

Charles, Prince of Wales, joined by American Legion Post 70 veterans, visits WWII Memorial

By Wilfred McCarthy (W)

The British Embassy sent a van to pick up some of us World War II types to attend a wreath laying ceremony conducted by Prince Charles at the WWII monument on Nov. 3, 2005.

We were given front row seats and before the ceremony, military officers from the British Embassy welcomed us and visited with us. After the ceremony, Prince Charles, his wife Camilla, as the British Ambassador and wife and other VIPs came over and shook our hands, thanked us for our service and were very democratic and friendly. Camilla told me that her father had been in the Army. When I mentioned to the Prince that Mr. Stevenson standing next to me was 92 years old he joked and paid special attention to Mr. Stevenson. Jim Webster told the Prince that he had been honored to visit the Chelsea Pensioners in London (their Old Soldiers Home) and to attend a passing out

ceremony (they refer to their graduation ceremony as a passing out ceremony) at Sandhurst (their West Point). The Prince asked him if he had had a good time and said that his son was at Sandhurst (I thought they all went into the Navy). They did not rush through their greeting us and had something nice to say to us all. I got the impression that Prince Charles and Camilla wanted us Americans to like them and we did.

Margaret Jirak, our American Legion Commander and husband, did all the ground work, many phone calls, along with public relations. I looked at the wreath after the crowd moved away and was surprised to see that it was simply signed Charlie or maybe it was Charles and Camilla no rank or title.

To Prince Charles and his lovely wife Camilla and all those involved we thank you for the invitation and honor to attend this special wreath laying ceremony.



AFRH resident Don Egolf talks to Prince Charles after the wreath laying ceremony held at the WWII Monument on Nov. 3.

AFRH COMMUNICATOR

Phone: 1-800-422-9988

Web site: www.afrh.gov Email: sheila.abarr@afrh.gov

Sheila Abarr, AFRH Public Affairs Specialist, Marketing
 Howard J. Sweet (W) Editor
 Sheila Motley (W) Public Affairs Specialist
 Mary Kay Gominger (G) Public Affairs Specialist

Becki Zschiedrich (G) Proofreader
 Ludwig Olson (W) Writer
 Jo Colvard (W) Proofreader
 John Bowery (W) Writer
 John Paul Bednarz Writer, Proofreader

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

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

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



A short time ago our CFO Steve McManus, assisted by Marjorie Smith and Stanley Whitehead unveiled the **Enterprise Telephone and Internet System**. The questions posed by those of you who attended the briefing will be answered on page 23. In my opinion, and in my memory, this innovation represents the most recent significant improvement in “**Quality of Life**” here at AFRH.

Here is a little background information to accomplish understanding. In other words here is the **scoop**. Marjorie Smith (3028) will be glad to fill you in on any details.

About Our New Telephone System

Reality Factor – A PBX (private branch ex-change) is a telephone system within that switches calls between enterprise users on local lines while allowing all users to share a certain number of external phone lines. The main purpose of a PBX is to save the cost of requiring a line for each user to the telephone company’s central office.

The PBX is owned and operated by the enterprise rather than the telephone company (which may be a supplier or service provider, however). Private branch exchanges used technology originally. Today, PBXs use technology (digital signals are converted to analog for outside calls on the local loop using).

A PBX includes:

- Telephone trunk (multiple phone) lines that terminate at the PBX

See Delay – Continued on Page 23

AFRH Residency

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

Eligibility:

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

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

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

To receive an informational brochure please contact the following office:

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

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

Message from the Chief Operating Officer



Happy Holidays to each resident, staff and family member! If the weather forecasters are accurate, we may even see a fluffy white Holiday this year.

Unlike the "traditional" past holiday seasons in the government when things seem to slow down a bit, this year quite a few things are going on that directly impact each of us. Congress still has to "conference" the National Defense Authorization

Act for 2006, which means that differences still exist between the Senate and the House. When this occurs, both Houses of Congress convene in conference to iron out their differences. Hopefully, the month of December will bring resolution to this Act being passed.

In recent days we have had Congressional inquiries seeking to get a better understanding of the status of the Gulfport facility. As I mentioned in last month's article, both Congress and the Department of Defense are crucial players in the outcome and funding requirements needed for reconstruction. Some of you had the opportunity to speak with Mayor Warr (Gulfport) when he visited the Washington campus on Friday, Nov. 11. After speaking with the

Mayor it is clear that from his perspective the Gulf Coast is not quite ready to receive returning residents at this time. Three major concerns regarding the current status of the local infrastructure exist: (1) water connectivity between the Home and the city's water services has not yet been restored, (2) fire stations still need to be restored, and (3) mountains of debris still exist that need to be removed for safety reasons. Our best estimate is that it will be at least a year until residents are able to return, but keep in mind that restoration of the city's infrastructure is also a key piece to the decision process.

Our goal here at the AFRH this Holiday Season is to ensure that **each** resident has **every** opportunity to enjoy themselves. The combined staffs of Washington and Gulfport are working hard to make sure that numerous events and special programs are available to each resident. You can't have fun if you don't participate, so please, join the staff and your fellow residents as often as possible over the holidays.

Wishing you all the best of the Season!

Tim C. Cox

Chief Operating Officer

AFRH-W American Legion Post #70

WWII Memorial



Office of the Director



Many of us this week are recuperating from the long Thanksgiving weekend where we shared good food and fellowship with friends and loved ones. The

Thanksgiving meal served in the dining facility was outstanding and was a reminder of all the many things we have to be thankful for. This was a special Thanksgiving feast for us here at AFRH, it was the coming together of the entire AFRH family and it was a genuine display of the true meaning of 'family.' This, too, is the time of year when we should reflect on our blessings and be mindful of our hopes for the future. This year our prayers have special meaning - not just for the AFRH, but for our nation also. Around the world people have faced historic changes, many good, some devastating.

Nonetheless, our hopes for a better world and a better AFRH seem very real.

The upcoming holiday observances traditionally compel us to review our past accomplishments and look forward to the future. In the next few weeks, we will begin moving forward with positive moves designed to enhance your living conditions and the campus grounds. We are, for example, completing additional lodging in the Scott Building to accommodate residents of Pipes who have chosen to transfer. That allows us to begin accepting new resident applications to AFRH into the Pipes Building.

Then, to accommodate new residents on our expanding campus, transportation services are being redesigned to fit our growing AFRH community. If you've been out and about, you probably noticed that the AFRH grounds are taking shape as downed trees and debris are being removed and landscaping is being done around buildings.

The Recreation, Leisure, and

Volunteer programs are expanding in 2006, offering new programs and volunteer opportunities for anyone wishing to participate. We presently have numerous organizations wanting to provide volunteers to assist with programs for our veterans. The dedicated and professional staff throughout all departments and divisions of our organization makes the task of providing superb facilities and activities for our veterans much easier.

We are all so very fortunate to be a part of this active and vitalized AFRH community. All of our residents have something to offer. They bring a treasure and a meaningful memory of what we can accomplish, and an AFRH with a memory can grow wiser and better as a community.

Finally, I want to say thank you to all of the residents and employees of the AFRH for your kindness and support throughout the year. This is my first year here, and because of your friendships and support, I know it will be the best ever.

Have a wonderful holiday season.

*Director,
Ben Laub*

Land of Enchantment-New Mexico

U.S. Capitol Christmas stopped over at AFRH



Office of the Command Master Chief - Gulfport



A couple of weeks ago I had the opportunity to break away from the coast and spend a weekend with you all in D.C. It was great visiting with you...my only regret is I wasn't

able to see everybody. I felt like I was home again and I quickly realized it's not the building or the location that makes it "Home"...it's the people. You are what makes the Gulfport Home a warm, fun, and enjoyable place to live.

Here's an update of your Home - the Seabees along with our Campus Ops folks are nearly complete with cleaning the site and preparing the first floor for reconstruction. The last remaining eye soar is the fallen water tower, which will be cut up by Seabee Steel Workers and hauled off by FEMA in early December. Though everything has been done on our end to speed things up, there are still decisions above us

that need to be made...how much money will we get and when will we receive it. Your petition caught the attention of the Mississippi delegation so continue to make your voice heard. My hope and belief is that we will see funding to make immediate occupancy repairs.

Both moving into somebody's home and sharing your home with others can be difficult if we don't have the right attitude. I'm reminded of a similar situation my Seabee battalion experienced not too long ago. We built a magnificent camp on the Iraqi border where we trained our Seabees and rehearsed our mission. We took a lot of pride in our camp and all the comforts we put in it...it took on the personality of our battalion. Soon camps were sprawling up all around us...space was limited so we ended up having another Seabee battalion live and train with us. At first it was difficult. This was our camp and we didn't want to change our life styles. Great! Crowded showers...longer chow lines...sharing knowledge...sharing equipment...even leadership started falling into the trap of us and them. We as enlisted leadership saw

what was happening and knew the consequences if our attitudes didn't change. We needed to remind ourselves we were all on the same team. For our unit to succeed, their unit needed to succeed. Soon each battalion was going out of their way to help the other. Leadership didn't complain about each other...they worked together. Troops got out of their comfort zone and made friends outside their own command. The culture changed from animosity to camaraderie.

Time is very precious especially as we get up in our years. Enjoy your stay in Washington. See the sites...do the things you enjoy doing...and make new friends. Thank you all AFRH residents for the warm welcome especially from the dedicated contributors of the "snake pit." Thank you Washington staff and residents for the hard work and late hours you put in receiving and caring for our Gulf Coast residents these past few months. I hope you all had a nice Thanksgiving Day.

God Bless

*CMDCM Joe Perrone
Command Master Chief*

Office of the Administrator, HCS-Washington



There has been some confusion in levels of care and how that determination is made. Independent living basically means

that the resident can function without assistance. He can keep his/her room clean, make his bed, bathe himself, do his own bills, and go to the dining room. We like to have the resident stay in independent living as long as possible. If the resident is unable to keep his room clean or make his bed, the resident can hire a housekeeper or a home health aide which in-turn allows the resident to remain in independent living. If the resident needs help with his medication, the community health nurse is available to help him. Residents who receive Hospice care

can also remain in independent living provided that the resident can take care of himself, take his own medication and keep himself pain free. There are many aspects or levels of independent living. The level of care changes when the resident can no longer bathe, keep his room clean, take his medication, or get to the dining room. Assisted living is a level of care where the resident needs help with medications, bathing and keeping his room clean. Here again there are different levels of assisted living and some residents may need more help than others. Long term care means that the resident needs help with almost all levels of care. He/she needs help with bathing, dressing, keeping his room clean, making the bed, going to the bathroom, and dining. Nothing is cut and dry. Healthcare is always available to help the resident remain in the highest level of functioning. We just want to

make sure that you receive the care you need and that you are safe.

Regarding Emergency Medications; the Community Health Clinic has medications on-hand for emergencies only and for after hours. These medications cannot be given to you by the nurse without a doctor's order. If you come to the clinic wanting antibiotics, the nurse must call the on-call provider for an order. If your illness is a reoccurring one or chronic, come to the clinic so that the provider can order medication that you can keep on hand should the need arise. Healthcare personnel are available 24 hours a day. If you find that your needs are not being met or you are having difficulties please contact Ms. Irish in the Community Health Clinic at ext: 3063/3078 or me Dr. Linda Rader at ext: 3323/3327.

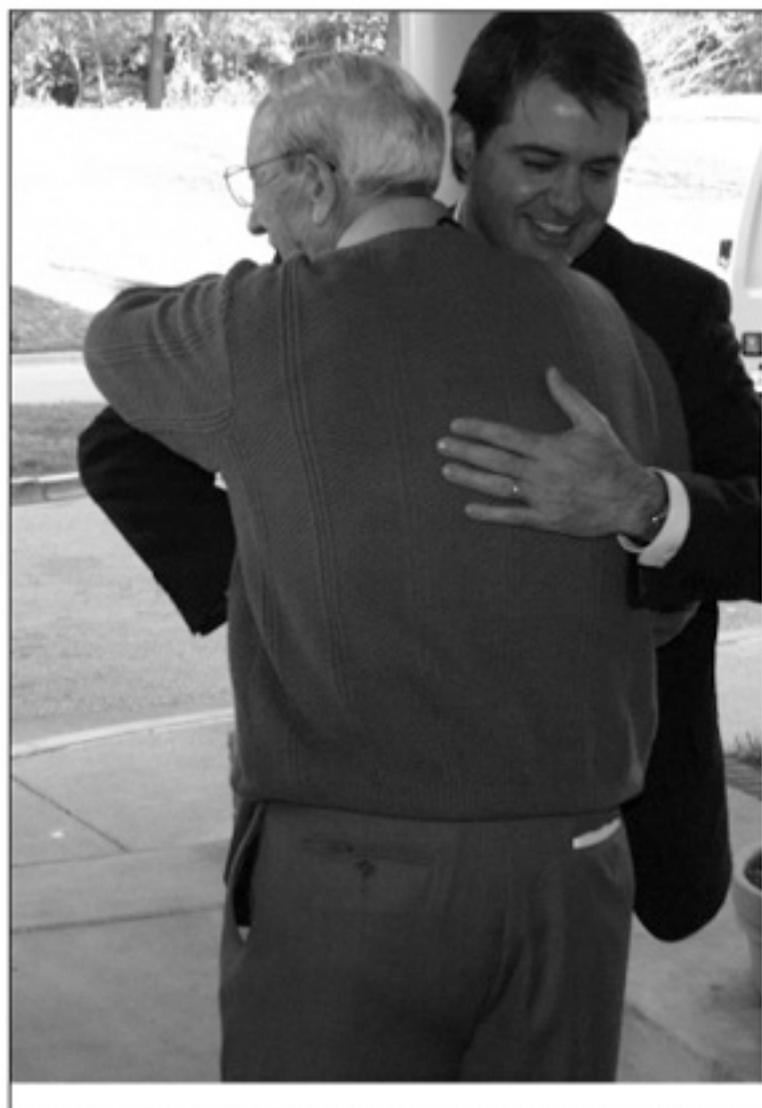
Dr. Linda Rader

Gulfport Mayor visits with residents in DC

AFRH residents from Gulfport now residing in DC gave Gulfport Mayor Brent Warr a warm reception last month when he visited them at the DC campus. The Honorable Warr spoke with the group, giving them an update on the conditions of the City of Gulfport as it relates to the Gulfport facility and answering questions they had on damages and recovery. The Gulfport residents were bused out of Gulfport the day after the storm and many have not been able yet to return to see for themselves how the Mississippi Gulf Coast fared.



AFRH Chief Operating Officer Tim Cox addresses the residents prior to the Mayor speaking.



Resident Hollis Hayes gives Gulfport Mayor Brent Warr a warm embrace when he arrived at the DC campus. Hollis evacuated from the Gulfport home where he has lived for many years.



Two Gulfport residents wait to hear news about Gulfport from Mayor Warr.



Residents gathered to hear the Mayor of Gulfport talk about damages and recovery on the Mississippi Gulf Coast.

Serve – Preserve – Honor

Library of Congress Strives To Document Veterans History

There are 19 million war veterans living in the United States today, but every day we lose 1,700 of them. Motivated by a desire to honor our nation's war veterans for their service and to collect their stories and experiences, the United States Congress created the Veterans History Project. The authorizing legislation, sponsored by Rep. Ron Kind (D-WI) in the U.S. House of Representatives and sponsored by Rep. Amo Houghton (R-NY) and Rep. Steny Hoyer (D-MD). In the U.S. Senate, the principal sponsors were Sen. Max Cleland (D-GA) and Sen. Chuck Hagel (R-NE). The legislation passed unanimously, was authorized by enactment of Public Law 106-380, and signed into law received unanimous support and was signed into law by President William Jefferson Clinton on October 27, 2000. Public Law 106-380 calls upon the American Folklife Center at the Library of Congress to collect and preserve audio- and video- taped oral histories, along with docu-

mentary materials such as letters, diaries, maps, photographs, and home movies, of America's war veterans and those who served in support of them.

The Veteran's History Project covers World War I through the current conflict in Iraq. It includes all participants in those wars—men and women, civilian and military. It documents the contributions of civilian volunteers, support staff, and war industry workers as well as the experiences of military personnel from all ranks and all branches of service—the Air Force, Army, Marine Corps, and Navy, as well as the U.S. Coast Guard and Merchant Marine.

The Veteran's History Project is issuing a special call to women veterans, defense workers, wartime volunteers, entertainers, and home front supporters to record their personal stories and experiences for long-term preservation in the Library of Congress and other trusted repositories.

The call comes from Veterans History

Project Director Diane Kresh. Ms. Kresh said, "In less than five years, the Veterans History Project has become the largest oral history archive in the United States. This Project is important because the Veterans stories are our stories. Please take some time to interview a veteran for the Library of Congress Veterans History Project."

On Veterans Day 2005, the Veterans History Project will publish *Forever a Soldier* through National Geographic Books, the second book featuring stories from the collection. Andrew Carroll has authored the introduction.

The Project's first book *Voices of War* featured more than 70 individuals from the collection.

AFRH residents wishing to participate in this project may submit their contact information to the Public Affairs Office located in the Sherman Building, Room 110. For more information call Sheila Motley, PAO at ext. 3556.

Festivities at AFRH kicks off the 2005 Combined Federal Campaign

By Carla Roberts (W)

With a tradition of commitment to the community through the selfless efforts of federal employees, the Combined Federal Campaign (CFC) has its roots in the many charitable campaigns of the early 1960's. Seeing a need to

bring the diversity of fund-raising efforts under one umbrella, federal employees created the CFC--one campaign, once a year. Each federal agency has a kickoff to commensurate the start of the campaign.

This year the Armed Forces Retirement Home was

pleased to have Mercy Ships, Community Health Charities, USO, Inc., the Make a Wish Foundation, and the Joshua Foundation. Adding to the festivities, the Joshua Foundation headed by Ed Walden Jr., brought children from an orphanage in Uganda to perform songs from their native homeland. Guest speakers for the event included our own COO, Tim Cox, and Deputy Director, Cmdr. Burns.

There is still time to donate, look for upcoming events!

Right; Children from an Uganda orphanage were on hand for the kick off of the Combined Federal Campaign.



Resident reveals that positive attitude is essential to survive

The following article was written by Mr. William L. Minnix, Jr., President and CEO of AAHSA. Mr. Minnix recently spent some time at the AFRH and met some of our residents.

Arline sits in her specialized wheelchair at the head of the table in the dining room of the AFRH here in D.C. Like other residents of the AFRH, Arline is not an officer. She's career enlisted. She's 77, has reached the rank of corporal (twice), has seen her share of the world, has three grown kids scattered throughout the country and is confined to a wheelchair because of a brain infection.

Arline is an assertive, articulate woman a bit reluctant to talk. She is African-American, with a snappy hairdo, stylish glasses and a 'presence' that lets you know she's an in-charge kind of person.

I mentioned Arline had made corporal twice. I asked her to explain. She was corporal in 1951 until she "got drunk and insubordinate!" She burst into a chuckle, her round face beaming with an ear-to-ear grin. A physical therapist at our table chimed in, "She still knows how to be insubordinate!" Another chuckle, with laughs from other staff.

As we talked, I asked what it's like for a person like herself to be a resident in a chronic, long-term care environment. Of course, she hopes to get out, maybe for the holidays, but she says she doubted she could. A wave of what looked like brief sadness briefly swept across her face. Then, in the course of the next few minutes, she laid out what I'd call her philosophy of life. Here it is:

"Sometimes you wonder how you made it." You could tell there were memories behind that statement.

"Nobody's better than you, my mother told me. So always keep on walking, head up, straight ahead."

And finally, *"Nothing in life is perfect, there are always thorns with the roses. This place is the rose for me in my life!"* The last thought she left me with was a profound Thanksgiving



William Minnix, Jr., President and CEO of AAHSA visits with two AFRH staff members during an AAHSA-sponsored luncheon.

message,

"Ya gotta be thankful in life! That's the way to survive!"

I never thought about being thankful as an attitude essential to survival. How powerful.

So, you know what to do. Be thankful and tell folks about it. Your health and well-being depend on it.

Arline would also probably advise you NOT to get drunk and become insubordinate. You can get busted for that, and it takes years to regain your status.

Thank you, Arline. And thanks to the residents and staff of both AFRHs for all you do for our country and those who have served it. Thanks to AAHSA members for being so generous in so many ways and for all that each of you do to help people like Arline have a rose in their lives, a caring place called home, whether permanent or temporary.



Left; Volunteers help beautify our campus by cleaning up and sprucing the landscaping around King Health Center.

AFRH - Like a good neighbor

By Melodie Menke (W)

Like a good neighbor, AFRH resident Dave Davison wanted to help beautify our neighborhood and with resident Dale Baker, the two lead the Navy Bureau of Medicine and Surgery Chief Petty Officer Association on a clean and green along the AFRH fence line on Saturday, Nov. 19. With Campus Ops supplying the heavy trash bags, the Navy chiefs and two family members braved the morning autumn air and scoured the outer fence line for litter from Eagle gate, down Harewood Road and then onto the busy North Capitol Street. With Security's assistance of opening the 3700 North Capitol Street gate, they made their way back onto the campus and started on the inner fence line cleaning up our Home. This is one volunteer project that made an immediate visible difference. Thanks again to our resident volunteers Dave Davison and Dale Baker and the Navy Bureau of Medicine and Surgery CPO Association. We look forward to working with you on many more projects.



Volunteers brave the cool DC morning and pick up trash along our fence lines.

AARP-sponsored ice cream social big hit with residents

The American Association of Retired Persons (AARP) DC staff and volunteers hosted an ice cream social for residents of the AFRH last month. Over 500 residents enjoyed delicious ice cream and all the toppings while visiting with the AARP personnel.

AFRH's enrollment increased dramatically in size this fall when Hurricane Katrina forced Gulfport residents to evacuate their home. This ice cream social was an enjoyable way to bring residents from both homes together.

One resident told Sarodel Childs, Interim Associate Director of AARP, that AARP has offered them insurance, travel discounts and other benefits but this was the first time AARP has given them ice cream and they really enjoyed the event.



Residents enjoyed ice cream and good fellowship at the AARP social held at AFRH.

A Time Of Heros and other Unusual Incidents – Part 1

By John Bowery (W)

Our story begins around the end of 1943, shortly after Arthur Greenwood enlisted in the Army Air Force with a great deal of patriotism and the desire to become a fighter pilot. Things did not turn out the way he planned and he wound up in gunnery school in Harlingen, Texas.

Then on to Camp Kilmer, NJ. He went aboard the French Liner, Ill de France. They were a day and a half out to sea, when they returned to New York because they were being stalked by a Nazi submarine and they were not in convoy. The ship was transporting the 82nd and the 101st airborne divisions. They were five decks below and one torpedo would have ended their role in the war. We were fortunate to have Bing Crosby and a USO troupe on board, that kept our moral high during that trip to Glasgow, Scotland.

He finally wound up at Harrington Air Base, England. In the morning they found a row of B-24 lined up and painted black. The bomb bays contained static lines, straps and canisters instead of bomb shackles. They trained doing night flying bomb runs on London. This was really weird because the anti-aircraft gunners were mostly women. Their radar-equipped lights did not have to search the sky for planes; it turned on and was on you. You were looking down a blue shaft of light, and then several other lights were honed in on you. After identification all the lights would go out. Amazing experience.



Crew of B-14 "Carpet Bagger" on mission to supply Danish Nor-weigan Underground.

almost destroyed them. The loss of planes and crews then prompted the Eighth Air Force to discontinue the flights.

The OSS (Office of Strategic Services – former CIA) saw an opportunity to use these men and planes in their undercover activities. The 492 became a tool of the OSS. They were no longer used for daylight missions. They began planning, training and doing bomb runs on pill boxes containing German Wehrmacht in France that the advancing Allied Forces had passed up; hauled gasoline to General Patton's tanks in Lille and St Quentin, France. They dropped French Maquis Underground personnel and supplies to the Allied Forces. The group eventually, did the same thing for Denmark and Norway.

They were supplying the Danish and Norwegian underground and had to be fully armed as there was no fighter escort. The black planes were almost undetectable in the night skies, but were

The bomb group had been flying precision daylight raids over Germany with other bomb groups. Hermann Goering, displeased with the beating they were getting, decided to plan the total annihilation of the 492nd Bomb Group and he sent most of his famous "Yellow-nosed" fighters to attack the 492nd and

not invisible.

On one flight to Denmark, they got the correct code signal from the Danes in the drop zone, but noticed an exchange of gunfire on the ground and decided not to drop. Instead, they headed back to England. They crossed a railroad track just a few hundred feet off the ground; they were fired upon by Germans on a railroad



Carpet Bagger B-24 taking off from Leuchars Scotland on one of their missions.

flatcar. However, he was able to train his guns on the attackers. He was getting enough hits through watching the tracers and armor piercing incendiaries exploding on contact. We didn't get off scott-free. Return fire from the railroad flatcar hit our number one engine and we had to

feather it. Flying across the channel on three engines gave us a lot of anxious moments. But our pilot was very experienced and landed the plane safely.

Then a few nights later a German night fighter (Messerschmitt 110) caught us just as we were approaching the coast of Norway. This was the evening of April 19, 1945. Our pilot flew an evasive tactic after being hit, but the plane had its #1 engine on fire and the ground batteries were zeroing in on them for the kill. The pilot, Captain Keeney tried to gain altitude after the encounter, hoping to get high enough to bail out. At first, he thought about ditching in the sea, but was too badly damaged for that. The #2 feathered; #3 was losing fuel and #4 was the only reliable engine left.

The intercom system wasn't working. Arthur was fortunate enough to hear the co-pilot Lt. Parker say to go on (wireless). The crew did not hear this, so he had to keep the others informed of what the pilot planned to do. Which was to bail out!

As he stood place, straddling the open hatch, waiting for the



Monument commemorating flights out of Harrington AB, England 1944.

They were studying me and unsure of their next move. He broke the silence by saying: "Help! Amerikanske!" A group of women

jump signal; ground anti-aircraft fire opened up, he just put his feet together and dropped. He came down in a meadow. He landed on his left leg, full impact, breaking his leg. Not knowing how badly, he started yelling for help.

It was 2:00 a.m. and he noticed a group of people silhouetted against the moonlit sky.

Harvest Dance

Area veterans join AFRH to celebrate autumn

Jerry Carter (W)

Leaves turn, clocks change, birds fly south and the Harvest Dance comes alive every fall. On Saturday, October 29th, around 200 residents kicked up their heels, clapped their hands, and enjoyed the live country music performed by South Bound Band.

Soldiers returning home from Afghanistan and Iraq joined in the celebration of the autumn season. AFFES Manager Tina Lafferty prepared a delicious meal: beef, sliced potatoes and baked carrots, corn bread, carrot and raisin salad. To top it off, pumpkin and sweet potato pie was served to everyone's delight. Recreation Services would like to thank AFFES, South Bound Band, co-workers, and resident Jessie James for making this a successful event. Lastly, thanks to our special guests from Walter Reed and all the residents who attended the Harvest Dance.



Residents dance to the music of South Bound Band.



Joe Montgomery and Chris Edwards dance the evening away.



(Above) -Sue Readman the South Bound Band Manager and a resident hit the dance floor.

(Left) -Residents enjoying the festivities.

Thanksgiving Day celebrated at AFRH



Donald Cooper takes on a turkey leg at the AFRH Thanksgiving feast.



Chester Mahaffey helps himself to some irresistible candy as he goes through the food line.



NBC 4 reporter, Julie Carey, was on hand during the AFRH Thanksgiving meal to talk to some of the residents.



A resident goes through the serving line.



Residents and family members enjoyed food and fellowship at the Thanksgiving meal.

A photo update...

Here's how things are shaping up in Gulfport



This is the view now from where the guard shack used to stand looking out towards the water.



Above - Equipment operators work on Hwy 90 in front of the AFRH-G. Left - Trucks stand by for loading as the front fence line is taken down.



Above - Master Chief Joe Perrone visits with two residents as they pack some belongings from their rooms into their cars. Right - A bulldozer clears the fence line.



Veterans Day celebrated at local elementary school

AFRH residents Pete Carter, J.B. Coincon and Joseph Turner visited Parklawn Elementary School in Alexandria, Va., on Nov. 11 to participate in the school's 'Celebrate Veteran's Day.' The children's ceremony included patriotic literature, songs, and honored the AFRH veterans for their service to our country. The children also welcomed the Gulfport residents to Washington, DC.



Above - from left - J.B. Coincon, Pete Carter and Joseph Turner talk to a group of students at Parklawn Elementary School during Veteran's Day celebrations.

Left - Pete Carter visits with the students and tells them why he served his country.

Army Freedom Team Salute

AFRH Army veterans participate in new recognition focus group

Members of the Army's Freedom Team Salute (FTS) Program visited the Washington, D.C. Armed Forces Retirement Home on Nov. 9 to conduct a focus group with Army veterans.

"We wanted to reach out to veterans," said FTS representative Cynthia Houston, who led the focus group discussion. "We were able to share information with them about this new Army recognition program as well as learn first hand from AFRH residents what it means to be a veteran."

Through the Freedom Team Salute initiative, the Army hopes to continue to strengthen the Army community and the ties between Army veterans and today's soldiers.

Many veterans, such as AFRH resident John Kleesattel, agree with this mission and are more than ready to continue serving the Army in any way they can.

"We want to do something tangible to help," Kleesattel said.

Freedom Team Salute gives all soldiers - active, guard, and reserve - the opportunity to recognize their parents, spouses, and employers for the support they provide while our soldiers serve to protect our freedom and the American way of life. As a special thanks to our nation's veterans, the Army would like to send a FTS Commendation package to all its veterans in recognition of their dedicated service and continued support of today's soldiers.

FTS Commendation packages, which consist of a certificate of appreciation and personalized letter of thanks from the Secretary of the Army and Army Chief of Staff, in addition to an official US.

Army pin, have been well received by many AFRH residents.

"It felt good to receive the package, especially because many of us didn't get recognized when we came home from Vietnam," said Russell Smith, who served in the Army for 22 years during the Korea and Vietnam conflicts.

"Lots of people didn't appreciate the military role in Vietnam, and as a result, the soldiers didn't really get recognized back then," added Chuck Jones, who served for 20 years between the Army, Air Force, and Marine Corps. "I was very honored to get the Commendation package, especially the Army pin."

These veterans have fond memories of their time in the Army, and look back with pride on their service to the nation and the Army community.



Residents of AFRH take part in the Army's Freedom Team Salute Program.

Faye Steele-'Man on the Run'



By Jerry Carter (W)

On Sunday, October 2, AFRH resident Faye Steele participated in the United States Army 21st "10-Mile Fun Run." An estimated field of 16,000 began the race at 8 a.m. near the Pentagon. A suspicious package found on the 14th Street bridge turned the "10- miler" into an 11-mile run. Faye Steele stated, "I am glad they changed the race format into a fun race, because I was not doing to good."

Mr. Steele finished the race and at 89 years old, I think we all agree this is a great accomplishment!

Way to go Faye Steele!!!

A Time Of Heroes

Part 1

continued from Page 10

gathered around him like a long lost friend just found. He said; "leg" followed by signing with his hands indicating "broken". One of the girls placed her hand on his arm and said; "doctor". A little later he heard male voices approaching. They formed a circle around him and the leader said; "Well, youngman, you seem to be in a pretty bad fix." he said. What part of Sweden am I in?" "You are in the better part of Norway", he said.

They carried him through the streets of Stavem, down alleys, and back streets. They finally arrived at a small country hospital. There he met Dr. Welding and he x-rayed his leg and was preparing to set it, when the phone rang. The doctor answered it and said, "That was the Wehrmacht and they told me to put a traveling cast on your. You are free to leave if you like, we won't stop you." I told the doctor to do what the Germans wanted or be punished by them. He thanked me and said, "I have a wife and three children."

Continued in the December 28th
AFRH Communicator

AFRH Communicator October 2005 Corrections

Page 3: Mr. Roy Pickle is not a representative of the Band of Brothers but is a Band of Brothers member.

Marines celebrate 230th anniversary at AFRH



Resident Pasquale Giudice poses with Sgt Maj Small showing that somethings never change. Oorah!!!!



Front left to right; Sgt Maj Small, youngest U.S. Marines and William Abernathy (oldest) and Deputy Director Cmdr. Timothy Burns share in the cutting of the cake.

Eagle Scout Project

Boy Scout works hard to help residents recover from Hurricane Katrina

By Al Mori

Boy Scout Bryant Oxborrow of Springfield, Va., presents a donation of \$297 to Al Mori that he collected for Katrina evacuee victims. He also collected winter coats and hats, and winter clothing. He collected three truck loads of these much needed items and delivered them to the AFRH Donation Center. This was Bryant's Eagle Scout project. He needs two more merit badges to reach the coveted Eagle Scout.



It's 'dog days' at AFRH



Holiday Safety**Follow these safety tips to ensure a safe, fire-free holiday season**Holiday Fire Safety

The winter holidays are a time for celebration, and that means more cooking, home decorating, entertaining, and an increased risk of fire due to candles, unattended cooking and heating equipment.

Unattended cooking is the leading cause of home fires in the U.S. When cooking for holiday visitors, remember to keep an eye on the range.

Provide plenty of large, deep ashtrays for guests who smoke and check them frequently. Cigarette butts can smolder in the trash and cause a fire, so completely douse cigarette butts with water before discarding.

After a party, always check on, between and under upholstery and cushions and inside trashcans for cigarette butts that may be smoldering.

Keep matches and lighters up high, out of sight and reach of children (preferably in a locked cabinet). When smokers visit your home, ask that they keep smoking materials with them.

Christmas Tree Fire Safety

The leading cause of Christmas tree fires and property damage during the holiday season is faulty Christmas tree lights.

According to the National Fire Protection Association (NFPA), cords and plugs were the leading type of equipment involved in the ignition of Christmas trees.

Safety points to remember:

Any string of lights with worn, frayed or broken cords or loose bulb connections should not be used.

Hey, Hey, Hey...better go long...it's Mr. Don at bat!

Always unplug Christmas tree lights before leaving home or going to sleep.

Never use lit candles to decorate a tree.

Try to keep live trees as moist as possible by giving them plenty of water daily. Do not purchase a tree that is dry or dropping needles.

Choose a sturdy tree stand designed not to tip over.

When purchasing an artificial tree, be sure it is labeled as fire-retardant.

Make sure the tree is at least three feet (one meter) away from any heat source and try to position it near an outlet so that cords are not running long distances.

Do not place the tree where it may block exits.

Safely dispose of the tree when it begins dropping needles. Dried-out trees are highly flammable and should not be left in a house or garage, or placed against the house.

Candle Fire Safety

December is the peak month for candle fires, with nearly twice the average number of incidents. 44% of reported candle fires in the home started in the bedroom.

Safety points to remember:

Extinguish all candles when leaving the room or going to sleep.

Keep candles away from items that can catch fire.

Use candleholders that are sturdy, won't tip over easily, are made from a material that can't burn and are large enough to collect dripping wax.

Don't place lit candles in windows, where blinds and curtains can close over them.

Keep candles and all open flames away from flammable liquids.

Following these simple safety tips will help you have an enjoyable and safe Holiday season.



AFRH staff member Don Fairley takes his turn at bat in a softball game between AFRH and Providence Hospital. The event was a lot of fun and Providence Hospital provided burgers, hotdogs, sodas and beer for all to enjoy.

Volunteers come together to provide homes

Several AFRH residents participated in the Habitat for Humanity and Freddie Mac, "America Builds on the National Mall" on Nov. 11. The National Mall, the heart of the nation's capital, became a construction zone that day as the two organizations teamed together with volunteers from all over to build homes that will house families affected by Gulf Coast region hurricanes.

"America Builds on the National Mall" is part of a larger nationwide effort by Habitat that engages partners and communities to frame interior and exterior walls that are then shipped to the Gulf Coast region and eventually assembled into permanent housing. During the Washington build, frames for 51 homes were completed, representing each state and the District of Columbia. States to receive the homes are Mississippi, Louisiana, Alabama and Texas.



Working side-by-side with volunteers from the DC area, AFRH resident Clyde Hairston assists in framing up a house.



Resident Clyde Hairston drives a nail. Clyde took part in the "America Builds on the National Mall," held on Nov. 11. The homes built will be sent to hurricane-damaged areas on the Gulf Coast.

AFRH Host

National Military Family Day



'Young at heart' performs dance routines at AFRH

By Jeff Anderson (W)

The staff and residents of King Health Center were provided an afternoon of enjoyment provided by the members of "Young at Heart," which is a member of the DC Dance Collective.

The YAH is an adult dance performance company, voluntarily run and operated by its members, who perform in the basic tap style.

The program included Broadway type numbers, "Boogie Woogie Bugle Boy," "Monster Mash," "New York, New York."

There was also some young "Break Dancers" that provided some new dance moves for the residents to think about.



Resident Robert Macy assisting the Young at Heart during their final number.

KHC residents enjoy Halloween social

By Carol Mitchell (W)

On Monday, October 31, 2005, the King Health Center (KHC) residents enjoyed an exciting Halloween Social! Refreshments were served (of course they were sugary), Halloween jokes were told (some were good others were not), and Big Bucks Halloween Trivia was played!

The winner of the annual "Guess the Number of Candies in the Jar" was JB Coincon of the Pipes Building and the winner of the "Guess the Weight of the Pumpkin" was Golden Dyer of the LaGarde Building. A good time was had by all and everyone left with candy in hand.

D.C. Metropolitan Park Police demonstrate horses' role

By Wilfred McCarthy (W)

One of the D.C. Metropolitan Park policeman brought his horse, Custer, out to our Armed Forces Retirement Home to



demonstrate how horses are used as part of the police force. All the horses for the Park police are donated. Custer, not his original name, had been a show horse and was used in crowd control but the policeman said he was a little anxious when a crowd

of city children, not used to horses, would run up and hug the horses rear legs. Custer would bend his head down to where the children were so they could pet him. When the Park policeman retires in

about two years he gets to keep the horse and the horse goes with him into retirement although this particular horse had not been on duty that long. I did not get the policeman's name as I had not planned on writing anything and so did not take notes so may have my facts wrong but I understood him to say that horses live to about 30 years. They are not too concerned how old a horse is when donated to the police. An old horse is called long in the tooth.

That is because their gums recede with age and more teeth are shown. Some unscrupulous dealers will grind the teeth down so as to pass a horse off as being younger than he is. I understand a horse's measurement is by hand, the length of ones' palm. Custer is 16 hands high although some of the horses are 18 hands high. A hand being about four inches. The horses go thorough a period of training where they are, for instance, taught not to flinch when soda bottles are thrown at them.

The policeman said that when the farmers were in town demonstrating on the mall for some cause the farmers would come up to the horses and pet them and then as a joke they grabbed the harness off their heads and left the policeman just sitting there. The police were surprised until they realized the farmers were teasing the police. They have several stables in different places around town, the training one being in Rock Creek Park. They do not stable their horses at Ft Myers but they do cooperate with the stable at Ft Myers and train some of the soldiers and help train



some of their horses. One of the residents asked if we could visit their stables. It was suggested that we go to the training one in Rock Creek Park where they might be training some horses and talk to the policeman on duty.

The policeman did not mention this but I know

that when the Navy Home was in Philadelphia that they had been given a horse that was being retired from the Philadelphia police force. The residents fed the horse so many apples and food that it got so fat that it could hardly move.

It was a great demonstration and this particular park policeman was generous with his time and our questions.

“Naval Milestone”

Navy Mess Attendants Historical Marker Unveiled

By JOI(SW/AW) Katrin Albritton

NORFOLK, Va. - Naval Station Norfolk unveiled a historical marker commemorating the Sailors who served at Units K-West and B-East, Nov 10th. The marker paid tribute to men who served in the racially-segregated Navy of the 1930's and 40's.

As retired Rear Adm. Daniel McKinnon Jr. addressed several members of the original class of the Navy Mess Attendant School, he said the marker honored the early pioneers who made that difficult journey.

“There are so many ways to look at this dedication of a memorial for a school that no longer exists,” he said. “This ceremony is another milestone in the long journey for racial equality in our great Navy.”

From 1933 to 1942, the Navy trained new black recruits at a cooks and stewards school in Norfolk, Virginia. When the first class of twenty-four prospective mess attendants arrived they were housed in the “K” section of the Norfolk naval base's famous grid. Hence, the segregated unit became known as “Unit K-West. In 1939, the unit was relocated to a larger facility in the “B” sector of the base and therefore changed its nomenclature to “Unit B-East.”

Lloyd Prewitt, who arrived in Norfolk in 1933 from Alabama, said the Navy recruited men from five other southern states: Arkansas, Georgia, North Carolina, Tennessee, and Virginia.

“I was in the first class when they started taking Negroes in the Navy after World War One,” he said. “At that time, all of us were looking for a job, because that was during the Depression.”

The idea for the Historical Marker came from the K-West/B-East Association. With contributions from the Association and Navy Federal Credit Union, the marker was placed on the corner of Morris and Bacon.

Previously, on September 18, 1998, received a tribute at Arlington National Cemetery. A cedar tree was planted in honor of the Sailors of African and Asian descent who served as officer's mess attendants, cooks and stewards.

“One of my jobs as commanding officer is I get to tell the story of Naval Station Norfolk,” said Capt. Loyd Pyle. “It's a rare occasion when I get to see history. I get to see the people who made it themselves; those who made the Navy great.”



Second from left; resident Lanier Phillips views the historical marker commemorating the Sailors who served in the K-West and B-East units.



The National Concert Band performed at AFRH on Nov. 6. The group is made up of former military members that had performed in military bands while in various branches of the armed services.

American Legion
AFRH Post 70
 Meets in Defenders' Inn the 1st
 Saturday of each month Except July and August

Our next meeting will be on Saturday, December 3rd. Refreshments will be available for members and guests.

Commander Margaret Jirak will fill us in on Prince Charles' wreath laying at the World War II Memorial. Prince Charles and his wife, Cameila were gracious guests.

Chaplain's Corner*Inspiration comes
in the waiting...*

In the film, *Big Night* (1996), two Italian brothers own a struggling Italian restaurant. The hopping Italian restaurant across town agrees to send over the chef, Louis Prima and some of the kitchen staff, to offer some assistance.

The faltering restaurant publicizes the arrival of the famous chef. The news is a shot in the arm to its staff and energizes them to restore health and success to the restaurant.

The film becomes a story about preparation, excitement and anticipation for the chef's visit. The restaurant plans a huge party for him on his arrival. They plan and wait, they prepare and wait, but he never comes. The promise was a fabrication. Yet in the midst of disappointment the workers come to realize that in their preparation and anticipation they create a wonderful night for their restaurant. And just as important, they begin to understand that on their own they have what it takes for success.

Advent, the four weeks or so before Christmas - the length varies according to the day of the week Christmas falls on - anticipates and prepares the participator for another arrival. And, in some ways like the film's story, the expected of Advent doesn't actually arrive, or at least not in the flesh. But for those who do prepare, those who postpone the excitement and celebration Christmas for the appointed day, those who spend some time in preparation and anticipation for the arrival of Christmas, are in position to rejoice and experience the spiritual gift that the day gives.

In the days spent preparing for the famous chef, the restaurant staff discovered more of who they were; they reassessed their talents and maybe their lives. Inspiration came to them in their waiting.

Advent, as the first part of the waiting-arrival drama, gives us space and time to do the same. And it gives us the days to think about the Redeemer, the eternal maitre d' we wait for, who invites us. 'Taste and see the Lord is good.' Time lived in expectation helps us to discover for ourselves that the Lord is kind.

Chaplain F. Higgins

Thanksgiving

By William Tobin

*Thanksgiving comes around once a year
It brings together families from far and near
Feasting goes on from sun to sun
And no one stops until the turkeys gone
That's the way it's always been
So perhaps we should stop, and remember when
The Pilgrims really had to be thankful of course
For the food they had and with no remorse
They pioneered on and stayed the course
Generations later their heirs said grace
After two World Wars they'd found their place
The leaders of the free world was now their job
No matter the stress of howling mobs
The turkeys came and the turkeys went
And no one regretted the time they spent
At home, at Church, or synagogues
Worshiping all to their own Gods
Now this generation has the torch
Most of us fly a flag from the porch
We all give thanks and are resolute
That no terrorist group can shake our Truth
We are the Land of the Brave and the Home of the Free
And no misguided heretics can shake our tree.*

Delay – (Continued from Page 2)

- A computer with memory that manages the switching of the calls within the PBX and a out of it
- The network of lines within the PBX
- Usually a console or switchboard for a human operator
- In some situations, alternatives to a PBX include service (in which a pool of lines are rented at the phone company's central office), *key telephone systems*, and, for very small enterprises, primary rate .

Among the larger manufacturers of PBXs are Lucent Technologies, Northern Telecom (NORTEL), Rolm/Siemens, NEC, GTE, Intecom, **Avaya**, **Fujitsu**, Hitachi, and Mitel.

Several residents have asked about the condition of the PBX (Fujitsu) system. Here is the response. The Fujitsu PBX system is obsolete and it is becoming extremely difficult to find parts and qualified technicians to support it. Therefore, we are planning on moving the Avaya PAX that is in Gulfport to Washington. This is a newer switch and can be utilized on our campus. When Gulfport reopens, a small unit will be supplied by the vendor to support the telephone needs of the residents.



A different birthday celebration...

On November 5, 2005, AFRH resident Marian Powers, a former Navy chief petty officer, took a dive from high in a Florida sky to bring in her 83rd birthday. Marian has had a passion for skydiving since her days in the Navy. Marian enlisted in the Navy in 1942 and after boot camp she was sent to parachute rigging school in Lakehurst, N.J. Soon, Marian was overhauling and repairing parachutes and that's where the passion for skydiving first began to emerge.

Marian has been a resident of AFRH Gulfport since 1997.

Thanksgiving Day celebrated at AFRH



Donald Cooper takes on a turkey leg at the AFRH Thanksgiving feast.



Chester Mahaffey helps himself to some irresistible candy as he goes through the food line.



NBC 4 reporter, Julie Carey, was on hand during the AFRH Thanksgiving meal to talk to some of the residents.



A resident goes through the serving line.



Residents and family members enjoyed food and fellowship at the Thanksgiving meal.

A photo update...

Here's how things are shaping up in Gulfport



This is the view now from where the guard shack used to stand looking out towards the water.



Above - Equipment operators work on Hwy 90 in front of the AFRH-G. Left - Trucks stand by for loading as the front fence line is taken down.



Above - Master Chief Joe Perrone visits with two residents as they pack some belongings from their rooms into their cars. Right - A bulldozer clears the fence line.



AFRH Writer's Page

"Thank you for the keys"

*Rosa, Rosa, Rosa Parks,
You faced the devil and all his works.
Love and justice was your sword.*

*You opened doors for us all;
And gave out keys, to forever stand tall.*

*Rosa, Rosa, Rosa Parks,
You took injustice out of the dark,
And placed a candle for all to see;
Love for all, equality for all, is meant to be;
Rosa, Rosa Rosa Parks.*

*Your star shines bright in velvet skies,
With all the others who devoted their lives.*

*You opened the door for us all.
And gave out keys, to forever stand tall.*

*Rosa, Rosa, Rosa Parks,
Thank you for the keys.
Thank you for the keys.
Thank you for the keys.*

Chuck Shaffer

*The internet has everything
including nasty tricks;
a worm crashed my computer
and it took a year to fix.*

*I like to get your e-mail
when you have a thought to share;
but 'cutesy' clever website quotes
are crap I cannot bear.*

*Don't forward politics or jokes
or poems that made you cry;
they're full of worms and viruses
to make computers die.*

*Get off your butt and get a life
so you will not regret
infecting my computer
with your 'viral internet.'*

From an AFRH resident

Follow simple rules for happiness

A 92-year old, small, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably coifed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, he smiled politely when told his room was ready. As he maneuvered his walker to the elevator, he was given a visual description of his tiny room, including the sheets that have been hung on his windows.

"I love it," he stated with the enthusiasm of an eight year old having been presented with a new puppy.

"Mr. Jones, you haven't seen the room, just wait," said his nurse.

"That doesn't have anything to do with it," he replied, "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged....it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice: I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do work."

"Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life. Old age is like a bank account. You withdraw from what you put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. I am still depositing!"

"Remember the five simple rules to be happy:

Free your heart from hatred.

Free your mind from worries.

Live simply.

Give more.

Expect less."

We Shall Return

*We used to dwell in Gulfport,
In the U.S. Naval Home.
'Til Katrina swept the coast,
With a fine toothed comb.*

*We were completely homeless,
And to the north did roam,
'Til we found sanctuary,
In the U.S. Soldiers' Home*

*Although our home was flooded,
At least it did not burn.
So, Gulfport is still our home.
And, to home we shall return.*

*When we return to Gulfport,
In the land of you all,
Our friends there will help us,
Building our home more strong and tall.*

Chaplain's Corner*Inspiration comes
in the waiting...*

In the film, *Big Night* (1996), two Italian brothers own a struggling Italian restaurant. The hopping Italian restaurant across town agrees to send over the chef, Louis Prima and some of the kitchen staff, to offer some assistance.

The faltering restaurant publicizes the arrival of the famous chef. The news is a shot in the arm to its staff and energizes them to restore health and success to the restaurant.

The film becomes a story about preparation, excitement and anticipation for the chef's visit. The restaurant plans a huge party for him on his arrival. They plan and wait, they prepare and wait, but he never comes. The promise was a fabrication. Yet in the midst of disappointment the workers come to realize that in their preparation and anticipation they create a wonderful night for their restaurant. And just as important, they begin to understand that on their own they have what it takes for success.

Advent, the four weeks or so before Christmas - the length varies according to the day of the week Christmas falls on - anticipates and prepares the participator for another arrival. And, in some ways like the film's story, the expected of Advent doesn't actually arrive, or at least not in the flesh. But for those who do prepare, those who postpone the excitement and celebration Christmas for the appointed day, those who spend some time in preparation and anticipation for the arrival of Christmas, are in position to rejoice and experience the spiritual gift that the day gives.

In the days spent preparing for the famous chef, the restaurant staff discovered more of who they were; they reassessed their talents and maybe their lives. Inspiration came to them in their waiting.

Advent, as the first part of the waiting-arrival drama, gives us space and time to do the same. And it gives us the days to think about the Redeemer, the eternal maitre d' we wait for, who invites us. 'Taste and see the Lord is good.' Time lived in expectation helps us to discover for ourselves that the Lord is kind.

Chaplain F. Higgins

Thanksgiving

By William Tobin

*Thanksgiving comes around once a year
It brings together families from far and near
Feasting goes on from sun to sun
And no one stops until the turkeys gone
That's the way it's always been
So perhaps we should stop, and remember when
The Pilgrims really had to be thankful of course
For the food they had and with no remorse
They pioneered on and stayed the course
Generations later their heirs said grace
After two World Wars they'd found their place
The leaders of the free world was now their job
No matter the stress of howling mobs
The turkeys came and the turkeys went
And no one regretted the time they spent
At home, at Church, or synagogues
Worshiping all to their own Gods
Now this generation has the torch
Most of us fly a flag from the porch
We all give thanks and are resolute
That no terrorist group can shake our Truth
We are the Land of the Brave and the Home of the Free
And no misguided heretics can shake our tree.*

Delay – (Continued from Page 2)

- A computer with memory that manages the switching of the calls within the PBX and a out of it
- The network of lines within the PBX
- Usually a console or switchboard for a human operator
- In some situations, alternatives to a PBX include service (in which a pool of lines are rented at the phone company's central office), *key telephone systems*, and, for very small enterprises, primary rate .

Among the larger manufacturers of PBXs are Lucent Technologies, Northern Telecom (NORTEL), Rolm/Siemens, NEC, GTE, Intecom, **Avaya**, **Fujitsu**, Hitachi, and Mitel.

Several residents have asked about the condition of the PBX (Fujitsu) system. Here is the response. The Fujitsu PBX system is obsolete and it is becoming extremely difficult to find parts and qualified technicians to support it. Therefore, we are planning on moving the Avaya PAX that is in Gulfport to Washington. This is a newer switch and can be utilized on our campus. When Gulfport reopens, a small unit will be supplied by the vendor to support the telephone needs of the residents.



A different birthday celebration...

On November 5, 2005, AFRH resident Marian Powers, a former Navy chief petty officer, took a dive from high in a Florida sky to bring in her 83rd birthday. Marian has had a passion for skydiving since her days in the Navy. Marian enlisted in the Navy in 1942 and after boot camp she was sent to parachute rigging school in Lakehurst, N.J. Soon, Marian was overhauling and repairing parachutes and that's where the passion for skydiving first began to emerge.

Marian has been a resident of AFRH Gulfport since 1997.