Every month, the AFRH-W recreation team plans some sort of cooking program. This month, the residents wanted to make burritos. Fred Layman and Paul Armbruster were the chefs of the program. Fred cooked the meat; Paul made the special sauce; and Marla McGuinness made the salsa. Other residents had odd jobs chopping the vegetables, such as David Kaetzel who took care of the garlic and red peppers. Frank Lawrence had the tomatoes; John Baker was on pepper duty; and Richard Walk had the smelly onions. Everyone had a task for the project, including eating them.

If you are interested in naval aviation history then the National Naval Aviation Museum in Pensacola, Florida, is the place to visit. There are three levels to explore and interact, featuring more than a century of heroism, innovation and achievements. More than a 150 historic aircrafts are parked or hanging going back to WWI, including four former Blue Angels A-4 Skyhawks, the Curtiss NC-4 (the first aircraft to cross the Atlantic), U. S. Coast Guard helicopters, biplanes, a K-47 Airship control gondola and tail fin, an aircraft that President George H. W. Bush trained in, and the S-3 Viking used to transport President George W. Bush to the USS Abraham Lincoln in 2003. These historic and one-of-a-kind aircraft are displayed both inside the museum’s 300,000 square feet of exhibit space and outside on the museum’s 37-acre grounds. There are numerous mock-ups, such as the lighter than air exhibit, aircraft carriers, and motion-based flight simulators, including the max flight simulator to ride. There are cockpits to climb in, plus displays featuring planes, trucks, guns and a sand enclosure. There is also a Hall of Honor and Recognition, a wall of naval pilots who were awarded the Medal of Honor, and a section for the women in naval aviation.

The art gallery is just amazing with depictions of dog fights and flight operations in various scenes. Also housed within the walls of the museum is the Emil Buehler Naval Aviation Library. In addition to the displays, the museum features a giant screen theater, flight simulators, Blue Angels 4-D Experience, museum store and cafe.
AFRH-W Resident Highlight – Billy Jo Bowen

By PK Kno - AFRH-W Resident

Billy Jo Bowen, from Atoka, Oklahoma, was born into a family of nine children (eventually 11), on June 16, 1934. His childhood was initially marred by the death of his mother Thelma, when he was six years old. His father left the family and his oldest sister, Bobbie Jean, took charge. When the authorities found out about the situation, they tried to help by separating the children and placing Billy in an orphanage. (Bobbie Jean chose to go with him.) After four months, he was taken in by his uncle and aunt, Tronto and Hatt Brown, who were childless. Throughout his life he has remained in touch with all of his brothers and sisters.

Billy’s life after that could only go uphill, which it did. He did very well in church, sports and school. He traveled with a gospel group all around the country. He played baseball locally and in the Air Force. He even got to play in the outfield for the St. Louis Browns (Baltimore Orioles), but he never got called for a second look. He was drafted into security computer service and then stationed at Randolph Air Force Base in San Antonio, Texas. This turned out to be a great move because he was introduced to his future wife Christine, who was also in the U.S. Air Force working in personnel.

After a year of dating, Christine had doubts that Billy would ever propose so she put in for a transfer to Germany. This woke Billy up and he went to the flight line the day she was leaving, pulled her out of line, and proposed! With the proposal in her heart Christine chose not to go to Germany and they were married two weeks later. But, they were soon separated again for eighteen months when Billy got a special secret assignment to Japan to learn how to decipher intercepted messages, for which he had to learn Japanese. When he returned to the states he was assigned to Travis AFB, California. Christine left the U.S. Air Force and they finally settled down and started a family.

Billy remarried in the U.S. Air Force in California and finally retired after 20 years. Because of his military training he immediately got a computer job with Marin County, California. He also later worked for the Navy in Alameda, California, and the U.S. Postal Service in Richmond, California, where he finally retired from civilian life jobs in 1996.

Billy remained in the U.S. Air Force in California and finally retired after 20 years. Because of his military training he immediately got a computer job with Marin County, California. He also later worked for the Navy in Alameda, California, and the U.S. Postal Service in Richmond, California, where he finally retired from civilian life jobs in 1996.

Billy and Christine were married for 57 years and had four children, Keith (deceased), Karen, Kevin and Kia. They were all raised in California. When Billy retired in 1998, he and Christine moved to Las Vegas for the hot, dry climate for Christine’s health. They lived there for nine years until their children wooed them back to California with grandchildren and love. They thoroughly enjoyed being with their family. In 2012, before Christine’s health finally failed, Billy became an ordained minister. Billy then thought about AFRH-W and in 2013 made the move.

Billy loves the fact that AFRH-W is so secure. He has had great medical care, likes the fishing lakes, the golf course, the food services and the entertainment! He has been involved in volunteering, in a number of things, at the Home to include:

- escorting residents, the library, the thrift store, the golf course and the
  Resident Advisory Council (RAC).
- has two achieve-
  ments of which he is
  most proud at AFRH.
- He was able to get
  the President’s (at
  that time President
  Obama) photo
  placed in the
  federal din-
  ing hall. He
  has also helped
  to organize, solicit
  speakers and be the
  Master of
  Ceremonies for the
  Black History Month
  Program. Thanks
  Billy.

AFRH-W recreation therapy continues to find socially
  distanced activities to engage and enhance resident’s lives
during the COVID pandemic. The “Test Your Mind & Memory” packets
include a personalized letter, recreation therapy staff introduc-
tions, jokes, riddles, word search puzzles, travel pictures and tidbits with
Amanda, Who & Where Am I pictures, trivia quizzes, moments in
history past and present, and a pencil to put it off! Residents look forward to the packets and like to provide
information that can be used in future packets. As you can see by the pictures, residents Don Stout and Robert Brown really enjoyed the September 13 packet!

Serving America’s Veterans

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

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

- Active-Duty Career Retired: Veterans who retired with 20 or more years of active-duty service in a regular component of the Armed Forces.
- Eligible for Retired Pay: Veterans who served in a regular or reserve component of the Armed Forces, who are now eligible to receive retired pay and benefits:
  - Retired Guard/Reserves with over 20 years of creditable service (combined inactive and active-duty).
  - Veterans who qualified for an early retirement such as TERA (Temporary Early Retirement Authority).
- Veterans who were given a medical or disability retirement with pay and full benefits.
- Service-Connected Disability: Veterans with a service-connected disability rating of 50 percent or greater from the Dept. of Veterans Affairs.
- War Veteran: Veterans who served in a war theater or received hostile fire pay and now suffer from injuries, disease, or disability.
- WWII Female Veteran: Veterans who served in a women's component before June 12, 1948 who are determined to be eligible due to compelling personal circumstances.
- Beneficiary Spouse: The spouse of a retired veteran may apply to live with the Retiree if he/she is enrolled as a beneficiary in DEERS (Enrollment Eligibility Reporting System) and was married to his/her sponsor prior to the veteran’s retirement from the Armed Forces.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to:
AFRH, Public Affairs Office, Box #584 – 3700 N. Capitol St. NW, ~ Washington, DC 20011-8400

Visit us on the web at: https://www.afrh.gov
The lion fish
By Milton Williams | Art Specialist
Photos by Milton Williams and Becki Zschiedrich
You might get to see a real lion fish on an extended fishing trip somewhere in the Gulf of Mexico or go scuba diving and come across one in the deep. This lion fish wood sculpture by Gulfport resident Wayne Wolski could easily be in the Museum of Natural Sciences or an Aquarium of the Americas! But, to our good fortune, it is displayed in our own “Art Gallery” aka Art Display Room, at AFRH-Gulfport where you can view this amazing sculpture. This latest work of art is a combination of intarsia, scroll/fretwork and mixed medium sculpturing. Thanks Wayne for such an awesome depiction of a lion fish. We are looking forward to your next aquatic adventure.

This unbelievable lion fish that Wayne Wolski created is currently on display in the Art Gallery at AFRH-G

Wayne also created a sting ray.

The shrimp that Wayne Wolski created is also on display in the Art Gallery at AFRH-G

Important National Days in October
By Carol Davis | Recreation Assistant
Oct 3 - Oct 10—Cruisin’ the Coast 2021
Oct 5—National Rhode Island Day
Oct 6—National German-American Day
Oct 8—National Hero Day
Oct 9—National Hero Day
Oct 10—World Mental Health Day
Oct 12—National Vermont Day
Oct 13—National First Responders Day
Oct 16—National Boss’ Day
Oct 18—National Tennessee Day
Oct 19—Native American Day
Oct 20—National Navy Day
Oct 21—National Tennessee Day
Oct 22—National RPG Day
Oct 23—National First Responders Day
Oct 24—National Boss’ Day
Oct 26—National First Responders Day
Oct 27—Navy Day
Oct 28—National First Responders Day
Oct 29—National First Responders Day
Oct 30—National First Responders Day
Oct 31—Halloween

Working out the kinks
Story & Photo by | Jen Biernacki
Group exercise class has begun again on Valor Hall. Each morning at 0900 chair exercises are offered. It’s a great way to get moving each day, to work out stiffness…loosen up…boost the mood…create energy…and many more. Some residents attend five times per week, some three times a week, while others two times a week, but each resident has a plan to maintain their health and well being. Homer Franks, Ed Freeman and Charlie Jenkins are performing the exercises to continue their progress following their physical therapy graduations. It is a start to a good day.

Handmade dolly!
Story & Photos by Susan Bergman, MT-BC | Recreation Therapy
On Monday, August 30, 2021, after Hurricane Ida had almost finished passing through with her multiple bans of rain, wind, and tornadoes, the lady residents of Loyalty Hall were beaming when they embraced their new care packages that were filled with a handmade dolly, thank you note and hair scrunches. Resident, Lois Hogan, read the thank you card that stated, “I hope you enjoy your new dolly, stay safe and have a wonderful and blessed day! Thank you so much for your service! Peyton & Addie.” Peyton Nettle is from Walton, Kentucky and has connections through her father serving in the military with IL resident Ed Summers. Mary Nelson’s face lit up the room as she found a dolly that matched the floral décor in her room. She quickly put her hair scrunches on each wrist for the sunshine it brought to AFRH-G.

Happy 74th Birthday
United States Air Force

Cruisers to visit AFRH-G
By Sean Campbell | Lead Recreation Specialist
Each year the Armed Forces Retirement Home in Gulfport receives amazing support from our Cruisin’ the Coast Community. We are thankful for everyone’s help in promoting our Cruisin’ the Coast drive-through event again this year. Cruisers are invited to drive through the Armed Forces Retirement Home in Gulfport on Tuesday, October 5 between 1400 and 1430 to wave hello and thank the veterans for their service.

POW*MIA Recognition Day
September 17

September Birthday Luncheon
Story & Photos by Becki Zschiedrich | Public Affairs
On September 21, 2021, AFRH-G celebrated all residents born in the month of September with a special luncheon. Our dining hall staff prepared a variety of choices including: New York strip steaks, fried shrimp, sautéed shrimp, crab cakes with remoulade sauce, baked potatoes, asparagus, Caribbean blend vegetables, strawberry and spinach salad, four different cakes and pies, beer, wine plus so much more. Of course there were plenty of smiles in the dining hall. Everything was absolutely delicious. Thank you to our dining hall staff for their dedication and hard work, and “Happy Birthday” to all of our September residents. Monthly birthday luncheons are celebrated on the third Tuesday of each month.
From the AFRH-W administrator

As our days are getting shorter and the air is beginning to cool down, I suppose we really are in September. Where did the summer go? After many months without any on-campus positive COVID cases, I am sorry to say that this month was not the same. We currently have residents housed on our isolation unit and staff quarantining at home. It feels like we went back eight months or so. Due to the positive cases, we unfortunately had to curtail visits on the upper levels of care and are requesting those residents to stay on their units. By now, we were hoping to get back to normal. However, that will have to wait a bit longer. Our leadership is working to get booster vaccines to help us combat the unrelenting Delta variant. All those who work here are also being advised to get vaccinated to comply with the White House direction. While we have not had any hurricane scares like Gulfport, we have had some other weather incidents including a tornado watch and heavy thunderstorms and rain. Fortunately, we got through these weather events without too much damage.

We had some of our favorite food events this month that, of course, included ice cream and the pickles made last month. Does anyone not like ice cream? We also had a great Labor Day picnic including tunes spun by resident Billy White. It was a beautiful day to enjoy some good food and company.

We planned to celebrate the U.S. Air Force birthday in person with the Senior Enlisted Leader to the Chief of the National Guard Bureau, SEA Tony Whitehead, as our speaker. Unfortunately, we had to make it virtual due to our current COVID situation. Let’s hope by next year, we can get together to properly celebrate. Happy 74th Birthday to all of our U.S. Air Force veterans!

As we closed out this month, we had quite a few outside events on campus. President Lincoln’s Cottage hosted a 5K Freedom Run in conjunction with their homecoming and Family Day events. The Friends of the Soldiers Home hosted their annual Fall Fest near the driving range so that our community can spend some time on our beautiful campus. Trying to find some new artists among the residents, our Resident Advisory Chair, Fred Layman, hosted a painting class in our artists’ colony. One final note is a welcome to the new Chief Executive Officer of President Lincoln’s Cottage, Mr. Michael Mason. Welcome to the campus!

As I mentioned last month, with all of the unpleasant news going on in the world, let’s try to control what we can and be grateful for the positive things in our lives. I know I have many and I am sure you do as well.

Notes from the AFRH-W resident advisory committee chairman

I just completed my first year as the RAC Chairman and four years as a resident. There have been so many changes to this campus since my arrival, some good, some not so good. The one constant thing that has always impressed me is our residents. We may not always agree on everything, but they are always there to help whenever needed. Every day, I see their input from managing the bowling center, ceramic shop, wood shop, the golf course and the Defenders Inn. There are so many duties that our resident volunteers perform that there is not enough room to list them all. I would like to personally thank each one of you.

It is great to see new residents moving in, and we welcome them. The weather is beginning to change and it is a great time to get out and explore our campus. For those that would like a golf cart tour of our campus, please contact recreation services.

Fred Layman
The military life of Paul Robert Bohn

By Dan Ellis | AFRH-G Resident

Paul Robert Bohn was born on August 12, 1939, to Robert and Pauline Bohn in Decatur, Illinois. After completing elementary school, he attended Lakeview High School. He purchased his junior class ring, but in an argument with his instructor, who claimed he wasn’t entitled to wear the ring, Paul quit and went directly to the recruiting station.

At age 17, Paul enlisted for four years with the U.S. Navy on November 18, 1956, and completed his basic training in Great Lakes, Illinois. He was then sent to the Naval Air Technical Training Center in Norman, Oklahoma. Upon completion of aircraft maintenance classes, he was transferred to the HS-4 helicopter squadron in Imperial Beach, California, where he received helicopter repair training.

While serving as a structural mechanic, he was promoted to E-3 grade and deployed to the U.S.S. Princeton aircraft carrier. During this time, he met and married Carole Virden, with whom he had a son, Mark and a daughter, Cheryl.

In 1959, with the rank of 2nd Class Petty Officer (E-5), Paul was assigned to the U.S.S. Yorktown as the flight line petty officer supervising maintenance and flight readiness of helicopters.

In 1960, he reenlisted for six years and was sent to the Naval Training School in Memphis, Tennessee for advanced aircraft training. The next year, Paul was promoted to 1st Class Petty Officer (E-6) and stationed at Naval Air Station Whidbey Island located north of Seattle, Washington. His duty assignment was supervisor over structural mechanics and maintenance of all aircraft landing at the island.

In 1964, he was transferred to the Helicopter Combat Support Squadron 1 (HC-1) in Imperial Beach, California, where he trained as a rescue air crewman and participated in active rescue operations along the West Coast. In 1966, he reenlisted for a third term – for four years.

In November 1966, he was transferred to Vietnam and was assigned to the 101st Airborne “Thunderbird Platoon” for training at Soc Trang Airfield as a door gunner, where he remained attached while performing combat patrols throughout the Mekong Delta operating an M60 machine gun.

During this time, Paul was promoted to Chief Petty Officer (E-7).

Having completed his training with the Thunderbirds, Paul rejoined his squadron that had been assigned to HAL (3), nicknamed the Seawolves.

The new naval special warfare operations included large LSTs that provided landing berths for two helicopters that provided air cover for the patrol boats (PBRs) in the Mekong Delta region of South Vietnam. The helicopter gunships provided quick reaction and close air support (CAS) roles for the Navy's River Patrol Force while disrupting the Viet Cong's lines of communications and locating supply caches.

During this phase of conflict, Paul was shot in the leg on June 7, 1967, for which he received a Purple Heart, a Bronze Star and a Combat Action Ribbon. He was sent to an Army field hospital for two months and then transferred to the Naval Air Station Hospital in Corpus Christi, Texas. For the next year and a half, he put in shore duty as line chief and was in charge of all aircraft, in addition to training new air crewmen. He returned to Vietnam in 1969. In August 1970, Paul temporarily ended his service with the Navy. While becoming a civilian, Paul was employed for the next five years with Suttle Inc., a manufacturer of trainee in Alexandria, Virginia, and then as a division manager based in Little Rock, Arkansas. During this time, he was a member of the Naval Reserves.

In 1975, he attended night school for electronics certification, while being employed with Teletype Corporation. In 1976, he completed instructions on basic electronics at the Arkansas College of Technology in Little Rock, Arkansas.

In 1979, he took a stint as a Deputy Sheriff in Pulaski County based in Little Rock, Arkansas, but this was halted in 1981. With the escalation of the Lebanese conflict in the Middle East, the Reagan administration increased its military budget, and Paul received a personal letter from President Reagan inviting him to rejoin the Navy. He reenlisted for four years, continuing with the rank of E-7, and was assigned as manager of aircraft maintenance aboard the U.S.S. Inchon, which served as the flagship of Amphibious Squadron 6 on station at Beirut, Lebanon.

After departing the Mediterranean Sea, the U.S.S. Inchon continued to other ports such as Quantico Marine Base in Maryland and then to Naval Base Guam in the Pacific East Asia Division where Paul became Maintenance Master Chief (E-9). In 1989, Paul retired from military service when his ship docked at Naval Base, Maryland.

For the next 31 years, Paul kept busy while maintaining and improving the estate of a personal friend in Virginia Beach. During that time, he also volunteered as a docent at the Naval Museum in Norfolk, Virginia.

On April 10, 2018, Paul became a resident at AFRH-Gulfport where he volunteers his Sunday mornings as a golf cart driver for residents attending church services at the chapel.

Notes from the AFRH-G resident advisory committee chairman

Fall is here! We began the month with a visit from our COO Jim Branham. Mr. Branham held Town Hall meetings on parking, reducing fees increases and COVID-19. The new delta variant has become the focus of concern for many residents. The knowledge that we are now being considered for a booster/third shot was encouraging indeed. The formula for fee increases has changed and is now tied to annual Cost of Living increases.

We celebrated the Labor Day holiday with a wonderful meal at lunchtime, KUDOS to the dining staff. We also remembered 9/11. This was a time, 9/11/2001 when our country, having suffered an attack on our homeland, came together in a way that overcame all of our many differences. It was a unity, the likes of which were unseen since World War II. It was a reminder of just how strong America really is.

So join us in remembering all who gave on Red Shirt Friday. On September 18, 2021 we said: “HAPPY 74th BIRTHDAY TO THE UNITED STATES AIR FORCE!”
Look what came out of the AFRH-W garden!

Gardening: It’s the gift that keeps giving! Say hello to Sophie and Fred (in honor of our first couple at AFRH-W). They were instrumental in helping Carol Mitchell, ADC with maintaining our gardens on LTC and MSU by watering, weeding and making cute ceramics critters for the gardens. The watermelons were sweet, refreshing and were enjoyed by many of our residents!

Stevens and Jewett Organ of 1855 at AFRH-W

By Christine Baldwin | AFRH-W Librarian
Photos by George Wellman | AFRH-W Resident

Our Stanley Hall Chapel organ at AFRH-W is said to be a museum quality instrument. William Stevens and James Jewett built the organ in Boston, Massachusetts, around 1855 and it was purchased by the Universalist Church of Mechanic Falls, Maine.

Around 1963, the organ was rebuilt for Charles R. Tobie of Hebron, Maine, and installed in his hayloft! Unfortunately, through the years there was some vandalism to the great pipes and the wooden parts had deteriorated.

David Moore of North Pomfret, Vermont, moved the organ to AFRH-W, and with co-workers had it restored. In 2011, it was played as part of a week-long convention of the Organ Historical Society. (One interesting tidbit is the graffiti located on the side of the organ. It is thought that when the bellows were manually used, the operators got bored between selections and carved their initials on the organ.)

Graffiti located on the side of the organ.
Pool Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On September 13, 2021, residents competed in the Bocce Ball Tournament in the Bocce Room. Residents competed against each other to see who would advance in the brackets. Residents, lined up on the outer court, were seen watching the game. There could only be four winners for that day. Wayland Webb took 1st place, Frank Baker took 2nd place, Ernie Fowler took 3rd place and Fredi Van Pelt took 4th place.

Hurricane Ida Pong Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

During Hurricane Ida, recreation held its Pong Tournament. Each resident was given seven ping pong balls and they had to bounce them across the table into the solo cups. Each solo cup was worth a different point. If the ping pong balls went into their opponent’s cup, the points went to their opponent. All residents playing gave it their “Hurricane Ida try.” There could only be four winners for this game. Glynn Atchley won 1st Place, Frank Baker won 2nd place, Jerry Anderson won 3rd place and Ernie Fowler won 4th place.

Mystery Game

**Story & Photos by Dennis Crabtree | Recreation Specialist**

The Mystery Game was Plinko. The object of the game was to get the most points. However, there was a rule change: the points that you got actually goes to your opponent and your opponent’s points go to you. There could only be four winners for this Mystery Game. Jerry Anderson took 1st place, Glynn Atchley took 2nd place, Fredi Van Pelt took 3rd place and Wayland Webb took 4th place.

Washer Toss Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On September 30, 2021, Glynn Atchley won 3rd place, Blaylock won 2nd place, each solo cup was worth a table into the solo cups. Residents were looking to get that combination shot into the corner pocket. There could only be four winners for that day. Glynn Atchley took 1st place, Harry Rhizor took 3rd place and Don Blaylock took 4th place.

Putt Putt Tournament

**Story & Photo by Dennis Crabtree | Recreation Specialist**

On August 27, 2021, residents competed in the Indoor Putting Tournament. Residents were seen taking their time aiming for that beautiful shot to make that hole-in-one. The rest of the players took mental notes on how to master the form from other residents. Glynn Atchley took 1st place, Don Blaylock took 2nd place, Patrick Smith took 3rd place and Ernie Fowler took for 4th place.

The Mystery Game was Plinko. The object of the game was to get the most points. However, there was a rule change: the points that you got actually goes to your opponent and your opponent’s points go to you. There could only be four winners for this Mystery Game. Jerry Anderson took 1st place, Glynn Atchley took 2nd place, Fredi Van Pelt took 3rd place and Wayland Webb took 4th place.

**Football is back!**

**By Carol Davis | Recreation Assistant**

It’s the most wonderful time of the year! Yep, for some people football season is the best season of all. I am one of those people. I grew up in a small north Mississippi town watching football with my parents and siblings. On Friday nights, I was marching with my high school band and yelling for our hometown Wildcats. On Saturdays, we switched to college football. We are die-hard Ole Miss fans, so our day hinged on that game and still does. Then Sundays rolled around and we were WHO DAT Saints fans (except my Mom liked the Broncos and the Dolphins, only because she thought John Elway and Dan Marino were cute). I just remember those times became really great memories. Even though sometimes we weren’t happy with the outcome of the games, we always seemed to have fun. So let’s show our colors on October 15! Whether your preferred sport is football, baseball, soccer or another, wear your favorite shirt displaying your team’s colors. I’ll bet you can’t guess what I’ll be wearing that day!!