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Description of document: Armed Forces Retirement Home (AFRH) documents describing the 1898 time capsule located during repairs to the Sherman Building and the disposition and handling of the time capsule, 2012-2013

Requested date: 22-February-2016

Released date: 18-March-2016

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Source of document: Freedom of Information Act Request
AFRH
#580
3700 N. Capitol St. NW
Washington, DC 20011-8400
Fax: 202-541-7508
Email: AFRH.FOIA@afrh.gov

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ARMED FORCES RETIREMENT HOME
3700 NORTH CAPITOL STREET, N.W.
P.O. Box 580
WASHINGTON, D.C. 20011

18 MAR 2016

Re: Freedom of Information Act Request: #16-5

This letter is in response to your Freedom of Information Act (FOIA) request received 22 February 2016, in which you requested the AFRH documents that describe the 1898 time capsule located during the earthquake repairs to the Sherman Building, and the disposition and handling of the time capsule.

The list of items in the 1890 time capsule is as follows:

Tobacco Tin (c. 1890): A tin for "Old Rip" long-cut smoking tobacco, manufactured by American Tobacco Company. As stated on the tin, the American Tobacco Company was the successor to the Allen & Ginter Company of Richmond, Virginia.

Penny (1887): The Indian Head one-cent coin designed by James Barton Longacre, the engraver at the Philadelphia Mint from 1844-1869. The coin was produced by the United States Mint from 1859 to 1909.

Watch Fob (c. 1889): This watch fob is a replica of the gold medal given to N.J. Schloss & Company Boys Clothing as an exhibitor at the 1889 Exposition Universelle in Paris. The Eiffel Tower was constructed for the 1889 Exposition and is depicted on the medallion.

Newspaper (1890): A *Washington Post* newspaper from September 22, 1890 (presumably indicates day the time capsule was placed in the tower, although this is not confirmed).

Two Whisky Bottles: Located outside the time capsule but in the same storage area under the tallest pinnacle of the Sherman Building Tower

These Items were sent to Lara Kaplan Objects Conservation, LLC for cleaning and preservation treatment.

The list of items placed in the new time capsule is as follows:

- Conserved artifacts from the 1890 time capsule (including the broken bottles), each packaged within a marvelseal containment along with its respective conservation report
- Washington Post* from December 22, 2012 (day that the new time capsule was placed within the tower)
- Washington Post* from August 23, 2011 (day of the earthquake)
- AFRH medallion
- A description (with images) of the work completed by Christman and team on the reconstruction of the tower
- A copy of the August 2011 AFRH Communicator article about the earthquake

Photos of the Capsule placement are attached along with a Sherman Brochure indicating the location of the time capsule.

You are granted full access to these responsive records, and they are attached to this email. The cost to process your request is less than \$20.00; therefore, the fee is waived.

Your request is now completed. If you have any questions, you may contact me at 202-541-7554 or by email at afrh.foia@afrh.gov.

Sincerely,



Pebbles Young
FOIA Officer

Attachments:

Handout Tour

5 photos

AFRH Communicator, dated October 2012

AFRH Communicator, dated January 2013

Visit to AFRH-Washington

Sergeant Major of the Army Raymond Chandler III



Retired SGM Edward Davis, a Pearl Harbor survivor, provides some insight on his military career with SMA Raymond Chandler III. SMA Chandler visited the Washington facility along with his wife Jeanne and several active duty members of his staff.

Visit to AFRH-Gulfport

Master Sergeant of the Air Force James A. Roy

CMSAF James Roy visited the AFRH-G on Tuesday, October 16. While here, CMSAF Roy toured the dining room and various recreation areas to meet and talk with residents.

Right - Retired Air Force resident Rupert Maxwell welcomes CMSAF Roy.

Below - CMSAF Roy, Vincent Hammerlund and MCPO Ron Kartz, the AFRH-G Ombudsman, have a photo taken at the birthday dinner.

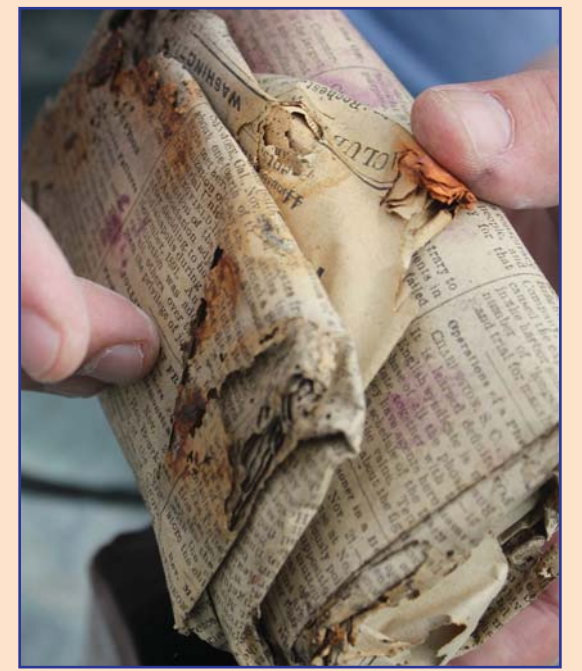


Jenkins is Kiwanian of the Year

AFRH-G Resident Charlie Jenkins was recently awarded Kiwanian of the Year by the Gulfport Kiwanis Club. His citation read, "Jenkins has worked for years as an example of the true meaning of Kiwanis, a global organization dedicated to changing the world one child and one community at a time." The Kiwanis Club honored Jenkins for his dedication to children, schools and the community.



Inside this Issue



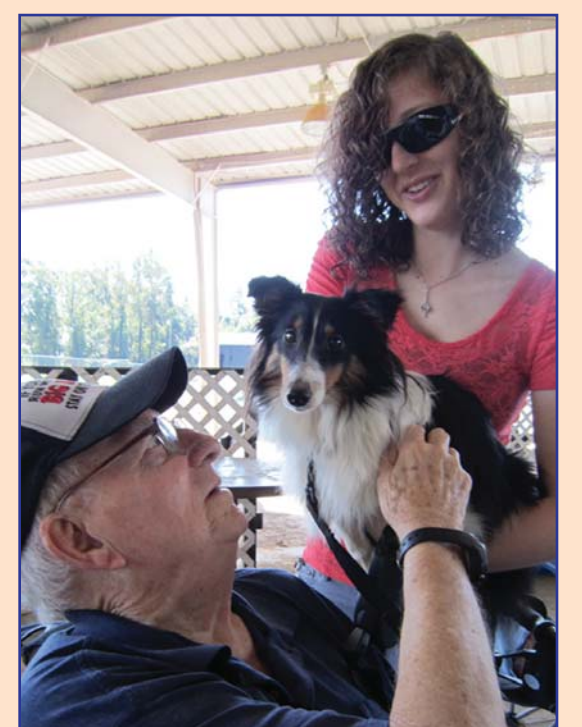
Time capsule found during the Sherman building renovation

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Navy's 237 anniversary celebrated

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Valor and Loyalty Hall 'goes to the dogs'

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AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

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

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

- who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.
- who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.
- who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.
- who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

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



The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments regarding the Armed Forces Retirement Home to the following email address: AFRH_PAO@AFRH.GOV. A section of the Communicator will be set aside to provide RESIDENT feedback.

AFRH-G Veteran Highlight

By Ruby Woods-Robinson,
M.S.L.S.

Anthony M. Langdon was one of eight siblings born to a father who was away most of the time fighting in World War II. His mother, five sisters and two brothers knew all about military life, having been born in Rock Island, Ill. As a child, Anthony enjoyed seeing people in uniform.

In Rock Island Anthony and his seven siblings attended Sacred Heart Elementary School and Alleman, Catholic High School. After he graduated from 8th grade, he was in New York City visiting his grandmother he saw Army



Anthony M. Langdon



Anthony M. Langdon in 1962 in Alaska.

Military Police, in a military uniform that was absolutely beautiful. Tony had never seen anyone in military uniform looking that good. That day he decided when he graduated from high school, he was going to become an "Army Military Police" or as some would say an "M.P."

In 1958 Anthony enlisted in the U.S. Army as a Military Police. He was assigned to the First Cavalry Military Police Department Division from 1958 – January 1960 in Munsan, Korea. Tony was also Chief Investigator for Northern Germany, Holland and Belgium, on the Drug Suppression Team. He investigated criminal offenses and drug traffickers. He was also First Sergeant of the 54th MP Company at Fort Ord, Calif. Tony served 20 years and four months in the Army. He was the First Sergeant and conducted routine company administration and company operations as directed by the company commander. He worked in this European theater for many years. Tony served 20 years and four months in the Army.

After Tony retired from the U. S. Army he worked 20 more years in the civilian work as a security officer with John Deere in Milan, Ill., and TRW, Queen Creek, Arizona in Quality Assurance. From both of these companies, he worked long enough to retire.

The good thing about John Deere is that this is where he met his lovely wife Debbie and was married for 17 years. When she passed away in 2001, he returned to work for



Anthony (Tony) Langdon pictured with actress Natalie Wood.

John Deere and retired in Mesa, Arizona.

Tony received the following activities and awards: Selected three times by the Editors of Who's Who in American Law Enforcement; TRW and Nissan Quality Master Award; Honor Roll, Olympic College, 1969; Fraternal Order of Police, Mesa, AZ Lodge 9, Lifetime member; U. S. Army Military Police Regiment Association, lifetime member; Veteran of Foreign Wars, Post 2153, Moline, IL, Lifetime member; Knights of Columbus, honorary lifetime member; International Police Association, AZ, Region 25, Active member.

AFRH-W Veteran Highlight

By Christine Baldwin

Louis was born on Long Island, New York on July 13, 1943. He joined the Navy in December 1962 at the tender age of 19. He went to Submarine School, and later into Special Services in Groton Connecticut. In 1964 he was chosen to go to Underwater Demolition Training and was one of 21 graduating (out of 150) for this elite group. Louis was told, "They only want the very best!" He traveled extensively; one week looking for a bomb around the Mediterranean and then moving to the North Pole for beach reconnaissance. His favorite base was at St. Thomas in the Virgin Islands. Later Louis went to Topographic Training at Ft. Belvoir, where he graduated in 1965.

Louis made it to Vietnam seven times. Since he was one of the fastest swimmers, he would often be at the back of the group. One time he and a SEAL named John Odush captured three Vietcong, not only because of their abilities, but also their strength. In December 1967, he was in an operation that was intended to be a combined reconnaissance patrol and ambush. Their patrol route followed the north bank of the Ong Keo River. Unfortunately, they were the ones ambushed. The platoon was hit hard with Louis and one other SEAL, Mike Collins, suffering serious injuries. It wasn't until Louis was home recuperating that he found out that Mike had died. During his service, Louis was shot in the leg and the arm and four days before going home on his last assignment was shot in the head.

Louis married in 1968 and has one son and one daughter.



Louis Dicroce

His son later joined the Army and his daughter the Navy. While living at Virginia Beach, he had a fall. A friend, who was a former Commander of Louis recommended the Armed Forces Retirement Home DC to him, so in 2005 he came on-board. "Here I can get three square meals a day and a roof over my head."

One last Bowling Column for Ed Crump

Over the years Ed was awarded trophies for bowling and for walking over 3,500 miles! He kept our bowling records, presented the prizes and gave us all recognition in his Communicator column. He helped to make our bowling alley a happy gathering place full of laughter and activities. We're thankful that he has been our friend.

Message from the Chief Operating Officer



Today's military member relies on an extended network of friends, family and community partners. The Armed Forces Retirement Homes in Gulfport and Washington are very fortunate to have developed a unique partnership with both communities right outside our gates. Even though a fence line separates the facilities from the outlying community it has become very obvious our

Residents have benefited from the outside connections with the community. In Gulfport many Residents are often welcomed at local elementary schools to speak about the military service and key lessons in life. While in Washington we have Residents building lifelong relationships with community members through our gardening program.

This month has really brought the outside community into each of the facilities. Each of our communities is not limited to what is inside or right outside the gate. Instead the entire listening or viewing area is our community, which includes military members, bankers, schoolteachers, firemen, construction workers, truck drivers, shrimpers and Residents.

I have enjoyed hearing positive comments from Residents and community members about the most recent events each facility hosted in October. In Washington even a little cold, damp weather did not stop Residents and the community from spending time together for afternoon polka music, apple butter sauce and arts & crafts with the children. Gulfport had a wonderful opportunity to be a hosting site for many "Cruisin' the Coast" participants. After looking through the photographs of each event an expression of gratitude, happi-

ness, and friendship developed in a short period of time among the entire community.

I believe the community relationships we establish today will become stronger and stronger over the next few years.

In last month's Communicator the AFRH-Washington Administrator, Dave Watkins, discussed his upcoming trip with Residents to the Royal Hospital Chelsea in England. He also mentioned his wife Sue would be traveling with them. Two (2) Q&A's were received this month from one Resident questioning the Administrator and his wife traveling as part of this International Exchange Program. The questions are found below on this page. The following thoughts and response are provided.

This annual event is part of an International Exchange Program between AFRH and the Royal Hospital Chelsea in England. Officially, this International Exchange Program is recognized and sponsored by AFRH. AFRH has traditionally sent an employee with the Residents to represent AFRH, demonstrate support for the Program, and facilitate Resident needs that may arise during the overseas travel. I believe this is both prudent and wise to continue. Over the years the program has benefited many Residents, promoted good relationships with England, and paid tribute to our Guiding Principle – Honor Heritage.

The Residents of the Royal Hospital Chelsea are called Pensioners. Last year four Pensioners traveled to the AFRH Washington to spend a week with our Residents. I have asked Public Affairs to reprint Laura Fogarty's article from their visit in November last year. Please take time to read it. The article highlights many of the activities and shared experi-



In November 2011 AFRH-W residents and Royal Hospital Chelsea in-pensioners toured several military and historic location in the Washington, DC metro area.

ences of program.

The NCOA has traditionally played a big role in support for this program as noted in last year's article. The NCOA Executive Director for Government Affairs, Richard (Dick) Schneider has offered to purchase the airfare for our Resident's traveling to England this year. We are thankful and appreciative of the NCOA's continued support of this enriching International Exchange Program. The Administrator will be traveling on official business and representing AFRH. As such his travel will be funded from the Trust Fund. The Administrator's wife, Sue, will be traveling at her own personal cost. Any gifts the Administrator may or may not receive will be accepted for AFRH and the government.

To all the Residents I would like to thank you for your military service and let you know that your sacrifices are not forgotten. Happy Veterans Day!!

Steven McManus

COO Questions and Answers

Q: I have been told by a member of the RAC that the non-commissioned Air Force Assn. is funding the trip to Chelsea for the Residents selected and your Administrator, Mr. Watkins. If this is true, I again call your attention to the two enclosed articles about Ethics. I sincerely request you reconsider approving this as "official business" and if he use personal leave and says his expenses are personally then there will be no problem.

A: See COO's Article for response.

Q: Regarding the Notification "Restrictions on Federal Employees Accepting Gifts" I believe this pertains to Mr. Watkins forthcoming trips to England. If

not, what will his status be? On leave, or your orders with per diem, transportation etc. paid for by the Residents Fund or from the Trust Fund?

A: See COO's Article for response.

Q: I suggest that the two old swings that were located at the South fence be put under the South veranda where they will be out of the weather and residents can enjoy the scenery. Presently they are along the "walking path" exposed to the elements collecting acorns and other trash. During daily walking the path neither my wife or I have ever seen anyone using the swings. I'm sure that under the veranda they would be used and last much longer. Under the veranda

location was suggested right after the new swings were put in but the suggestion seemed to have been ignored.

A: There were two suggestions for where the old swings should be placed. One was along the path and the other was in the garage. After more thought, we are going to place them in the garage under the veranda and see if they get more use. They have a limited life expectancy and will be disposed of when they wear out.

Q: When are you going to remove or fix the sun screens on the balconies?

A: We currently are reviewing the best options to replace/fix/modify the sun screens. We will be discussing our next course of ac-

tion with the Facility Manager and will let the Residents know how we plan to proceed.

Q: Well - Well Army Navy Game Oct 13th, Do the Vets of AFRH get to see it at Fiddler's Green? Fiddler's Green sure needs help. It is said the bar is open, but what time do they open the door - HA HA a Joke:)

A: The Army Navy game is scheduled for December 8th in the Community Center and will also be on TV in Fiddler's Green. Fiddler's Green opens at 3 p.m. except for special occasions like the Army - Navy game or dances.

Please submit your questions for the COO in the kiosk located in the Lobby.

Sponsored by the NCOA National Defense Foundation

Our International Exchange Program continues and is going strong

AFRH Communicator -November 2011

By Laura R. Fogarty (W)

On Monday, November 7, 2011, as the morning progressed, the excitement began with anticipation of hosting the next group of in-pensioners from the Royal Hospital Chelsea for the week at AFRH-W. Rooms were tidy and special treats were placed in the "tea room" for our guests. The resident hosts were Nelson Jamison, Billy White, Ken Faller and Corrine Robinson. Our Resident Advisory Council Chairman, Esker McConnell participated throughout the week as well. Resident hosts and former hosts gathered on the coach bus with me and the Director as we headed to the airport to greet our guests. We patiently waited for those bright scarlet coats to come thru the custom doors. As they did we yelled our traditional "hip hip hooray" several times with warm hugs for everyone. In Pensioners Tom Metcalfe, Malcolm Smart, Michael Dows, and Alfred Mason embraced our welcome along with their fearless leaders Lieutenant Colonel Rupert and Mrs. Michelle Lucas.

Upon arrival here, room assignments were given; shortly afterwards, the group ate dinner and there was a wonderful welcoming social sponsored by the residents. This gave all residents the change to mingle with our guests. The start of the daily programs began on Tuesday, November 8th as the group met up with NCOA Executive Director for Government Affairs, Richard (Dick) Schneider, and Chairman, NCOA National Defense Foundation, Matt Daily at the Pentagon. Dick and Matt coordinated with Sergeant Major Jeffrey Wells and Sergeant First Class Jennifer Bass the day's activities which included an informative briefing, tour of the building/memorial and lunch.

Wednesday, November 9th the group got a tour of the

Lincoln Cottage on the AFRH grounds and then ventured to the docks for an afternoon cruising down the Potomac on the Spirit of Washington Cruise Ship for lunch. Great food, entertainment and dancing non stop for the two hour cruise. Later in the day sight seeing between the monuments was enjoyed as each host resident gave a little briefing for each monument they visited. The day ended with attending the National Veterans day concert at the National Shrine here in DC.

Thursday, November 10th was another special day of activity as the group headed for a VIP tour of the White House. After the tour the group ate lunch at the famous Ebbitt's Grill. A little shopping at Pentagon City for some and others used this time to relax. Then it was off to Toby's Dinner Theater to see "White Christmas" The show was fantastic and standing ovations were throughout the house.

Friday, November 11th, Veterans Day, the group got up very early to meet Dick and Matt once again for the day. NCOA hosted a wonderful breakfast at the Hyatt Hotel and then provided box seats for the group at Arlington National Cemetery for the program. Afterwards, the Chelsea guests participated in the wreath laying program along side NCOA and other organizations honoring Veterans everywhere. Once they finished, they proceeded to the Marriott Crystal Gateway for a bit of socializing and refreshments. Later that evening, some of the group ventured downtown to experience a Washington Pub while others opted to relax and catch up on rest.

As the week progressed and so quickly I might add, Saturday came along and the group was in for a real treat. The AFRH speak Easy Culture Club put on a skit presentation titled "It only takes a minute". This was a forum for residents and employees to share their earthquake stories with others. After lunch the Air and Space Museum was the place to be and the

group enjoyed the many displays on hand.

Sunday, November 13th the group ventured out to the British Remembrance Service at St. David's Episcopal Parish Church for a service and social. Once finished, a visit/tour of the USNA in Annapolis was scheduled which was enjoyed by all. The night's activity was dinner, drinks and socializing at the Red Rock Pizza Pub. It was a great way to end the day.

The last scheduled activity of the week was a VIP tour of the Capitol. Representatives from Congressman Jon Runyan, Third District New Jersey met the group and gave a detailed tour. Lunch at Union Station went well and then it was off to the American History Museum. This was a favorite for all of the visitors. As tradition has been set, the week long program ended with a gathering at the Director's home for dinner and gift exchange. The Royal Hospital Chelsea thanked us for a wonderful week and they look forward to hosting us in November 2012 when our residents travel to their home.

This exchange program has been in existence since 2001. It takes many people involved to make it successful. Thank you to the following people for assisting me with this program. Charles Dickerson, David Watkins, Mary Catherine Murano, Nicole Chappell, Christine Baldwin, Michele Bailey, Lori Thompson and Jerry Carter and Susan Chubb. You are all appreciated!

In conclusion, during visits to both homes the In pensioners and residents and employees from both homes have come away with special friendships and an understanding of traditions and lifestyles represented at each home. Lastly, a very special thank you goes to Dick Schneider and Matt Daily for supporting this exchange program. It is through their determination and desire to serve Veterans that funds are made available to support this endeavor. Thank you NCOA.

From the AFRH-W Administrator



An interesting cache was discovered when the dismantling began with the Sherman Building up in some of the highest stones of the tower. Today we call what was found a time capsule. What a remarkable link back into the history of the Soldiers Home from 123 or so years ago. The collection was a tobacco can filled with an Indian head penny from 1887, a medallion from the Exposition Universelle held in Paris in 1889 (the exposition for which the Eiffel Tower was constructed), a couple of liquor bottles and a local newspaper from 1890. The tobacco can was rusty, the bottles empty, the papers brittle and discolored but the penny was sound.

Now that the restoration is taking place for the Sherman the time capsule idea needs to be continued for later discovery. Plans have developed and a new capsule is being purchased that will be made of stainless steel and can be filled with some small items. The new capsule is small and the pieces that will be stored for perpetuity must be carefully considered. I am going to meet with Joe Wachter, the RAC Chairman and ask that he invite Residents to take part in coming up with ideas of what may be placed in the capsule.

Of course, precautions will need to be made so that the items can last more than a century. Items such as color photos, textiles, newspaper, rubber, leather, certain metals, like iron can deteriorate. Objects that would last are: treated black and white photographs on fiber based papers, wood if sealed, acid free permanent paper, glass, or nonferrous metals. Someone suggested we enclose a CD loaded

with information about the Home, but that wouldn't work unless we included a CD player with instructions as technology changes rapidly.

When all ideas have been gathered, representatives from the Resident Advisory Committee (RAC) and an equal number of staff will make the final decision on what can be included in the new time capsule. We will keep you posted on those decisions.

I want to share with you some information on the AFRH-W Residents' Fund. The Non-appropriated Residents' Fund (NAF) was begun in the early 1980's. Its' purpose is to support projects and activities designed to enhance the morale welfare, comfort, pleasure, contentment and general well-being of the Residents. The fund is to be operated in such a manner so the Resident recreational programs are self supporting. All Recreation programs are to be supported by this fund. Such projects include recreational programs, self-development courses, group social functions, organized trips under facility groups or individuals as well as incidental expenses associated with any of these activities such as transportation and refreshment.

The Residents' Fund is overseen and managed by the Resident Fund Advisory Board. This Board is made up of members from the RAC, staff from the Business Center, Campus Operations, the Ombudsman, the Librarian, Administrative Officer and the Chief of Residents Services. I, as the Administrator, chair the Resident Fund Advisory Board. As of today, the fund has a total balance of \$807,391.42. Income during the year of 2012 was \$195,433. Roughly 95% of this was fees that came in from the Golf Course. Other revenue is from interest, sponsorship, donations, bequeaths, and a small amount from AAFES, book proceeds, purchase card rebates and the Thrift Shop.

Money that is slotted out of the fund is



Items found in the tobacco can discovered during renovations of the historic Sherman Building.

for activity programs, prizes, and awards for the many activities such as bingo, bowling, golf, computer classes, different card games, etc. Other expenses are entertainment such as bands for socials, beverages, food costs for special themed events such as Birthday Parties for the military branches. Recreation activities take place numerous times a week all over the campus yet mainly at the LaGarde and Sheridan buildings. Over and above these everyday expenditures is funding for Volunteer Services, supplies for the RAC and computer room, library, wrapping room and the aquariums. And we can't omit the contracts for the golf course manager and assistants. The fees for the Double Nickels book projects and events come from this fund as well. Lastly, there are the financial administrative charges from Millington Security Finance. Total expenses for 2012 were \$229,224.20.

The Board recently has ordered six new carts for the golf course and we plan to purchase an additional six during 2013. In

addition, 21 computers and related equipment have been ordered for installation in the new Scott. This will assure that all new equipment will be available for the Residents in the computer lab, game rooms and library.

From my past experience and discussions with numerous leaders in the field of retirement communities and nursing homes, the AFRH-W is over the top compared to all the rest in programming and events in recreational activities. More money is expended here per Resident than any place else. I thank the workers of the recreation department for their desire to do extremely well for the Residents. You know, as a way of your showing your gratefulness, you can donate monies for this Resident's Fund and even writing this into your will. I know that is a suggestion and an advertisement but it is an excellent purpose—helping other Residents to find much enjoyment, companionship, friendship, and even making positive health choices by remaining active.

David Watkins

News from the Ponds

By Carolyn Haug

U.S. Coast Guard help beautify campus

On the fall morning of Wednesday, October 10th, the United States Coast Guard Chief Warrant Officers Association, Chief Petty Officers Association and the Coast Guard Enlisted Association joined forces to tackle several projects aimed to make the Ponds safe, beautiful and more accessible for our residents. Our men and women from the Coast Guard showed up with 50 volunteers ready to work. The large project of removing a section of small trees, shrubs and undergrowth along the south pond was completed in less than two hours with the help of our Coast Guard from TIS-COM. Clearing the section and still leaving some shade will allow our fishermen to cast their line along the southwest corner of the Ponds.

Additional projects included painting the pavilion and fence, staining rails and posts, securing the handrail along the south pond, continuing the safety line along the posts, aerate and seed the ground around the pavilion and along the front fence, trimming and removing fallen limbs and branches. After a morning of projects, the volunteers had the opportunity to meet with some of our residents who joined us for a pizza lunch. Thank you to our residents who came down to show support of our Coasties! We look forward to having them back next April.

New Partnership with Trout Unlimited and Living Classrooms

Through the efforts of the Trout Unlimited organization we have been able to assist with this out of the classroom experience. Living Classrooms is a unique program that allows Hart Middle School students in the Washington, DC area to learn how to fly fish as part of their science curriculum. Students spend multiple class periods learning the fundamentals of fly fishing. This includes water quality studies, macro invertebrates, and the importance of being responsible while fishing. Volunteers and educators alike have had a wonderful time during afternoon adventures with the fly fishers. Currently 36 students have participated at AFRH-W, and are very hopeful to have additional field trips in the future. Residents are encouraged to come out and participate. POC is Jerry Carter, room 1005 or ext 7923.

Notes from the AFRH-W, Chairman, Resident Advisory Committee



This is my first article for the Communicator. How does one write such an article? Just start and write about what one knows!

I know that the new Resident Advisory Committee at the Washington home is

up, and running, and busy making plans for the interesting and challenging tasks ahead. The Committee consists of;

- Joe Wachter as RAC Chairman
- Van Haynes as Vice-chairman
- Phyllis Bradford – Secretary
- Charles Jones – First Floor Rep
- Van Hayes – Second Floor Rep
- Walter (Smoky) Prussman – Third Floor Rep
- Francis (Tully) Donohue – Alternate

- Third Floor Rep
- Robert Brown – Fourth Floor Rep
- Miriam (Mimi) Rivkin - Fifth Floor Rep
- Anthony Contino – Alternate Fifth Floor Rep
- Sixth and seventh floor positions will be filled soon (I hope)
- Corrine Robinson and Edward Davis – LaGarde Ombudsmen

We call that team, the "Advisory Team" - AKA the A-team.

In the next few days we will firm up the sub-committee assignments. We have very qualified candidates for the sub-committees, but can always use more willing hands. As the adage states, "Many hands make light work."

The sub-committees are;

- Food Service
- Morale, Welfare and Recreation
- Health and Wellness
- Resident Fund Advisory Representatives

The AFRH-W RAC Committee has adopted the motto "Advocate, Coordinate and Communicate." We look forward to working to continue the dialogue with the home managers, listening to, and responding to, the advice and comments of our fellow residents, and making each precious day pleasant and enjoyable. With help and guidance from our residents, and support staff, we will do our best.

Joseph Wachter

United States Navy celebrates 237 years



Barbara Danna and Seaman Ledesma make the traditional cut into the cake celebrating 237 years of history.



RAC Chairman Joe Wachter presents the "Resident's Choice" award during this year's Antique Car Show.

From the AFRH-G Administrator



It is very heart warming to see the enormous amount of support that the Mississippi Gulf Coast has for our veteran population. Two great examples of this occurred this past month. On October

20, Ingalls Shipbuilding hosted over 30 of our residents to attend the christening of the USS America (LHA 6). During the ceremony, the residents were acknowledged and received a standing ovation from the crowd. Then on October 23, at the annual Salute to the Military, 25 tickets were donated by local businesses to the AFRH-G so that our residents could attend this prestigious event. The support we receive and enjoy from our community continues year round as well with regular visits from volunteers with the Pet Therapy program, Seabees that come daily to help our residents, active duty that attend our military service birthday celebrations and much more. It is truly a win-win for the AFRH-G and the local community and we are very much in appreciation for the continued support.

The calendar for November is filling up fast with activities and events for our residents to attend. Please make a note that we will be holding our second annual Veterans Day Open

House on Monday, November 12. The gates will open at 9 a.m. with opening ceremonies to take place outside by the flagpole at 10. Captain Rick Burgess, the Seabee Center Commanding Officer, will be the guest speaker. Immediately following the opening ceremonies, a demonstration from the Biloxi Police Department Bomb Squad will take place. And back by popular demand is the Harrison County Canine Unit demonstration. Inside guests will be given tours, refreshments and a chance to enjoy crafts and artwork from residents and local artists. The afternoon will wrap up with the regular Friday afternoon dance. What a great opportunity this day will be to show our local community what we are about and thank them for all they do for us.

Participation at the monthly Townhall meetings has been very good and I encourage each and every resident to make every attempt to attend. It's the best place to go to hear first hand about the status of projects or new initiatives for your Home. It's also a forum for me to provide answers to your specific questions about anything that is a concern or is of interest to you. November's Townhall will be held on Friday, Nov. 2 at 10 a.m. in the Community Center.

If you haven't had a chance to see the south end of the property for a few weeks, now is a good time to go. The sidewalks have been moved to better accommodate the residents that enjoy walking or riding bikes and the landscaping is nearly complete. And what

a difference our flag-lined entry makes! Thank you to all the residents that are getting state flags to fly weekly alongside our service flags. It just goes to show that there is no limit to what all we can accomplish collectively.

The change of seasons brings cooler temperatures and I'm seeing more residents heading outside to take advantage of the pleasant weather. Please remember to slow down and watch out for the other person when you are in the garage, whether you are on foot, in a car or on a bike. Don't assume the other person sees you. Statistics have proven that accidents typically happen in close proximity to your home, when your guard is down, so please pay attention and watch out for each other.

What is the Resident Fund or Non-appropriated Fund (NAF) as it is also called? The Resident Fund was established to support a variety of projects and activities designed to enhance the morale, welfare, comfort, entertainment, pleasure, contentment, and general well-being of the Residents at AFRH. Such projects might include: recreational programs; self-development courses; group social functions; organized trips under facility sponsorship; concerts; dances; and educational programs for groups or individuals; as well as incidental expenses (such as transportation and refreshments) associated with any of these activities. The fund is self-supporting and must be derived from non-appropriated income sources.

Each campus has a Resident Fund Advisory Board (RFAB). The RFAB meets quarterly, or at the call of the Chairperson. Agendas for the meetings will be built from a combination of the distilled minutes from the RAC meetings and prior RFAB meetings. Discussed at RFAB are the expenditures, financial reports, investments, non-funded and unbudgeted items and revenue. Annually the RFAB reviews the upcoming budget and makes recommendations. The RFAB consists

of the following voting members: Administrator (Chairperson), Chief of Resident Services, Chief of Healthcare Services, Chief of Campus Operations, two RAC members (one being the RAC Chairperson) and two Residents at large appointed by the RAC Chairperson. Non-voting members include representatives from Recreation and the Business Center; and the Ombudsman.

For FY12 ending September 30, 2012, the fund had a balance of \$1,184,348.18. Income of \$67,119.91 through resident estates, donations, interest, dance entrance fees, Thrift Shop income, NEX and Fiddler's Green and other fund raising programs. Expenses were \$117,976.27 that supported the many programs AFRH-G had throughout the year. Also included in the expenses are the fees paid to NAS, Millington, Commander Naval Installations Command (CNIC) for investment and accounting services. The fee is about 1.5%, however there was an adjustment made in September that adjusted FY11 and FY12 for incorrect charges that were being paid by the DC Resident fund. Those fees alone were \$23,763.94 which was unexpected. All local deposits for the Residents Fund are deposited in Hancock Bank as a pass through account for CNIC.

The Board recently approved the FY13 Resident Fund Budget to benefit the residents of AFRH-G. Managing and oversight of this fund takes a lot of work and oversight by many people from Recreation, Finance and the Resident Advisory Committee. I want to thank you for a job well done.

Election Day is Tuesday, Nov. 6. We will run buses every hour on the hour to the polls beginning at 8 a.m. until 3 p.m. For those that wish to drive, the voting location is the Skate Park on Debuys Road. Don't forget the time change on Sunday, November 4. Have a safe and happy November.

Chuck Dickerson

Residents join Seabees in Navy birthday celebration



Ann Whittaker (center), Charlie Jenkins, Hugh Wingo and Neville Smith join the Seabee Center Commanding Officer Captain Rick Burgess and Constructionman Lorenz in cake cutting ceremonies.



Navy birthday celebration at AFRH-G

The oldest female resident that served in the Navy Marion Ritchie cuts the cake with guest of honor Cmdr. Jonathan Vorrath and active duty members of the Navy that were in attendance of the AFRH-G Navy birthday celebration.

Notes from the AFRH-G

Chairman, Resident Advisory Committee



October 2012 has been another picture perfect weather month here on the Beach. The Resident count here in Gulfport this month is now 506 and in that count, 21 are in Valor and 11 are in Loyalty.

Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESSFUL" month! Fred, congratulations to you and your Team for another Month well done!! Birthday Night was a, to "die" for, event!!

The beautification of our grounds is still continuing!! The walking and bike trail is being cut and re-routed for better and safer movement. More blooming plants (Confederate Roses) are going in all along the entire front of the natural areas across the back of the property. I think 65 fast growing plants were planted by Susan's outstanding crew! They are going to be "Just Beautiful!!"

A great ceremony was performed and enjoyed by the Residents at the "Raising of

the Flags" event at the front entrance. A flag for each branch of the military was raised along with appropriate music for each service. Many thanks to our Administrator, Chuck Dickerson, for making this patriotic event possible!

Many of the Residents have continued to "step up" day after day to assist in the operations of OUR HOME, to make it a better place to LIVE. The staff in Recreation did a great job in preparing us for the "Cruisin' the Coast" folks, a BIG Thank You!

HIGHLIGHTS OF ACTIONS AT THE RESIDENT ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 9th of October 2012. Some of the actions taken were:

ANNOUNCEMENTS:

-RAC Chair is continuously impressed with the friendliness and patriotism displayed by the Residents of the Home.

-Ball Room Dance lessons will again be offered Mondays and Wednesdays nights at 6 p.m.

REVIEW OF PREVIOUS MINUTES:

-Minutes of Meeting for September 11, 2012, were approved with amendments.

OLD BUSINESS: None

NEW BUSINESS:



A night view of the flags on display at the main gate of the AFRH-G.

-RAC received updates from all Committee Chairpersons.

-MWR Committee reported that a discussion needs to take place on dance entertainment pricing. The RAC continues to hold down the amounts authorized for music.

-RAC Members volunteered to acquire state flags to be displayed at our front flag poles.

-Financial Report for September 2012 was reviewed.

OTHER BUSINESS:

-RAC discussed the price to charge for copies in the Library copier. Motion made, seconded, and passed that the prices charged for copies will not be changed at this time.

-Many THANKS to all the Residents for making OUR HOME a better and more patriotic place to live.

Your help, your suggestions, and your comments are helping us all become BETTER.

Enjoy!!

Bill Parker

AFRH-G October Activities

Residents treated to three ring circus

By Sean Campbell
Recreation Specialist

For the second year in a row, members of the Patriot Guard Riders treated AFRH-G residents to a fun night under the big top at the Cole Brothers Circus in Biloxi. Patriot Guard Riders provided the Three Ring Action as a special thank you for the residents and their contributions to their country. A few residents stated that they haven't been to a circus in a long time, and it was fun to relive their memories watching the show.



At the Mississippi Coast Coliseum on October 2, residents and Patriot Guard Riders take a group photo to mark the occasion. The tickets to the circus were donated to residents by the Patriot Guard Riders.

Pet Request Makes the Day Special

Story and photo by Susan Bergman
MT-BC, Recreation Services

With a surprise visit from his daughter, son, and daughter-in-law, Vince Hammerlund was ready for a fabulous "95" Birthday on Monday, October 15! Vince began the day asking about "Leif", the 11-year old Golden Retriever of owner Dick Stanford. Due to Mr. Hammerlund being at an appointment that morning, Leif missed visiting with him when travelling from the front lobby to Valor to Loyalty Hall. Leif even came back several times to see if he had returned. After the third try, Leif surprised Mr. Hammerlund, stayed for an extended visit, and was the talk of the day. Leif enjoyed the extra petting and Vince enjoyed the special visit for his Birthday!



Leif, a Golden Retriever, visits Vince Hammerlund and his daughter-in-law on his 95th birthday.

Seabee volunteer, Wendy Miller, for arranging the Birthday surprise.

Birthday Surprise

Story and photo by Susan Bergman
MT-BC, Recreation Services

On Friday, October 5, Jesse Self was welcomed by a Birthday Surprise at Olive Garden restaurant. After a morning of watching the dog agility trials, Jesse was ready to travel on to lunch. Mr. Self's face brightened as he saw a plate dressed up with "Happy Birthday" and a bowl of his favorite vanilla ice cream arrive candle lit. Jesse blew out the candle, onlookers walked up to congratulate him, and his peers sang to cheer him on. We thank our



Happy Birthday Jesse Self holds up his decorated Birthday plate!

Historic player piano back in business

By Brian Mason, Recreation Assistant

What is the deal with the player piano? Why doesn't the Master Chief have to pump the pedals and wear out his legs and forearms to get this thing to play anymore? Well, that is because it has been fixed! Thank you, RAC (Resident Advisory Committee), for approving the budget to allow the purchase and subsequent repair and tuning of the piano.

The player piano was purchased from a family in the fall of 2011 and brought to us from Minneapolis, Minn. Thanks to the RAC and the piano professional, Jerry Hebert, the

Master Chief can rest! The player piano was derived, believe it or not, from the simple music boxes that were made in the late 1800s. Similar technology was used to produce the paper rolls that were inserted to play the music. Some of the rolls were made of paper thin metal near the beginning of the player style pianos. There are player pianos produced this day and age but, they no longer use the paper rolls as music. In this digital age they use computers and other devices to engage the piano to play. Ah, modern technology. Our particular piano, according to researching the serial number, was made by the Baldwin company in the 1920s. Typically, they were used in taverns and bars, in the early years, and then expanded into many of the family homes. Maybe, even some of our residents can recall hearing Christmas music during the holidays playing from the piano? Or maybe a Boogie Woogie song? It's nice to have this piece of history in the home for us all to enjoy. Our ice cream socials have gotten that much better being able to listen to this piano while we all socialize!



Marion Wolke, aka one of the calendar girls, tickles the ivories of our player piano.

Resident uses ingenuity, resourcefulness with bow

Story and photo by Laura Slack
Chief, Resident Services

Resident James Taylor is getting ready for archery! He went online and ordered a DVD about how to make a bow. He was resourceful and used maple wood that was removed from the pillars in the Dining Room during the sharp corner repairs. With the finish help of PJ Johnson and WW Smith, he made a 72" bow.

On Monday, October 22 he showed off his hand-made bow with a target he put together with the help of Ability Works. Now, Recreation is determining if there is enough interest to start an archery program at AFRH-G. If you'd like to get involved, let Recreation Services know.



James Taylor takes a practice shot with his hand-made bow.

More Fall Games Results

	Ladies	Men's 76&Under	Men's 77&Up
Predictability Walk Event			
1st	Jean Rhizor	Mike Longwell	Harry Rhizor
2nd	Pat Russo	Ernie Fowler	Wayland Webb
3rd	Gerry Gorsky	Snuffy Smith	Ken Schneider
Golf Shot Event			
1st	Pat Russo	Ernie Fowler	Andrew Pellkofer
2nd	Edna Hall	Mike Longwell	Rosie Rosenburgh
3rd	Jean Rhizor		Andy Lemstra
Poker Walk Event			
1st	Pat Russo	Joe Kelly	Harry Rhizor
2nd	Ebbie Simpson	Peter Behl	Ken Schneider
3rd	Earlene Syverson	Mike Longwell	Forest Schneider

AFRH-G Second Annual Veterans Day Open House

Monday, November 12 from 10 a.m. til 2 p.m.

Invite your family and friends to attend

Valor & Loyalty Hall residents watch Dog Agility Trials at Harrison County Fairgrounds

Story and photo by Susan Bergman,
MT-BC, Recreation Services

On Friday, October 5 residents from Valor Hall and Loyalty Hall enjoyed a visit to the Harrison County Fairgrounds to see the Dog Agility Trials. During the trials, residents watched dog owners direct their dogs through various obstacle courses. The dogs travel off their leashes and are judged by time and accuracy. The owners or handlers give the dogs cues through their voice, body signals, or hand gestures however are not allowed to touch or give incentives like food or toys to the dogs during the competition. The bars for the jumps are ad-

justed based on the height of the dogs and the courses are changed for different ranking of dog - novice compared to master. Courses are created in which dogs could not successfully complete them without direction from an owner or handler. The course often includes a tire jump, teeter-totter, tunnel, collapsed tunnel, weave poles, and a pause table in which dogs must sit down and stay until given a cue to continue. Residents Fred Schell, Earlene Syverson, Ebbie Simpson, Jack Oxford, and Jesse Self enjoyed visiting with Endee along side volunteers Clifford Smith, Wendy Miller, and Pauline and Ken Larson. Endee regularly runs in the dog agility trials, too. What a wonderful way to go to the dogs!



Residents have front row seats to watch the dogs navigate the obstacles course.

AFRH-W October Activities

Recreational Services hosts 55th Annual Antique Car Show

Residents brave the rainy weather to see some really great classics

By Mary Catherine Murano, Recreation Team Leader and Nicole Chappell, Recreation Specialist

Rain Rain Go Away! could have been the theme for this year's 55th annual antique car show at the Armed Forces Retirement Home on October 7th. Although the weather was not on our side the return of familiar faces were. Out they came to support our historical event bringing many first timers with them. Returnee DJ Billy White spun tracks from the 50s with classics such as "Come and Go with Me" and "Shake Rattle and Roll"; the Model T club took a record 15 minutes to go from parts and pieces to complete reassembly; and announcer Erwin Mack entertained everyone with a brief history of the Ford Motor Company's accomplishments in the past 100+ years.

Sunday showcased several vintage cars from an era gone by. In addition to the 1909 Ford Model T Touring, autos from the 40s through the late 60s including the beautiful white 1969 Cadillac Deville, could be found gracing the grounds of the Armed Forces Retirement Home.

Judges Dave Watkins, Administrator, Joe Wachter, RAC Chairman, Clem Clement, Dave Browne and Ken Burns had the difficult task of selecting winners in seven categories. High-

lights of the event included presenting the awards to the following winners: Director's Award to John McMillan for his '41 Packard, Runner up award and oldest car to Dan Murray for his 1965 Buick Riviera and the Resident's Choice award to Don Silbert for his 1923 Nash. It was great having the 25 or so residents come out and brave the weather to cast their vote for Resident's Choice Award and to see all the cars.

It was a perfect ending to an enjoyable day as all entrants joined in the parade of cars led by Director's Award winner John McMillan (lucky first time entrant/winner!), as he began the procession toward the King Health Center where veterans were standing by to catch a glimpse of some of the finest cars ever produced, and that have withstood the test of time.

The support for this event was tremendous and ensured its success. Many thanks to the following organizations and people for their assistance throughout the day: The V-8 Club for lending sponsorship support, DC Defense Force for their traffic control support, DAR and CAR (Daughter's and Children of the American Revolution respectively) for manning the refreshments table, the demonstration provided by the Model T Club, judges Dave Watkins AFRH Director, Dave Browne, Joe Wachter, Clem Clement and Ken Burns, DJ Billy White for spinning winners, and AFRH Security for their role in assisting with the event.



The Director's Award went to this 1941 Packard Clipper.



Judges look under the hood of this classic.

Strong Partnership

Family Day at President Lincoln's Cottage

By Callie Hawkins, PLC

On September 29th, President Lincoln's Cottage, in conjunction with the Armed Forces Retirement Home, held our first annual Family Day. The event proved to be a rousing success, with a record 210 people going on tours of the Cottage, and an estimated 400 total visitors to the site. Our visitors caught a very special glimpse of some everyday scenes from Lincoln's life at Soldier's Home thanks to re-enactors from the 150th Pennsylvania Volunteers. These soldiers performed drill and firing demonstrations, and engaged many visitors about what life was like in the Civil War armies and on the Union home front. The Washington Revels' Jubilee Voices captivated our audience with beautiful renditions of Civil War favorites such as "Battle Hymn of the Republic," while parents and children alike enjoyed making their own Lincoln top hats. Perhaps the events most popular attraction



was our live petting zoo, complete with pony rides and peacocks---one could almost picture Lincoln and his youngest son Tad enjoying the company of similar animals on these grounds 150 years ago! V

Volunteers from AFRH such as George Wellman and Gwen Henley provided valuable assistance (and lots of good cheer) while food vendors from across the Washington area kept everyone well-fed. All

Left - Members of the 150th Pennsylvania Volunteers perform one of many firing demonstrations.



Resident Marion Marques and local children enjoy the petting zoo.

visitors had the opportunity to see a rare signed copy of the Emancipation Proclamation that is currently on display in the Robert H. Smith Visitor Center, one of only 36 known copies still in existence today. All told, it was fantastic day filled with lots of eager visitors and fun activities, and our thanks again to the wonderful AFRH staff for all their cooperation and assistance!

Greenbelt Dog Show

By Amanda Jensema, CTRS

Some residents have said that the Armed Forces Retirement Home has "gone to the dogs!" When the members of the Greenbelt Dog Training came to the LaGarde building you would have thought that too. There were dogs of all sizes, colors and breeds. In total there were around 25 dogs, and of course their owners, who were here to put on a show for the residents. The show began with a demonstration of their agility course and training. They had to walk across a balance beam, go up and down a ramp, run through a tunnel, and leap through a hoop. After that we were taught the secrets of how to train your dog. The secret is that you must train the owner first to listen to commands. Once they know the commands then they can begin to train their dogs to know the commands. They ended the program with what they call "freestyle dog dancing" where the owner and their pooch dance. It was quite interesting to watch. There was a dog who danced around an umbrella to the song "Raindrops Keep Falling on my Head", and another one gliding on a skateboard to "Surfing U.S.A.". The dogs were rolling over, jumping through their owners' arms, going between their legs, and even doing the conga! It was a sight to see for those who attended. Alli Lee is the owner and trainer and has over 35 years of teaching experience. The residents of AFRH look forward to when they return!



The Greenbelt Dog Show is a big hit with the Residents.

A Day at the Races

By Amanda Jensema, CTRS

The residents of the King Health Center enjoyed a beautiful afternoon on Oct. 19th at the Laurel Race Tracks. We could not have asked for better weather! The residents instantly were placing their bets on which horse would win each race, and some event won. Mr. Residents Johnny Cargo and William Palmer were the go to guys for information and rules on how to place bets. While there we enjoyed a lunch which consisted of Chili Soup, Turkey & Cheese sandwich and chocolate cake. The second race of the afternoon was named for the Armed Forces Retirement Home and it was announced before the race. We were able to watch the race from the winner circle. After the race we were able to take a picture with the winning jockey. He spoke and shook hands with each resident and even shared some inside tips with a few. Carol Mitchell told the residents to bet that horse #5 would win because that is her lucky number. Sure enough horse #5 in a couple of the races did place or show, but did not win. The residents were able to enjoy four races before returning home. We all noticed that the trees were very bright and colorful compared to the previous week along the same route on I-295. We all look forward to our annual trip to Laurel Racetrack and we can't wait to go again next year!



Residents from LaGarde enjoying a day at the races.

Cruisin' through the AFRH-G

By Sean Campbell, Recreation Specialist

October 9 the Gulf Coast weather could not have been better to host visitors in the area for Cruising the Coast. This annual event brings thousands of cars to the Gulf Coast and offers numerous events and entertainment opportunities for both visitors and locals. The Mississippi Coast Watchers Antique Military Vehicle group acted as a sponsor for the event and assisted with the promotion. Coast watchers also brought out their unique military vehicles for display. Residents swapped stories and memories as cars from their childhood and youth cruised by them. Cruisers were invited to park and were offered tours of the facility. While the connection with AFRH-G and the Cruising the Coast Event is still in its beginning stages, we look forward to future events and are confident that this event will continue to grow as a result of the media coverage of this year's event.



Best seat in the house - Mike Longwell takes a break from his daily bike ride to watch the classic cars cruise through the AFRH-G.



Quite a show - Residents gather in front of the building to watch the parade of classic cars and trucks that participated in this year's Cruisin' the Coast.



It's under the hood and on top of the hood
Residents look on in interest at a classic car.

Kicking the tires
Maynard Howard gets a closer look at one of the classic cars on display at the AFRH-G on October 9.



Can't miss this one
Flames licked the hood of this antique truck. Cars and trucks in the parade were of all types of models, colors, and variety.

Oktoberfest a huge success

By John Hughes and Carrie, Green, on behalf of Friends of the Soldiers Home

About 300 residents and community members braved chilly weather Oct. 7 to celebrate the season with "Oktoberfest" held on the lower grounds of the Armed Forces Retirement Home. Sponsored jointly by the Home and Friends of the Soldiers Home, the festive celebration had people dancing to the sounds of Polka Hall of Fame inductees, the DC German Band. For those who preferred watching to moving, the Bairisch und Steierisch Dancers showed some of the moves people have been making in Bavaria since the Middle Ages. Three kinds of beer were offered, so were delightful eats like fresh pretzels from local vendors. For good measure, free samples of David Watkins' made-on-the-spot apple butter were available to all!

Friends of the Soldiers Home, not yet a full year in existence, is dedicated to serving members of the Armed Forces Retirement Home and linking residents with the community, and vice versa. Along with co-sponsoring major events such as the July 4 celebration and Oktoberfest, Friends of the Soldiers Home now supplies all the volunteers for two monthly events at the LaGarde Building, bingo and happy hour. The best is yet to come! Friends would like to sponsor more regular events at the Home, as we did Oct. 19 by showing a documentary on the U.S. Bike Corps in the basement of Stanley Chapel. We are grateful to residents for their service and feel it is a privilege to have you in the community. Thank you!!



David Watkins, AFRH-W Administrator, gets help making apple butter from a few youngsters.



Bairisch and Steierisch Dancers perform Middle Age dance steps from Bavaria.



Even the cool weather didn't stop Washington residents from enjoying Oktoberfest with fellow residents and the local community.



Michele Bailey works with local children on a craft project.

Sergeant Major Bryan Battaglia, USMC

Senior Enlisted Advisor to the Chairman Joint Chiefs of Staff (SEAC) visits AFRH-Gulfport



Harold Sattlethight met with Sgt. Maj. Bryan Battaglia during a visit to the Gulfport facility. Sgt. Maj. Battaglia is the Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff, and is the senior non-commissioned officer in the U.S. Armed Forces. In this role, he serves as the principal military advisor to the Chairman and the Secretary of Defense on all matters involving joint and combined total force integration, utilization, health of the force and joint development for enlisted personnel.



Above: Claude St. Julien, Sgt. Maj. Battaglia, Harold Sattlethight, Diana Dopp, Frederick Bower (seated), Bill Parker, Charles Dickerson, Bette Lakatos, James Stockstill, and Rupert Maxwell.



Sgt. Maj. Battaglia presents Frederick Bower with his SEAC coin.

Inside this Issue



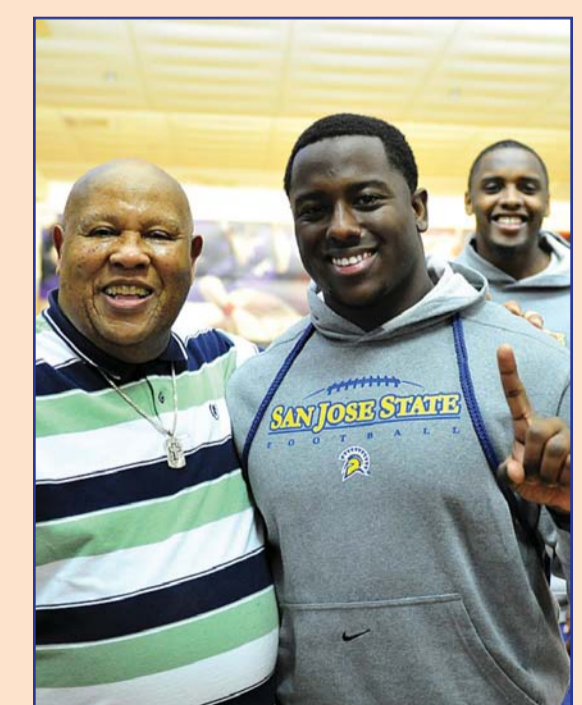
Scott Project time line

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“A New Year” January 2013 in review

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San Jose State football team visits AFRH-W

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Sherman Building

Honoring a Legacy: The AFRH Time Capsule



A mason worker from R. Bratti Associates places the time capsule back in the southwest turret of the Sherman Building. Details on the contents of 1890 time capsule: Tobacco Tin (c. 1890): A tin for “Old Rip” long-cut smoking tobacco, manufactured by American Tobacco Company. As stated on the tin, the American Tobacco Company was the successor to the Allen & Ginter Company of Richmond, Virginia. Penny (1887): The Indian Head one-cent coin was designed by James Barton Longacre, the engraver at the Philadelphia Mint from 1844-1869. The coin was produced by the United States Mint from 1859 to 1909. Watch Fob (c. 1889): This watch fob is a replica of the gold medal given to N.J. Schloss & Company Boys Clothing as an exhibitor at the 1889 Exposition Universelle in Paris. The Eiffel Tower was constructed for the 1889 Exposition and is depicted on the medallion. Newspaper (1890): A local Washington newspaper from September 1890.

By Carrie Barton, Preserve Scapes

On December 21, 2012, AFRH placed a time capsule within the southwest turret of the newly restored Sherman Building clock tower. The time capsule will hold two significant stories: the story of the 5.8-magnitude earthquake that hit the Home in 2011, and the story of a historic treasure discovered in the wake of that disaster.

Discovery

On August 23, 2012, exactly one year to the

day after the 2011 earthquake, AFRH began repairs on the Sherman Building’s iconic tower. Repair work started with the stone-by-stone disassembly of the masonry structure. Two days into deconstruction, the masonry crew discovered that the ornamental stone atop the southwest turret was hollow, and that a container was set underneath it. Contractors were able to identify the corroded metal container as a red tobacco tin. Inside the tin were several dated objects that likely correspond with the timeline of the tower’s

original construction, including: an 1887 Indian Head Penny, an 1889 watch fob, and a September 1890 newspaper. Next to the container were two broken spirit bottles, with their original corks intact. The container was most likely placed in the tower on the date corresponding with the 1890 newspaper, the same year the tower was completed.

Continued on page 8

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the AFRH Communicator staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

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

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

-who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.

-who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.

-who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.

-who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

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



AFRH-G Veteran Highlight

By Ruby Woods-Robinson, M.S.L.S.

In March of 2011, Catherine C. and Harry L. Williamson moved into the Armed Forces Retirement Home in Gulfport, Mississippi, hoping to settle down after many years of military, civilian, government, and private sector service – and 50 years of married life.

In the early years of World War II, four young women from the small Village of Sunset, Louisiana, population 600, were imbued with the national patriotic spirit and decided to join the Armed Forces of the Country. They



FOUR DAUGHTERS—The Castilles of Sunset have given these four daughters to the armed forces. Top row (left): S. Sgt. Catherine L. Castille, WAC, now at Jacksonville; (right) Lieut. Mercedes A. Castille, nurse corps, serving in England; (bottom, left) Pvt. Mildred M. Castille, WAC, training at Fort Oglethorpe, Ga., and (right) Pvt. Mary Frances Castille, WAC, just sworn in.

considered it their duty to be involved in relieving 150,000 men for other duties. IN ALL, five members of the Castille family of ten children – 8 girls and 2 boys – honorably served their country. Mercedes “Mac” was first, being a registered nurse, joined the Army Nurse Corps. She was quickly trained for combat conditions and shipped to England. Catherine “Kadie” finished business college just as the Women’s Army Auxiliary Corps, recruiting only college graduates for its first Officer Candidates, began enlisting other women to begin training. She first went to Fort Des Moines in Iowa. After strenuous physical exams and aptitude tests, and what seemed like a long wait,

Catherine reported to New Orleans and was on her way with several rail coach loads of excited recruits to Des Moines.

After completion of basic training, Catherine was sent to recruiting school (2 weeks), having been turned down for the Motor Corps, which she hoped would take her overseas as an ambulance driver. She was to spend two years in recruiting in the states of Georgia and Florida, traveling to many small towns, talking to and enlisting many women; and taking part in events in the Country like war bond drives, ship christenings, parades, and too much to remember.

Sisters Mildred “Mimi” and Mary Francis “Mamy” meanwhile had enlisted in the Air Force branch of the WAC. Mimi completed basic training at Fort Oglethorpe, Georgia, and was assigned to IBM training and sent to Washington D.C. “Mamy” was sent to an Air Force Base in Texas as a medical technician. Our brother Michael (the youngest), became old enough (18) to join the Coast Guard and in 1945 served in Groton, Connecticut as his sisters were coming home. Mac rode in trucks and other transportation Christmas 1944, evacuating wounded in the Battle of the Bulge, made it to Paris to celebrate VE Day, and home for Christmas in 1945. Mimi and Kadie made it home for Christmas also, but Mamy became ill and after a year was discharged to the VA.

In the meantime, Harry L. Williamson of Auburn, Indiana, had grown up and had a career in the U.S. Air Force in mind. His parents weren’t ready to lose their youngest son since two of his brothers serving in the Army and Air Force had been killed during World War II: Richard in a military rescue accident in 1942, and Joseph in France in 1944 near St. Lo. Harry was finally able to enlist in the U.S. Air Force and spent 20 years serving in Arizona, New Mexico, Alaska, North Africa, and Itazuke Air Base, Japan. Harry and Catherine’s lives did not cross until he was assigned to the Office of the Air Attache’ at the American Em-



In October 1960 Catherine & Harry Williamson were married in Seoul, Korea..

bassy in Seoul, South Korea. Catherine had spent the years after Army service in 1945 in secretarial jobs in Florida, New Orleans and Houston until recruited by the Department of State Foreign Service in 1949. She spent the next ten years in Warsaw, Rome, Teheran, and Rangoon, with breaks in Washington D.C., until she was assigned to Seoul as secretary to Ambassador Walter McConaughy. She had also served as his secretary in Burma.

Catherine and Harry were married in Seoul in October, 1960. They had worked together during riots that brought down Korean President Sigman Rhee, and during President Eisenhower’s visit. Catherine still has the 37mm cannon shell that Harry took from a Russian MIG-15 that defected from North Korea in August, 1960, she says “he was trying to impress me.”

AFRH-W Veteran Highlight

By Christine Baldwin

Roger Davison was the youngest of ten children. He had eight sisters who helped raise him. The one plus to this was that he had no hand-me-downs. He grew up as a farm boy from Indiana and the Wabash River was his good friend. All of this outdoor life was to be useful in his military career. In October 1945, at the age of 16, Roger broke his leg in gym class. With the thought of a career in the military, he checked out the Medical Corps, but he needed a parent's signature to join and one wasn't forthcoming. In August of 1946, Roger turned 17. Even though he was a junior in High School, he had enough credit to graduate and so he enlisted in the Army Air Corps.

Roger took basic training at Lackland, Texas where he was pulled to become an instructor. He moved up the ranks quickly. He was a PFC in 6 months and one month later he was a Corporal. Roger spent four years in Texas, including a stint at

Technology School. He was then sent to Korea from 1950 – 1952, where he was in the Parachute & Equipment section. One of his tasks was to help write and update the main test. He then went to Harlingen, Texas for 5 ½ years, where he made his E-8 in Operations.

Roger’s next assignment was to Chanute Field in Illinois from 1959 – 1963, where he became the Superintendent of Life Support Schools. There were 800 students and the classes included 6 Basic, 4 Adult NCO, and 1 Officer’s course. Roger then went to Panama for Jungle School, where he helped train the Mercury, Gemini and Apollo astronauts. His last assignment was in Vietnam with the Inspector General’s team. He retired in 1970 and went into civilian work in San Diego, CA.

Roger came to the home in 1991. He had visited the place earlier and knew that this was where he wanted to be in retirement. He is very active and likes especially the dedication of the staff.



Roger Davison attended Tropical Survival School in Panama.

AFRH-Gulfport Astronomers 2013 Meteor Showers

Submitted Dennis Crabtree, AFRH-G Recreation Specialist

Name	Date of Peak	Moon
Lyrids	Night of April 21	In view most of the night
Eta Aquarids	Night of May 5	Early morning crescent
Perseids	Night of August 11/12	Sets after midnight

Name	Date of Peak	Moon
Orionids	Night of October 21	In view most of the night
Leonids	Night of November 16	Full
Germinids	Night of December 12/13	In view most of the night

Any Resident can check out the telescope to view the meteor showers. Location is Recreation Services Room 1205.

Message from the Chief Operating Officer



The weather has been good to us. The Scott Project is on schedule and soon we will be in the new building. I would personally like to thank each Resident for his/her understanding and patience throughout the construction period. The earthquake and damage to our Sherman Building further complicated life at the Home. Displaced programs to the Sherman Building from the old Scott Building were

once again further displaced to an already crowded Sheridan Building. Administration was also displaced to the crowded Sheridan Building. Through it all, the Residents have been supportive and understanding. Again, I sincerely thank each of you for your understanding and giving nature through this difficult period of construction.

This week I was given a letter by the Resident Advisory Committee (RAC) in Washington, DC. The RAC minutes indicated there were only three RAC members and the Chairman present for the meeting, so it's probably important that I share my thoughts and comments with all Residents. Although I will address and quote many parts of the letter, it is also shown below in its entirety.

The letter indicates the Sheridan Building is the Home of Independent Living Residents, who are still the majority. For the benefit of all those Residents present and future that will need Assisted Living, the Sheridan Building will soon have rooms for both Assisted and Independent Living Residents. Currently, it also provides rooms for our Independent Living Plus population. I believe it's important to highlight that this make-up was an effort to help Residents age in place, which has been the discussion of many focus groups. No longer will a Resident be required to move over a quarter mile away when they require Assisted Living, Long Term Care or Memory Support. No longer will a Resident be required to ride a bus to see their friend who was moved to an upper level of care. The new Scott Building, connected by a new tunnel with new Sheridan Building elevators, will link all Residents to activities and their friends in both buildings regardless of their level of care.

The letter also states: "...the new Scott administration and LTC Building will serve as a "mall." We'll go there for our needs and return to our Sheridan Home." I hope Residents consider the new facility as more than a "mall" and see the two buildings joined by tunnel as their Home. It will house the same program/living space and more than the old Scott Building (e.g. dining, library, theater, 24/7 computer room, artist colony, physical fitness room adjacent indoor swimming pool and therapy room, Hall of Honors for special events, guest rooms, game rooms, 24/7 canteen, lounge, community room for multiple activities, wellness center, meditation room, and mail room located in route to dining. Both buildings will be connected by two tunnels less than 30 yards in length -- one for service and another for Residents. The distance traveled by most Residents for activities significantly

less than those traveled before.

One of the paragraph highlights: "Elimination of services has consistently taken place in our Sheridan Building Home with no input from Residents. We were promised the same high standards as Gulfport!" Although we did stop issuing free toilet paper and clean sheets for Independent Living Residents, stopped smoking inside the Sheridan Building, and updated our phone system which eliminated in house phones for Residents, there were numerous focus groups held with Residents to discuss changes. Focus groups and Resident input resulted in toilet paper being available at Security if needed; two pair of new sheets and pillow cases being issued to all Resident as we discontinued service; new smoking shelter being built for a safer smoking environment outside; and fielding a new Resident call system to alert security when a Resident needs help.

The letter highlights "You state that our large "fitness room" will become the major company maintenance shop off limits to Residents. You neglect to tell us what similar plans you have for the post office. Resident activities would provide a healthier environment in the home where we live."

•On March 1, 2013, dining in the Scott Building is scheduled to open. The new fitness/swimming pool/therapy named "Fun & Fitness" by the RAC will open on February 28th. Soon after Residents begin dining in the Scott Building facility maintenance will start occupying the vacated space. For the first time facility maintenance will be housed within the operational footprint of Resident facility issues. No longer will maintenance be required to drive to the worksite or wait until campus roads are cleared of snow to address facility issues in the Scott or Sheridan Buildings. This move is also a reflection of Department of Defense Inspector General inspections prior to 2002 that raised concerns about the Washington Home's excess and unnecessary operational square footage. Although it would be nice to have two physical fitness areas within 50 to 75 yards of each other, it would not be a prudent use of resources and considered by some as excessive.

•As discussed in Resident focus groups prior to tear-down of the old Scott Building, the new Scott Building provided an opportunity to create a health & fitness area for the Resident population. Many Residents had requested a swimming pool as part of the new Scott that would provide many health advantages for our Resident population. Together we discussed the benefits of consolidating resources into one facility for health & fitness. For the first time Residents would be able to enjoy aquatic activities at all levels of care. Fitness, therapy, and swimming would share the same locker rooms and Residents could engage multiple health & fitness activities in one area.

•No plans have been made for the Sheridan mail room area. Focus groups and discussions with Residents have highlighted few ideas like relocation of the wood shop or washer and dryer room. Initially there is no intent to use the space until we settle into our new facility and properly consider it use with residents.

The chart captured below was taken from a Town Hall with Residents on March 26, 2009. One of the key components of the Scott Project has always been to move Facility Maintenance closer to Resident/facility issues and problems. The Home must continue moving forward with plans for the

programmed facility maintenance space, which enhances response time to resident issues, closing the Power Plant, and an overall Capital Improvement Plan.

AFRH - Washington Scott Project (chart)

Communication Plan & Resident Committee

Tear down Scott – April 2011

- Greater than 50% of work orders
 - Partially renovated in 1986 & 1987 (bathrooms and central air)
 - Non ADA compliant
 - Cost prohibitive to renovate
- ### Scott Project
- Commons – completed 2013
 - LTC/MS Building (s) – complete 2013
 - AL in Sheridan – completed 2013
 - Upgrades to Sheridan
 - Enhanced Main Street between Sheridan and Commons
 - Facility Maintenance
- ### Transition years – 2011 thru 2013
- Dining in North Sherman
 - Wellness Clinic - TBD
 - Optometry & Dental - TBD
 - Movies – Sherman Annex
 - Library – TBD
 - Resident Service Operations and Business Center – 1st floor of Sheridan

Next month I will have a Town Hall Meeting with all Residents to address Resident concerns expressed in the RAC letter below. I have also asked the Washington, DC, Ombudsman, Al Mori, to schedule time on my calendar with the RAC to discuss their concerns.

February 2013 is going to be a busy month as we reopen the Sherman Building and occupy the new Scott Facility. It will be good to have all the construction behind us and the vision of the Washington Home in front of us. I sincerely appreciate your patience and understanding over the last three years as we have worked together closely to make this transition to the new facility doable and successful. Thank you for your constant support!

Steven McManus

COO Questions and Answers

Q: Why was the Fiddle Green closed at AFRH-G on Christmas Day? Give us a break. My daughter and granddaughter were here with no where to sit. No glass of wine just sit in the Lobby or Room; was no fun.

A: Fiddler's Green is closed one day per year and that is Christmas Day. Free wine for all residents and guests was provided during the Christmas meal.

Q: Lets put a Golf Green for AFRH-G.

A: Installation and care of a putting green is more than the landscape budget can afford at this time. We will continue to look at ways we can introduce an area that will provide a suitable substitute of a green.

Q: Why are there six dining table segregated tables in Gulfport. One even marked "reserved". That's what we need; more cliques. That's how the "Bohemian Corporal" started. I know I can sit at any table, but why has admin (you) let this continue? I don't want table cloths on my tables, yes - my tables. Take them off.

A: The issue was turned over to RAC. Each floor Rep will bring the issue up at their next floor meeting and the results will be reported at the monthly RAC meeting and to administration. Further action will be completed after the results of the floor meetings. Also it will be discussed at the next town hall meeting that there are no reserved tables in the dining hall.

Q: Gulfport Resident Guide (PAR 28) and AFRH Agency Directive 7-3A (PAR 2). Suggest the language dealing with PMD speed be revised to only allow "walking speed" inside building. Right now the wording is very unclear and confusing. I consider this to be a safety and therefore a liability issue for PMD operations and the Home.

A: I have reviewed the directive 7-3A cited in the Residents comments and would recommend a revision on the next revision. the Resident guide quotes the directive.

Q: I went to N. Florida, Oct 12th for 4 day vacation that turned into 40 days, I suffered a severe hematoma to my leg requiring hospitalization for (9) nine days and (30) thirty days in Rehab. While in rehab I tried to communicate my problem to AFRH-G. A nurse contacted the Wellness Center and was told I would be required to walk 300 ft unassisted to come back. Mind you, I had been a Resident here since 11 April 2011. I would like to recommend that when we check out with security in Gulfport, we be given a memo detailing how hospitalization should be handled who we should contact, what we can and can't do and other pertinent details to let us navigate through the system.

A: Thank you for you suggestion. We are developing a hand out and it will be at Security to hand out to Residents.

Q: Make the Washington compound a No Smoking Zone and stop the Mini PX selling smokes. Make the Smokers go off the compound to Smoke!!! And those helicopters stop flying over the compound. Don't need another 9-11, call FAA make compound a No Fly Zone.

A: It is the policy of the AFRH to provide a smoke-free envi-

ronment Agency-wide for its Residents, employees/contract staff, guests and visitors. The AFRH will:

-Continue to promote "smoking cessation" training for those interested. Create/build safe and environmentally controlled, programmed areas for smoking.

-Ensure that all Resident dormitories and AFRH facilities be smoke-free.

Q: No fly zone for helicopters over AFRH grounds.

A: There are sixteen heliports in Washington, D.C., mainly serving hospitals, police and Government. A good number of these are hospitals transporting individuals in need of emergency care. The list of heliports located in the area of the Home is:

-Children's National Medical Center.

-Washington Hospital Center.

-Sibley Memorial Hospital

-Metropolitan Police Department 2nd, 3rd and 5th Districts

-US Park Police.

The White House does not officially have a heliport, but helicopters are landed on the South Lawn when required.

AFRH-W's open space is a benefit to the heliports in case of an emergency landing and provides easier access to their destinations. In addition, this will assist law enforcement, as well as, individuals to receive immediate medical care and help to prevent the lost of lives in a timely manner.

From the AFRH-W Administrator



Gulfport's Administrator, Chuck Dickerson wrote an excellent article explaining the process of the RFAB, or the Resident Fund Advisory Board, and how the Resident's Fund is managed within

the Armed Forces Retirement Home (s). I am going attempt not to "copy" his article but speak to the similarities in Washington. Both homes use the same procedures, but of course, the Residents and Staff names are different that make up the Resident Fund Advisory Committee.

The Resident's Fund has been in operation much like it is today for the past 25 years or so. There have been a few minor revisions but the purpose has remained the same, this Fund is to be used for the moral and welfare of the Residents.

Laura Fogarty is the Supervisory Recreation Specialist in Washington. Laura is responsible for developing the budget, man-

aging the reports for the fund and the main communication link with the Resident Advisory Committee (RAC). She prepares a preliminary budget with the historical data from past years and meets with the RAC Chair to discuss, review and present any ideas the RAC might be suggesting for the coming year. The Fund itself is managed by the financial services office located at the NAS (Naval Activity Support) in Millington, TN. Laura is responsible for building the total budget, but the main concentration is that which deals with Recreational Services, as these change from input with all of the events and calendar changes. This includes entertainment, tickets to events, bands, socials awards and prizes for games, and on and on. The preliminary budget is reviewed by the Chief of Resident Services and then is presented to the RAC Chair before the July RAC meeting. Any changes coming from the RAC can be recommended. The last quarterly RFAB meeting, held in October, then prepares the recommendations and budget, which is sent to the AFRH COO, Steven McManus, for his approval. The final budget is then communicated to Millington and loaded for the year with its appropriate allocations into the finan-

cial system.

Over the past few years, items that the Residents might desire but are not budgeted, can be presented at one of the quarterly meetings, and if approved, purchased at that time. In addition, in between regular meetings, if something is desired, a special meeting can be called, or another possibility, is the approval of something communicated and approved by emailing all the members. The members receiving the email can read of the proposed item or items, and then reply with their decision on the purchase.

For instance, this past fall, the Resident Fund Advisory Board approved the purchase of 12 new golf carts. The largest portion of income from the Washington Campus comes from the Golf Course and the new carts are replacing those which should have been replaced long before now, as they were constantly breaking down and in need of repair. In fact, two of the old carts were used only for replacement parts. The RFAB met at a regular meeting, the idea of purchasing new carts was discussed and Ken Faller and Matt Kayson were asked to seek out three bids from dealers. When the best price was discovered for the carts, the Board approved the amount and the golf carts were ordered. A portion of the decision was made in a meeting

but the final approval for the purchase was accomplished through email communication, thus eliminating the need for a second meeting. And just recently another expenditure was approved through email for an asphalt parking pad for the new carts. It is a system that works well by accomplishing the task without having to gather all for a meeting. Copies of each email are printed revealing the approval or declination from the members and retained as record of the minutes. The funds for these approved additional expenditures (the ones not included in the annual budget) are then communicated to Millington for payment coming from the Resident Fund.

Other examples of items that went over and above the approved Resident Fund annual budget are for the new computers that will be installed in the new Scott for the Library and Computer Lab. Historically other items that were purchased from the Resident Fund was the Life Style Stations that are located behind the Sheridan building, or the Paramobile, which is the golf cart capable of allowing a golfer who is challenged with a disability to play what he or she loves—the game of golf.

David Watkins

Scott Project time line

Thursday, Feb 7, 2013

Thursday, Feb 7, 2013

Thursday, Feb 7, 2013

Jan 5-Feb 25, 2013

Feb 19-21, 2013

Feb 21-23, 2013

Monday, Feb 25, 2013

Monday, Feb 25, 2013

Feb 25 – Mar 1, 2013

Thursday, Feb 28, 2013

Friday, Mar 1, 2013

Friday, Mar 1, 2013

Friday, Mar 1, 2013

Mar 1-13, 2013

Monday, Mar 4, 2013

Monday, Mar 4, 2013

Wednesday, Mar 6, 2013

Monday, Mar 11, 2013

Wednesday, Mar 13, 2013

Wednesday, May 1, 2013

GSA takes over Scott Building

Security operational in Scott

Activate communications in Scott

Installation of Furniture and Office Equipment

Familiarize Staff with Building

AFRH-W Staff packing and moving to Scott

Scott Building operational (Admin, Business

Center, Resident Services Chaplain, Social

Workers)

Wellness Center open in Scott

Scott Building Orientation for Residents

Recreation Therapy/Fitness open in Scott

Dining open in Scott

Mail Room open in Scott

Scott Movie Theater open

Library move in

Move Long-Term Care and Memory Support

from LaGarde to Scott

Scott Guest Rooms open

Swimming pool open

Move Assisted Living from LaGarde to Sheridan

Scott Lounge open

Scott Building Grand Opening Ceremony



View from the rear of the new Scott building.



Exterior elevator located on the south end of the Sheridan building will make for easy access to the new Scott building.

Notes from the AFRH-W, Chairman, Resident Advisory Committee



There is an axiom that states that "Most people want to do the right thing, but they need to know what the right thing is". This article is intended to explain the procedure for residents to make recommendations to the Resident

Advisory Committee (RAC). Most of these procedures are based on the guidance given in the directive which establishes the duties of the RAC, and some are based on the best practices established by the RAC committee members. This guidance apply to AFRH-W methods, the methods might differ slightly is Gulfport.

Step 1 - for providing recommendations to the RAC

Please try to use the recommendation forms which can be found in the Mail Room, near the RAC suggestion box. The recommendation can suggest a solution to a situa-

tion, or a recommendation for new methods, services or facilities. The best suggestions clearly state the problem and recommend a solution. It is helpful if complains include a suggested remedy. The suggestions should be signed and dated.

Step 2 - The RAC Committee reviews all suggestions. Those that require immediate attention, and which can be handled promptly are assigned one of the RAC committees for action. Those suggestions which require the gathering of addition information, analysis and coordination are discussed during the RAC planning meeting which normally is held the second Wednesday of the month, and a committee is assigned for analysis and follow-up.

Step 3 - the suggestion presented by a committee chairperson and discussed during the general RAC meeting; which is normally held the third Wednesday of the month. During the general meeting RAC members and attending residents discuss the scope and feasibility of the suggestion. Resident input is important because we want to be sure that all

points of view and expressions of support, or disagreement, with the suggestions are expressed.

Step 4 - General meeting minutes are prepared showing the subject of the suggestion, and the RAC committee's suggestions for follow-up action. The minutes are posted on the RAC bulletin boards (the glassed in boards on each floor). Copies of the minutes are provided to the AFRH Administrator and some of the staff.

Step 5 - The Administrator, or staff members, respond to the suggestions included in the minutes. The administration responses are reviewed by the RAC Committee members, and if there is a consensus that additional information and consideration from the Administrator and staff would be helpful, a request for more feedback or a meeting with the Administrator or staff members is requested.

Step 6 - The results of the suggestion review process are announced at the next scheduled RAC General Meeting. And sometimes significant effects of the suggestion

process will be included in our monthly RAC-W Articles.

It is intended that the RAC be responsive and effective, so it was deemed important to relate the procedures that can support that intent.

At AFRH-W a lot of changes are taking place and the RAC has been, and will be, very proactive in advocating those changes which will be of most benefit.

So to end on a high note, one of our major campaigns is to improve the indoor and outdoor recreation facilities and opportunities in the new spaces that will become available when the new Scott Building is occupied. Progress of that imitative will be reported in our next RAC-W Communicator article.

Lastly, I, and others, are impressed that the residents of AFRH-W have been patient and supportive, as the RAC-W A-Team "hit the ground running". We still have major challenges ahead.

Joseph Wachter

From the AFRH-G Administrator



It has now been two years and four months since we've re-opened the doors at AFRH Gulfport. This year we are looking forward to more of the great celebrations provided by the recreation staff,

entrance of the property. Projects designed for your safety and security included the automatic door openers, the parking garage signage, exterior security camera system, and safe corners on the dining hall columns. And a couple of projects that make your lives easier were the raised gardens and the cell phone repeaters. As we move forward into this year we will be continuing work on the Master Landscape Plan and the Hall of Honors. I'd like to thank all the residents that have put their time and effort into assisting the staff with the decisions on these projects.

As we have increased our number of residents and staff, our parking lots are filling up. In an effort to relieve some of the parking congestion, the chapel parking area and the west guest parking is now open for use by guests and employees. The current reserved Car/Van Pool parking is being moved to other areas and those current spaces will become handicap parking spaces which will be open to handicap residents and staff. In order to add some additional parking spaces in the garage we are looking at the possibility of adding more spaces on the north east corner just under the cooling towers. Since there is adequate parking for guests in the front of the building, we need your help to ensure your guests are not parking in the garage. We thank all of you for your patience in this matter. Please know that your comments, concerns, and suggestions are being addressed and we will continue to work on resolving the parking issues.

In the October 2012 Communicator I

discussed the NAF – Non-appropriated Fund and what projects it supports for you. This edition I'm going to explain the annual NAF budget and how it is developed and approved. The Resident Fund Advisory Committee (RFAC), a sub-committee of the RAC, consists of the RAC Chairperson, one RAC member, two Residents at large appointed by the RAC Chairperson and functional area staff in an advisory capacity. RFAC meets with Lee Corban, Supervisory Recreation Specialist to discuss and propose an annual budget. Lee compares the previous year spending to help in the decision process for the budget. Lee prepares a draft of the budget and reviews it with Laura Slack, Chief Resident Services. The draft budget is given to the RAC chair by the July RAC meeting where it is reviewed, discussed and recommended for approval. The draft Budget is then forwarded to the Resident Fund Advisory Board (RFAB) consisting of the following members: Administrator (Chairperson), Chief of Resident Services (Alternate Chairperson), Chief of Health Care Services, Chief of Campus Operations, and the RFAC. At the 4th quarter meeting the draft is reviewed and any changes are voted on. Lee revises the draft budget accordingly. The revised draft budget is forwarded to Steve McManus, Chief Operating Officer, for final approval. Mr. McManus sends the budget back to Gulfport and then Lee will send the approved final budget to NAS, Millington, Commander Naval Installations Command (CNIC) who enters all our budget line items on their spreadsheet. Lee will send all expenses and revenue to Millington as these transactions occur and they update the spreadsheet. Lee provides the RAC chair with a

monthly financial statement and it is presented at the RAC meeting.

So what happens during the year if the residents ask for something that isn't budgeted? This could be special training, a piece of equipment needed for the gym or garden, etc. Usually the request is brought up at the RAC meeting. When Laura Slack reviews the minutes and there is a request for additional funds and that request has been approved by Chuck Dickerson, she contacts Lee Corban who will either hold a special RFAB meeting or email the Committee for a vote. If the committee agrees to support the unbudgeted expense it is added to the budget. Lee will send the approved amount to NAS, Millington and they will add it to the appropriate line item on the budget. The RAC chair will inform the RAC about the RFAB's decision at the next RAC meeting.

There has been much discussion about the Souvenir Shop lately. This shop was the brain child of Mr. Parker. He wanted to open a place in the home where Residents and guests could purchase items such as fleece tops, polo shirts with the AFRH-G emblem along with all sorts of souvenirs and other items. A Memorandum of Understanding between AFRH-G and the Souvenir Shop was put in place. Items are purchased by the shop to be sold and revenue from sales is used to cover expenses. After expenses the additional revenue is donated to the Resident's Fund which provides another source of income.

Hope you all have a wonderful 2013!

Chuck Dickerson

“Valor & Loyalty Hall Celebrate Monthly Birthday!!

By Susan Bergman, MT-BC, Recreation Services

When the third Tuesday arrives each month, a celebratory dinner awaits! The dining rooms are decorated with colored tablecloths, matching helium balloons, and with steak, fish, wine, beer, and more, residents look forward to the evening. Chuck Dickerson, Administrator, Laura Slack, Chief of Resident Services, & Master Chief Kartz, Ombudsman, visit Valor & Loyalty Hall for photos and the singing of "Happy Birthday" with Susan Bergman, Music Therapist in Recreation. For some history and trivia, the traditional "Happy Birthday" song began with the melody being published in a 1893 songbook titled Song Stories for the Kindergarten by sisters Patty & Mildred J. Hill. The song was first introduced as "Good Morning to All" in Patty's kindergarten class

in Kentucky, gained popularity at birthday parties, and the lyrics were changed with an added second verse to include "Happy Birthday to You." It is believed that the melody and tune were copied from other popular songs of the time - Horace Waters' 1858 "Happy Greetings to All," "Good Night to You All," the 1875 "A Happy New Year Year to All," and 1885 "A Happy Greeting to All." In 1924, Robert Coleman published "Good Morning to All" with the added second verse of "Happy Birthday" and in 1933, had the song added to The American Hymnal. Interesting to note that the song "Happy Birthday to You" has been copyrighted since 1935 with the rights being sold to Time Warner in 1998 and in 2004, Warner Music Group further sold the rights to a group of investors. The Edgar Bronfman, Jr. company insist that the song cannot be sung for profit without paying royalties. In 2008, Warner collected \$5000 a day, \$2 million a year in royalties for the use of the song in film, radio, television, and public perform-



Gerald Campbell celebrates monthly birthday dinner is Gulfport staff members.

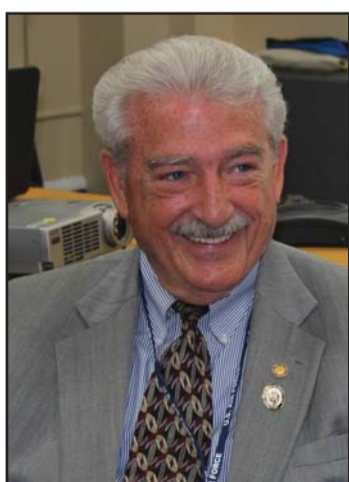
ances leading to the main reason the song is no longer sung in restaurants. In Europe and some other countries, the copyright will expire on December 31, 2016 - 70 years since the author Patty Hill died in 1946 and the United States will see the song pass in to public domain possibly in 2030. It remains the #1 most recognized song in the English language second to "For He's A Jolly Good Fellow." Wishing everyone in 2013 a "Happy Birthday!"

MWR Committee Note

By Sean Campbell

The MWR Committee is an advisory committee to the RAC and meets on the 3rd Wednesday of each month at AFRH-G. This meeting is where residents selected by the RAC Chair meet with the Recreation Specialist Team Leader (Sean Campbell) to discuss evaluations and assessments of previous month's events as well as look at upcoming months activities. Items discussed pertain to recreational events such as dances, trips, socials, and any issues sent to the committee by the RAC membership. Ideas are brought to the meeting on how to better improve existing programs and activities. This meeting is usually held prior to the printing of the following month's recreational calendar so that items can be discussed and/or tweaked if needed. Minutes from these meetings are recorded and reviewed by AFRH-G staff and then given to the MWR Chairperson (Helen Bieda) and distributed to Floor Reps. These minutes are then presented at the next RAC meeting. Overall this process is an effective way to keep residents involved in the planning of the recreational activities at AFRH-G.

Notes from the AFRH-G Chairman, Resident Advisory Committee



The New Year has started off with a Bang!! Here on the Gulf Coast we welcomed 2013 with a falling Moon Pie and then a Celebration with Moon Pies and RC Cola. Man, it doesn't get any better than that!! Black-eyed Peas and Cabbage followed later in the day, Yum, Yum!!

Our resident count this month is 531 and we welcomed several new residents that will add to our family. We said good bye to some dear friends we lost in January, they will be missed.

Fred and his talented team in the Food Service Department exceeded our expectations again. We have been pleased with the courteous service, tasty food and excellent care they put into each meal and particularly

Birthday Meals, they seem to be getting better and better! Thanks Fred and Company. Goldie on the keyboard made it sooo "special", again!! Thanks!!

Again, as we come near the end, need to acknowledge the efforts of our own Calendar Girls. They have met and exceeded their goal of \$10,000 from Calendar sales to donate to the local "Feed My Sheep" organization. I am amazed at their dedication, zeal and determination to spend long hours of their time out in the public, to make these calendars a success. And a success it has been!!! Do you know how many calendars they need to sell at \$15.00 each to make over \$10,000? The Veteran Calendar Girls first donated \$1,000 and then another \$10,000 for a total of \$11,000 and are ready to donate another \$7,000, that's \$18,000 any way you cut it. AND THE SELLS CONTINUE!!!

The RAC has listened to the Residents and changed the Friday afternoon events to a variety of activities which have drastically increased Resident attendance; we are taking a

new twist.

This is the things that happened at the 8 January 2013 RAC Meeting:

ANNOUNCEMENTS:

-Thanks again for helping to make this a Friendlier/Happier/Patriotic Home!

REVIEW OF PREVIOUS MINUTES:

-Minutes of Meeting for December 11, 2012 were approved.

OLD BUSINESS:

-Received update on "Reflection Pool and Freedom Plaque", it will be placed on the North side of the reflection pool and formally dedicated when Mr. McManus is here.

-Received update on cleaning contract for washers/dryers.

-Received update on renaming street, checking on Legality.

-Recycling of Plastic and Aluminum will be in cooperation with Keesler AFB.

NEW BUSINESS:

-RAC received updates from all Committee Chairpersons.

-Financial Reports reviewed for Nov 2012.

-The RAC recommended approval of funds to reimburse up to 12 Residents for successfully completing the Mississippi State University Extension service course to become a Master Gardener.

-RAC voted to continue endorsing the Scuttlebutt Publication.

OTHER BUSINESS:

-RAC voted to rescind the rule that an item could not be brought up and voted on if it had been voted on within the past six (6) months.

-Senior TV was discussed and how and when changes can be made in the contract for services. Floor Reps are to meet with their Residents and be prepared to discuss at the next RAC meeting.

ADJOURNMENT:

Many thanks again to the staff, management, volunteers and residents that continue to make this a better place to live.

"United we stand...Let's keep it that way!"

Bill Parker

AFRH-G January Activities

Chair exercise provides whole body workout

By Sean Campbell

Chair exercise is done in a chair using light dumbbells and other assorted types of fitness equipment. It is designed to work the whole body in one session. Every fitness level and every age can participate in this class, as it is very structured and monitored closely while we exercise. We start with a light war-up, work the whole body with various exercises and finally, finish with a cool down. The mood is light and the camaraderie is very good! The class is approximately 1 hour long.



Sean Campbell leads residents Paul Hoffer, Cecil Sherman and Bill Kihneman through chair exercise session.

Wood Shop Safety Class

By Milton Williams

Wood Shop Safety is a daily practice that each resident who uses the tools is encouraged to make their priority. When a new resident wants to have access to the wood shop equipment he or she demonstrates to staff how the tools are safely used. Each year all participants in the wood shop must go through the safety class to be recertified for access. Earl Portrey is present for his first safety training and Jim Eberhardt is participating for his third year. The staff and Milton Williams (Art Specialists), who conducts the classes, are grateful for each resident for their eagerness to follow the safety guidelines of AFRH-G. Especially since most are very skilled and knowledgeable in the art of woodworking. It is truly a pleasure to work and learn from their experience. Remember - SAFETY FIRST.



Milton Williams (far right) conducts a wood shop safety class for residents Jim Eberhardt and Earl Portrey.

French cuisine

Parisian Cafe Social

By Adelina Hay-Sowell

On Friday, January 11th, the residents took a quick trip to Paris, France via our Parisian Café social, our second annual event! They enjoyed French roast coffee, with a variety of flavored creamers to enhance the experience. Dining provided chafing dishes filled with wonderful cinnamon buns, cream cheese Danishes, apple turnovers and lots and lots of croissants! What would a cafe in Paris be without croissants. There were also dishes of dark and milk chocolate, strawberry and vanilla cream cheese to slather on the croissants, just in case you needed a few more calories! Best of all, they were all served warm! Our resident one woman show musician, Goldie, was on hand to play the music for the café and the icicle lights hanging from the ceiling gave the feeling of sitting out under the stars like the Vincent Van Gogh painting, "Café Terrace on the Place du Forum, Arles, at

Night. One of the best things about our themed socials is the great turn out we have of the residents, enjoying a nice little break during the day, having some different refreshments and socializing with their friends. Who could ask for more? "C'est Magnifique"



Fred Schell enjoys the Parisian Cafe social which brings little bit of Paris, France to the coast.

A very merry "Undecorating" party!

By Adelina Hay-Sowell

On January 3rd, 2013, our first order of business was to pack away all the festive decorations from Christmas and start the New Year with a fresh face! This is no easy task considering we have about 9 trees around the home, some which are very large, as well as garland, wreath's, nativity scene, etc. A group of volunteers, mostly senior NCO's from 25 NCR at the CB base in Gulfport, MS became the special task force for "un-decorating" the trees, and quickly became professionals at decorations as well as figuring out how to put the ornament storage boxes together! Many of them had also volunteered just before Christmas to help with getting the decorations on the tree so they were already somewhat familiar with the trees. The one thing they didn't know they would be doing was re-decorating the tree in the community center for Mardi Gras. Some who are not originally from the South were new to the idea of decorating a tree for Mardi Gras, but they gave it their best shot and really had a great time in the process. The rule of thumb was "It's okay if it's tacky and overdone...it's Mardi Gras". They've been invited to come back to decorate the rest of the community center for the Mardi Gras ball and also to attend the festivities for themselves. "Laissez Les Bon Temps Roulez", Let the Good Times Roll.



Thanks to the a group of Seabees from 25 NCR the Mardi Gras decorations are in place.

"A New Year - January 2013 in review"



Robert Granvle and Mildred Knoble scrapbooking.

By Susan Bergman, MT-BC, Recreation Services

With a New Year - 2013 - comes a new month of exciting events! On Thursday, January 17, Mildred Knoble shared memories of recent



Susan Bergman session of Musical Song Guess is enjoyed by Dwyght Shelby, Nathan Thomas, and David Sampson.

events on Valor Hall and reminisced while filling in the scrapbook. On Loyalty Hall, residents tossed the dice for the Musical Colors Song Guess and joined along for singing and reminiscing. On Thursday afternoon, Keesler Air Force Base Medical TOP 3 volunteers joined residents on Valor Hall & Loyalty Hall to double their luck in winning the bingo games. On Friday, January 18, residents from Valor Hall went shopping at Wal-Mart and then onto Yuki's Japanese Restaurant for lunch. With a Hibachi / Teppanyaki lunch experience, residents were treated to smiley faced rice and a flaming onion volcano erupting before their eyes. On Tuesday, January 22, Stephanie from Dining Service set up and ran her slot car racing track. With tight turns and near collisions, the cars battled to the finish line. That's a wrap for January - see you next month for Valentine's Day & Mardi Gras Festivities!



Stephanie Livermore (left), sets up Slot Car Racing for the Residents.



Forest Schneider enjoying an afternoon of bingo with KAFB Bingo Medical TOP 3 volunteers.

Loyalty & Valor Hall have a winning week



Residents and staff celebrate their favorite college football teams with a good old fashion picnic.

By Susan Bergman, MT-BC, Recreational Services

On Tuesday, January 8, 2013, residents from Loyalty Hall joined Independent Living residents for the Indoor Shuffleboard Tournament in the Bocce Center. As the games were won and the winning brackets narrowed down, Lois Hogan gave her all. She stayed in the game leaving "hangers" for the big points and finished with a 3rd place win! On Wednesday, January 9, residents on Valor & Loyalty Hall each celebrated their favorite football teams at the Monthly Cookouts on each floor. With Alabama winning the College BCS (Bowl Championship Series) on Monday night, crimson colors highlighted the room. Despite the win, LSU fans in the room cheered the tiger band recording of "Hold That Tiger." Some football fans were split between Alabama's elephant mascot and LSU's tiger mascot. Festive food and team spirit made for a great lunch and cookout party!



Lois Hogan takes third place in the Indoor Shuffleboard competition.

AFRH-W January Activities

DC Toast in the New Year!



Ollie Brown ready to bring in 2013 with a little bit of the bubbly.



Sandra Intorre is all smiles getting ready to toast in the New Year.



John Russo lifts his glass to toast in the New Year.

Did I just see a beer can walk by?

By Lori Thompson, Art Specialist

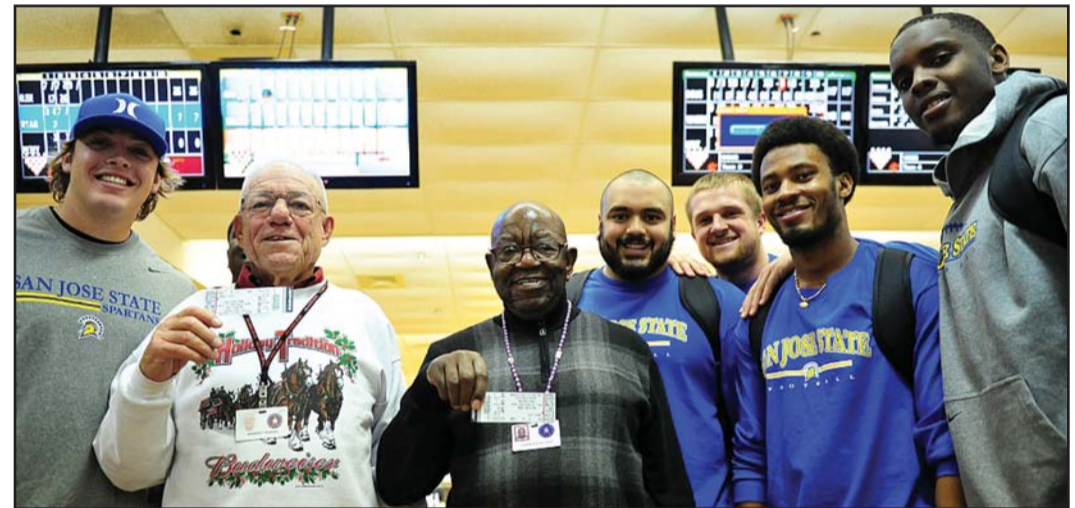
Chances are if you were near the bowling alley in early January, the answer to that question was, "Yes, that was indeed a beer can you saw walk by!" The saga began with my quest to find a project that could entice football-crazed Residents away from their sets, long enough to create something with me on a wintery Sunday afternoon. I happened upon the solution in Hobby Lobby's science aisle. Robot kits! Who would turn down a chance to turn a beer can into a walking, wobbling robot? Wire by wire, screw by screw, "it" slowly came to life. The batteries were connected and everyone watched with baited breath as their creation took its first steps. "It's Alive!" was shouted amid waves of laughter. From a Miller



Charles Merlino and Anthony Contino show off the New Year's Miller Lite Robot.

High Life Holiday Robot with red bow tie, to an Old Milwaukee can wearing a "Happy New Year Crown," to a Raven can of Natty Bo that was sporting a clay football in one hand and a fake hundred dollar bill in the other, the robot idea proved to be creatively entertaining for all.

San Jose State football players bowl with residents before the Military Bowl



Warren Pospisil and Charles Felder (center) show off their game tickets to the Military Bowl game held at RFK Stadium.

By Carolyn Haug, Volunteer Coordinator

What better Christmas gift to give to a young collegiate athlete than a beat down in a fierce competition of bowling! On December 25th, our Veterans enjoyed a "friendly" few games of bowling with the San Jose State Spartans. This is the second year that Northrop Grumman, corporate sponsor of the Military Bowl, has arranged a visit with the football team. The visit was an opportunity for the young athletes to meet our nation's Veterans and appreciate the military heritage we have at the Armed Forces Retirement Home. Employees from Northrop Grumman also enjoyed the afternoon and brought gift bags for all residents in attendance. Tickets were donated to any resident who wanted to attend the Military Bowl Game at RFK Stadium. Those who went witnessed a close game and a Spartan win! Thank you to our Bowling Center volunteers and the residents who joined us on Christmas Day.

Upcoming Arts, Crafts and Hobby events

By Lori Thompson, Art Specialist

Mother Nature may be blowing winter storms our way soon, but our February ACH schedule is sure to keep cabin fevers at bay. The month begins with AFRH's art/craft entries going to the VA on February 1st for this year's National Creative Veterans Festival competition. Good luck contestants! On February 3rd and 4th, Residents in Pottery and Ceramics classes will be glazing Valentine ware. Don't miss the Resident/Employee Valentine Card Making Social on Tuesday the 5th! The Auto Shop Volunteer Assistants have their quarterly meeting on the 6th and we will be going to Manassas to view antique cars and have a lunch meeting. St. Paddy's Day ceramics class begins on Monday, the 11th and will run for 4 Mondays. Looking for something new to try? Come to "Painting with Paste" on Tuesdays, the 12th and 19th and learn interesting techniques for decorative paper design. Care to take a trip to the Portrait Gallery and lunch in China Town on the 13th? Art thrills continue on Saturday the 16th with guest artist Dona Berotti's glass fusing workshop. Another guest artist, Rob McClurg, will present pottery demos and lessons on the 17th. Our new Photography Club is hosting a guest speaker, Ernest Smiley on the 24th, all are welcome! The ACH month closes with Making Small Notebooks class on the 26th and Michele's Easter Wreath Making workshop on the 27th. If you think this is a full, diverse ACH calendar, wait until you see upcoming events in the Artist Colony and Multipurpose Room in the new Scott Building!

STORY GATHERING STARTS FOURTH YEAR

By Christine Baldwin

The Double Nickels 'Speak Easy' Cultural Club started its' fourth year of story gathering on the 2nd Saturday in January. Several residents participated with their stories that ranged from Pearl Harbor remembrances to Vietnam memories, along with tales from childhood and beyond. This year the group welcomed Katie Herring, who is getting her Gold Award in Girl Scouts, the highest award. Katie is recording these stories and preparing them for our webpage. Participants for this project include George Smith, Catharine Deitch, Dallas Jones, Roger Polhemus, Billy Ray White, William Opferman, Martin Cody and John Kershaw.



John Kershaw, Catharine Deitch, Katie Herring, Dallas Jones, for this project include George Smith, Catharine Deitch, Dallas Jones, William Opferman and Roger Polhemus keep their stories alive through the Speak Easy program.

Resident volunteers are key to success for AFRH-W programs

AFRH-Washington volunteers still going strong. This photograph was submitted by a residents who has be volunteering for 18 years. For more information on our volunteer programs please check with the Washington Activity Messenger for current openings or stop by the office Carolyn Haug, Volunteer Coordinator in Sheridan 1004.



Honoring a Legacy: The AFRH Time Capsule

Sherman Time Capsule continued from page 1

Most likely left there by the masons, the artifacts may not have been intended as a time capsule. It is difficult to imagine that the men building the tower in 1890 would have dared to doubt that their work would stand the test of time. But now that it has been discovered, the artifact has taken on the role of a time capsule nonetheless; telling us something about a period in history through the collection of objects that the masons chose to leave behind. To honor both those original tradesmen, as well as the masons that are responsible for the tower's restoration today, AFRH decided to preserve the 1890 artifact and to place it back in the tower within a new, official time capsule.

Conservation

AFRH consulted with experts to determine the best way to preserve the historic artifacts found in the tower. A conservator from Baltimore studied each object and determined an appropriate conservation treatment in accordance with the Code of Ethics of the American Institute for Conservation of Historic and Artistic Works. Each object was conserved and placed within a protective Marvalseal enclosure along with the conservator's reports.

2012 Time Capsule

All conserved objects from the 1890 artifact were placed within an official AFRH Time Capsule. New objects were added, as well, including: a newspaper from the day of the earthquake (August 23, 2011); a newspaper from the day that the time capsule was placed back in the tower (December 21, 2012); a copy of the AFRH Communicator describing the earthquake (September 2011); a current AFRH medallion; and a narrative description and photographs of the tower repairs. The new container is stainless steel and bears the AFRH seal.

Returning to the Tower

At a small ceremony on December 21, 2012, the masons placed the new AFRH Time Capsule back in the southwest corner of the clock tower and reset the hollow turret stone above it. Although some AFRH members and staff planned to attend the ceremony, the gusting winds on that day prevented any visitors from ascending the tower. For the masons who were there, it was a very proud day as they honored the legacy of the tradesmen that preceded them over a century ago.

An article published in the Washington Post on December 21, 1890, describes the view seen by the masons on the tower both then and now. The article was written exactly 122 years to the day before the time capsule was reset in the tower. *"from almost anywhere on the broad undulating plateau that lies north of the city the imposing new tower is visible and it forms an imposing addition to the landscape...The view from the top of this new tower is as fine as is to be had anywhere hereabouts. From there one's eye can sweep over the whole historic ten mile square, and many miles of the Potomac too. Alexandria is seen, and on a clear day the distant mountains can be faintly discerned."*

We are all glad that the tower has now been restored, and that these views are preserved for generations to come.



Crew members working on the Sherman Building celebrate the time capsule place in history 100 years after the first time capsule was placed.



Final view of the time capsule before it is sealed on December 21, 2012.

FRA SOUTH CENTRAL REGIONAL PRESIDENT, VISITS THE ARMED FORCES RETIREMENT HOME TO PRESENT AWARDS



SCRP Bob Holcomb addresses shipmates during his visit to AFRH-Gulfport.

South Central Regional President, Robert A. Holcomb, visited the Armed Forces Retirement Home – Gulfport on January 8, 2013 to present three National Membership Awards to the "Old Naval Home", Branch 307. Shipmate Holcomb was recently elected president of the South Central Region of the Association

SCRP Holcomb is a member of FRA's National Board of Directors for 2012-2013, representing FRA shipmates of the South Central Region, who reside in Mississippi, Arkansas, Louisiana and Texas (with the exception of El Paso).

SCRP Holcomb joined FRA in 1968 and has been affiliated with various branches in Texas, serving as branch president, vice president and as a member of Branch 201's Board of Directors. He is looking forward to visiting shipmates throughout the region (20 Branches) in the coming months.

Accepting his election and new position within the FRA at the Annual Convention in Reno, Nevada, November, 2012, SCRPs Holcomb stated, "It is both an honor and privilege to serve my FRA shipmates, as well as all active duty, reserve, retired and veteran service members. I'll be focusing on recruiting and retention during my tenure as regional president," said Holcomb. "We must grow military organizations like FRA, so that military members' and veterans voices are heard on Capitol Hill." He continued, referencing FRA's legislative advocacy on behalf of current and former service members and their families."

Holcomb joined the Navy in 1962 and, during his 22-year military career; he served at numerous Naval Air Stations and a one-year tour in Vietnam (1966-1967). After retiring from the Military he worked for a private company for eighteen years in Austin, Texas and then for the IRS for another six years. Mr. Holcomb married Beverly Holcomb and they have five children.

As some may know, the Fleet Reserve Association is a congressionally chartered, non-profit organization that represents the interests of the Sea Service community before the U.S. Congress. The Association is named after the Navy's program for personnel transferring to the Fleet Reserve or Fleet Marine Corps Reserve after 20 or more years of active duty, but less than 30 years for retirement purposes and its membership is comprised of current and former enlisted members of the U.S. Navy, Marine Corps, and Coast Guard.

SCRP Holcomb presented three awards to the "Old Navy Home", Branch 307, which was awarded to them at the National Convention for membership. Shipmate Robert Rutherford, received the Charles E. Lofgren Award for

Individuals. This is awarded to the FRA member in each group who has recruited the greatest number during the preceding April 1 – March 31 period. Each awardee received an engraved desk clock. Shipmate Rutherford recruited 13 shipmates, for Group V (119 branches).

The Charles E. Lofgren Award for Branches is awarded in recognition of excellence in membership promotion in competition with the branches within the same group. Each winning branch received a captain's desk bell. "Old Navy Home", Branch 307 had a 70.21% recruiting gain, Group V (119 branches).

A Ribbon Award for number of 100% of the Branch members returning. "Old Navy Home", Branch 307 had an impression year, a few of the successes have been:

- 70% increase in membership.
- 1384 years of continuous members.
- 1 member with 60 years - Shipmate James Ryan
- 1 member with 57 years – Shipmate Roland Smith (AFRH-W)
- 1 member with 56 years - Shipmate Richard Halloran
- 1 member with 50 years - Shipmate Wilson Gale
- 43.3% of the membership is over 80 years old.
- Donated 9238 pounds of food, for the "Food Pantry" at the CB base Chapel.

One of the Community actives of the local branch is to visit with their Senators and Representatives. Another is to work with students (7th-12th grades) in the Americanism Essay Contest. All regional winners are judged at the national level and receive a certificate of recognition and cash awards for 1st, 2nd and 3rd place. First place winners are forwarded to the National committee. The Grand prize winner of this contest will go to Washington, D.C. to visit with their Senators and Congressman. The contest includes a prize of \$2, 500, \$1, 500, \$1,000 Cash, at the National level for 1st, 2nd and 3rd place. "Old Navy Home" branch 307 had one 11th grade recipient submit and entry from the area.



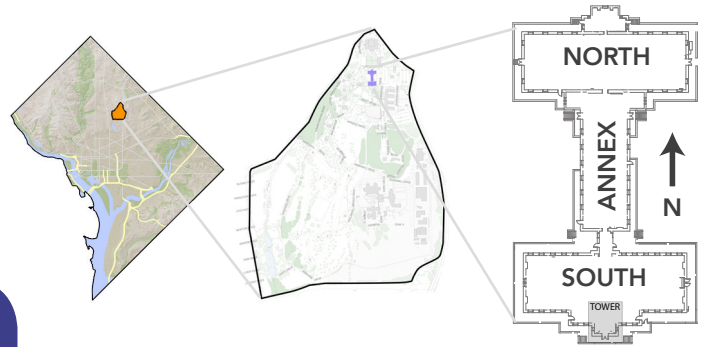
SCRPs Bob Holcomb, Branch Vice President Robert Rolak and Branch Secretary Bob Rutherford conduct FRA meeting in Gulfport.



Branch Secretary Bob Rutherford, SCR Chaplain Jerry Pugh preparing for Two bell Ceremony.

SHERMAN BUILDING TOUR

ARMED FORCES RETIREMENT HOME - WASHINGTON



EXTERIOR AND INTERIOR

EARTHQUAKE AND STABILIZATION (2011)

- 200 - stones that fell during the earthquake
- 180 - additional stones removed during stabilization

RECOVERY (2012-2013)

- 3,300 - stones reconstructed
- 80 - replacement stones used in reconstruction
- 49 - moat walls reconstructed
- 1,200 - linear feet of cast iron railing repaired



Damage under clock tower, Sherman South



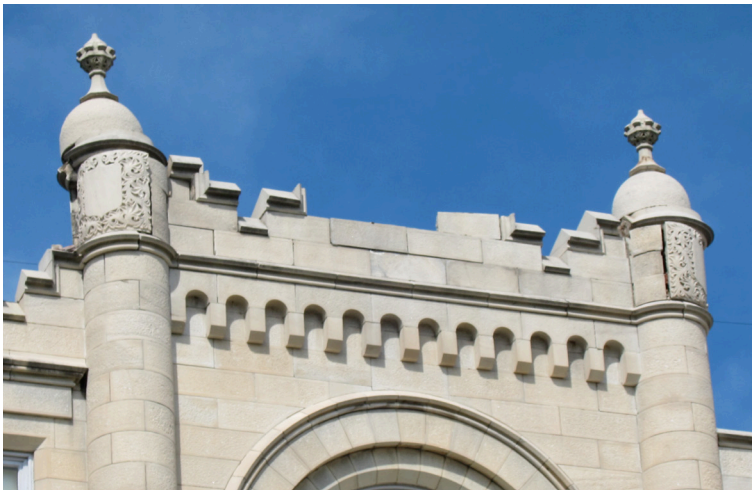
Damage under fallen chimneys, Sherman Annex and North



Unstable parapets, Sherman Annex

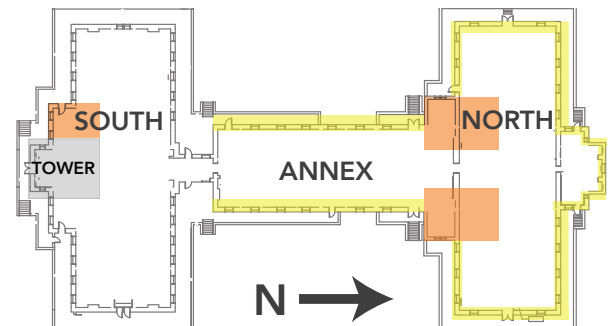
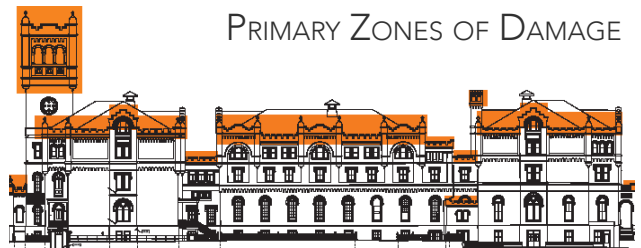


Collapsed gable, Sherman North



Example of missing parapet stones immediately after the earthquake

PRIMARY ZONES OF DAMAGE



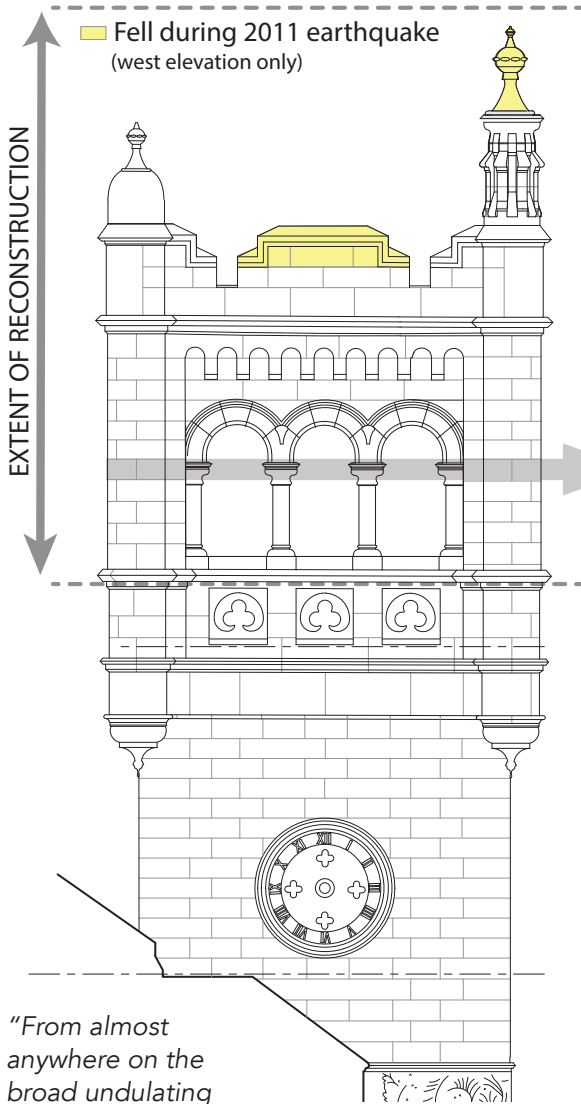
CLOCK TOWER

TOWER FACTS:

- Height: 120 feet
- Clock Added: 1868 c.
- Material: White marble
- Top finial marked "J.R. Stokes 1890"
- 1890/2012 time capsules in southwest turret

RECONSTRUCTION INCLUDED:

- 20 courses of stone
- 541 stones
- 4 replacement stones
- Over 100 unique stone types
- Heaviest stone removed: ~4,000 lb

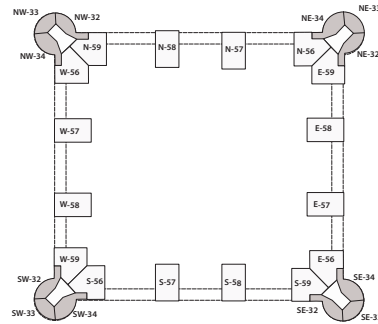


"From almost anywhere on the broad undulating plateau that lies north of the city the imposing new tower is visible and it forms an imposing addition to the landscape...The view from the top of this new tower is as fine as is to be had anywhere hereabouts. From there one's eye can sweep over the whole historic ten mile square, and many miles of the Potomac too. Alexandria is seen, and on a clear day the distant mountains can be faintly discerned."

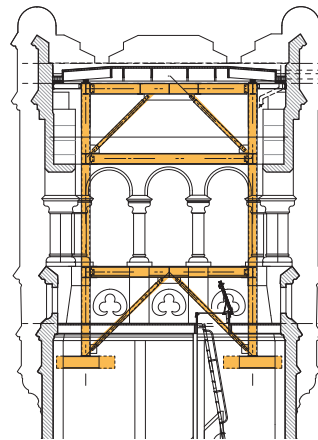
Washington Post, December 21, 1890

MASONRY RECONSTRUCTION

Example of a course map used during reconstruction



STRUCTURAL REINFORCEMENT



TIME CAPSULE

