campus



Tommy Curan, a driver with Campus Ops, takes a break to enjoy lunch.

Oktoberfest feast hosted by Campus Operations

Last month, Campus Operations hosted a luncheon at the AFRH-G Cabana, with the theme being Oktoberfest. Traditional German foods were in abundance, such as German potato salad, spaetzle, sauer batten, bratwurst, and german chocolate cake. Also there was plenty of good old traditional southern cuisine such as baked beans, fried chicken, and turtle cheese cake.

Door prizes were awarded and the lucky winners went home with some nice prizes. A great time was had by all, enjoying the efforts to build team spirit and camaraderie across service lines.

'Oswald' from page 6

the architects' challenge to reserve and "design-in" a small graveyard "smack dab in the middle of the front yard."

Some quick checking with my father in Louisiana, and some calling of cousins by him, revealed that "the colonel" was actually my great-great grandfather, Thomas Hepworth Oswald, II (or perhaps "Jr.", if they used that suffix in the early 1800's). Thomas Hepworth Oswald was apparently born in Liberty County, Georgia, at the community of Midway. The old Midway Congregational Church has several records of his father, Thomas H. "Sr." as being among the settlers who had come there from Dorchester, Massachusetts via Fort Dorchester, SC. No family source knew many details about the colonel, except that he owned land "on the coast" as well as at Woodville, Mississippi, which is near the Mississippi River between Baton Rouge and Natchez. One of my father's cousins did know that his first wife, Anne Maxwell Oswald, had died early in life, leaving him with two daughters. The story, since verified, was that the colonel took his daughters by horse-drawn carriage to Ithaca, New York, where he entered them into the Emma Willard School for Girls. A cousin of my father related to him that as a little girl she had met the colonel and had talked with the old black man who drove

the carriage, "Uncle" George Washington. She said that "Uncle George" had said it was a long trip but the horses were in better shape when they got there than when they had left Mississippi.

"No one had ever thought to tell me about a cemetery, much less a cemetery with a grave bearing my name!"

At Emma Willard, either on the enrollment visit or on a later visit, the colonel met and fell in love with one Mademoiselle Alphise de Courval, originally of Nemours, France, and the girls' French teacher. They were later married, and she returned to Mississippi with the colonel. Among their children was Daniel Stewart Oswald, named for a relative-by-marriage at Midway, GA, revolutionary General Daniel Stewart. Daniel Stewart Oswald was the father of my grandfather John Gholson Oswald, and the grandfather of my father, Thomas Hepworth Oswald (IV). Two generations through a third marriage after Alphise's death, there had been a Thomas Hepworth Oswald (III). I am therefore the fifth Oswald to have the colonel's name, and my grandson Thomas, born in 1991, is number six! The burst of genealogical activity precipitated by the admiral's call revealed that the colonel's first two wives, Anne Maxwell and Alphise

The Fifth Oswald

Thomas H. Oswald, V
CDR, CEC,
USN (R)



de Courval, are buried in Woodville, Mississippi, ostensibly on land once owned by the family. I have visited those two above-ground tombs, which now sit beside someone's driveway in a residential section of Woodville.

Family records indicate that the colonel died in 1877. The finding of some of his descendants happened, coincidentally, 100 years later.

I retired from the Navy in 1979, and have pursued a civilian career ever since. I am now retired and perhaps will have the time and motivation to look further into the story of the colonel. I can believe that he might have taken his horse with him, but would be quite surprised to hear that there was anything true about the pot of gold. Still - - - I think I might look into the price of a good metal detector!

A must read

Rec Therapy is not just a place to go but a place to grow

American Indian Heritage Month

By Carol Mitchell (W)

The month of November, American Indian Heritage Month, is a special month to recognize. Here at KHC LaGarde Recreation Therapy we will be honoring our Native American men and women with a variety of events. Some of the events will include: Native American Folklore Lectures, Foods of The American Indians, Famous Native American Indians storytelling, a tour of the newly opened American Indian Museum in Washington, D.C., and a variety of movies on American Indian culture.

Veteran's Day at King Health Center

By Jeff Anderson (W)

On Thursday November 11, 2004 the residents were visited by and honored for their service by members of the Omega Psi Phi Fraternity. The fraternity members brought in a cake and socialized with the residents in the Recreation Therapy Clinic. Both the residents and fraternity members enjoyed the time together discussing past and present experiences.

Universal Ballet Academy bring Thanksgiving wishes

By Jeff Anderson (W)

On Sunday, November 14, 2004, the residents of King Health Center were visited by students from the Universal Ballet Academy. The students presented the residents with home made Thanksgiving cards, which put a smile on all the residents' faces.

The Academy is a boarding School with approximately 75 students from countries around the world and of course, states across America. The Academy is to train the dancers in ballet, but the students must also meet normal academic requirements, which

Includes community service, this will be an ongoing program with the AFRH-W.

Chelsea

Continued from page 1

The Sunday nearest to November 11th is always celebrated in the United Kingdom as Remembrance Sunday, and it was for that reason we joined the British Ambassador and the British Embassy staff and their families at their service held in St. David's Episcopal Parish Church in NW DC. After the service it was a privilege for us to meet the British Ambassador and his wife, who on occasions attended church at the Royal Hospital Chelsea prior to his appointment in Washington. During the afternoon we ate lunch at Union Station and then enjoyed a guided trolley tour of the downtown monuments.

On Sunday evening, Chuck and Miko Dickerson kindly invited us to their

lovely home to an informal supper, where everyone enjoyed their generous hospitality. It was a most pleasant way to say thank you, in particular to Bill Jentarra, Kennard Collier, James Webster, Red Cooper and Bill Sinnott who could not have been more helpful and attentive to us throughout the week, as well as to Melodie Menke, and to Al Mori who escorted us on various tours.

On Monday, we formally said our farewells and exchanged gifts at the end most enjoyable visit. Our thanks go to Mr. Timothy Cox, Captain Paul Soars and to all the staff and residents of the AFRH for their generosity and friendship. We look forward so much to hosting the next visit to London in 2005 and wish everyone a very Happy Christmas and a Healthy New Year. May our special relationship continue for many years to come.

Marathon man run the distance-26 miles & 385 yards to be exact...

By Jerry Wessel (W)

Ted Bechtol an employee of AFRH-W (Campus Operations Division) ran in the Marine Corps Marathon on Sunday, October 31, 2004. This was Ted's third time to run the Marine Corps Marathon and his 29th overall marathon. Ted finished this race in 4 hours and 20 minutes which placed him in the top 22% of the field of 18,000 competitors.

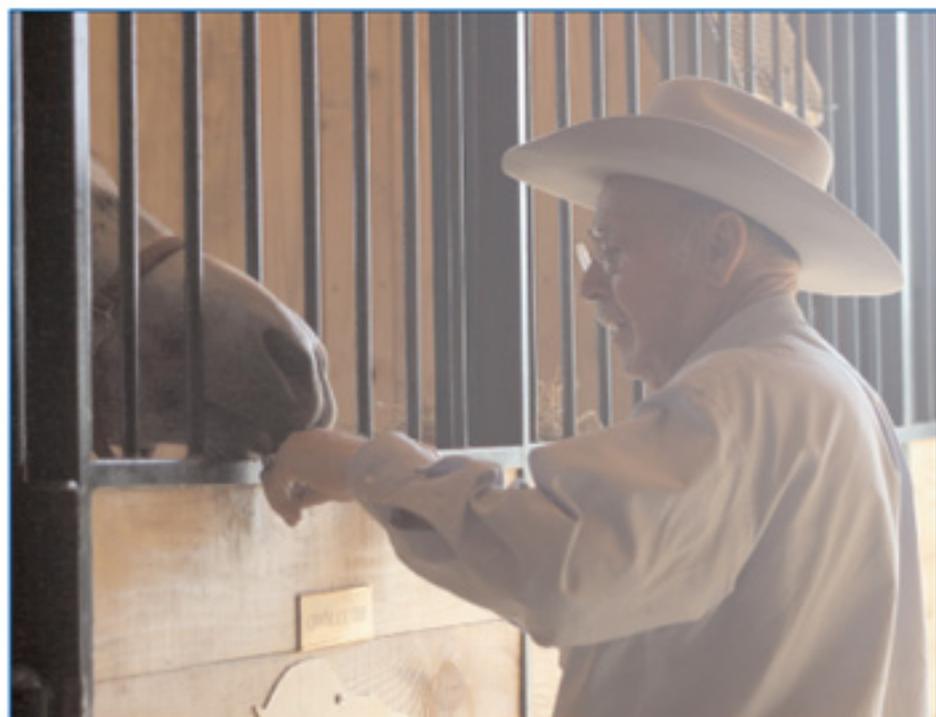
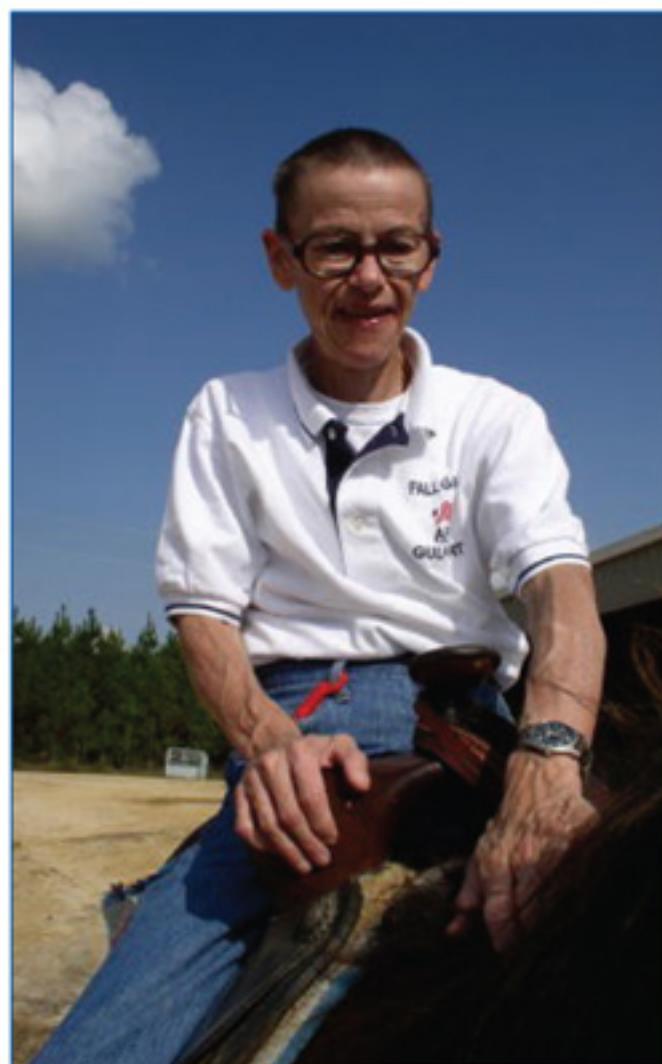
Ted holds a bachelor's degree in Horticulture from Penn State University and started working at AFRH-W in 1999 as the grounds supervisor. Ted and his wife Nancy have two girls Sarah and Erica.

Great job Ted!

Saddle up...

Residents of AFRH-G enjoyed an afternoon visiting Golden Pine Equestrian Center, located in McHenry, Miss. While there, the group was treated to a wagon ride, tour of the farm and some even got brave enough to ride horse-back!

Wagon Ho!



AFRH-W PICTURE GALLERY

COLORS OF THE CAMPUS AT AFRH-W

Photographs by George Lynch (W)

These photos were taken over a period of 10 days. I did that to allow nature to expand my horizons. Also, they were shot at different times of the day for sunlight variety.

