An Important Message

Editor’s note: This article was provided by the Sterling Volunteer Rescue Squad and the Sterling Volunteer Fire Company. It addresses the mutual benefits of the continuing close relationship between Falcons Landing and the two organizations that serve us and help to assure the safety of our residents.

Over the years, Falcons Landing, the Sterling Volunteer Rescue Squad and the Sterling Volunteer Fire Company have continued a unique relationship that has benefited not only these three organizations, but also the community at large.

For your part, the residents of Falcons Landing have raised over one million dollars and donated those funds to Sterling Rescue and Sterling Fire to procure life-saving equipment that benefited the community. Recently provided funding enabled Sterling Rescue to procure a new advance life-support vehicle and a new rescue boat that will enter operations during the summer of 2017. Sterling Fire has been able to purchase life-saving tools and add to their new fire engine fund. With your support, both organizations have been able to make a bigger difference in our community.

The Sterling Volunteer Rescue Squad was established in 1964, and the Sterling Volunteer Fire Company was established in 1966. Operating from Fire/Rescue stations in Sterling Park, Cascades and Kincora (Dulles), Sterling Rescue and Sterling Fire provide around-the-clock emergency fire, medical and rescue response to the residents of Ashburn, Broad Run Farms, Cardinal Glen, Cascades/Lowes Island, Countryside, Dulles, Great Falls Forest, Oak Grove, Potomac Falls, Richland Acres, Sterling, Sterling Park and Sugarland Run.

Continued on Page 2
Working in close coordination with Loudoun County Fire and Rescue, Sterling Rescue continues to be one of two remaining 24/7/365 Emergency Medical Services volunteer agencies in Loudoun County; Sterling Fire volunteers take over fire protection services from career staff from 6 p.m. to 6 a.m., Monday through Friday and 24-hours-a-day on weekends, covering a large swath of Loudoun County. The mission of Sterling Rescue is to provide the highest level of emergency medical care and technical rescue services to those who require our assistance, while Sterling Fire provides fire protection and EMS first response. With over 180 active volunteer members, Sterling Rescue also supports an active special events team, a swift water rescue team and is active in many community events.

Sterling Rescue and Sterling Fire volunteers are from all walks of life, but they often have the same goal when joining their respective organizations: helping other people and serving their community. They say it in a variety of different ways, but it’s really all the same. While they may share a common goal, the men and women of Sterling Rescue and Sterling Fire volunteer for different reasons. Many enjoy the excitement and adrenaline rush that emergency service offers, while others feel it’s their obligation to serve their community. Everyone at Sterling Rescue and Sterling Fire is proud of being at their best while helping others who are dealing with what could be one of the worst moments in their lives.

The officers and members of both Sterling Rescue and Sterling Fire value their longtime partnership with Falcons Landing, and we thank you, the residents, for your generous and unwavering support. We couldn’t do it without you! “Thanks a Million!”

Dining Services News - Holidays
~ by Bob Besserer, Director of Dining Services

Since we are in a new year of fantastic holiday dining events, I want to explain why we limit tables to no more than 10 for all major holidays. Each holiday reservation period we receive enquiries from residents about that policy, and they want to know why. Well, here goes!

The Easter holiday, for example, is our busiest day of the year and, on average, we feed 460-plus residents and guests. With our elaborate menus, it takes a great deal of preparation beforehand. We actually begin several days ahead of the holiday, ordering, receiving and storing the food. To feed 460 persons, it takes every single square inch of storage space in the dry storeroom and refrigerators; there just isn’t room for additional food. We also use every piece of equipment we have — hotel pans, sheet pans and upright storage carts. When we walk into the kitchen Easter morning, there is no unused equipment on hand. Everything possible is filled and in use, and the pots and pans storage shelves are empty. We also have to be open with our normal operations on the days leading up to the holiday. At the same time, as noted, these holiday events take a great deal of preparation. We simply do not have the manpower to increase of the number of residents and guests beyond that 460 total number.

Frequently during holiday reservation periods when we get requests for more than 10 people, I always have to say no. I regret that I have to refuse those requests because I know how important getting together with family is during the holidays. The 10-person holiday rule works well for most residents, and it has enabled us to successfully plan, prepare and serve the extravagant meals during those very special days. I hope everyone understands.
Our New Private Dining Room is a Stunning Reality!
～ by Barb Brannon

It started with the perfect wallpaper…

After 20 years, it was time to redo the beautiful Private Dining Room. We had decided to demolish the large closet that held the (never used) room divider. Eliminating it would make the room look more expansive, and that extra space made a floor to ceiling renovation possible and necessary.

Our designer, Rachel Erim, has worked with us for many years on projects that have included the Founders Hall Lobby, restrooms, Guest Rooms and the West Falls Dining Room and common areas. For the Private Dining Room, our planning process was the same as for every renovation project. First, Rachel looks at the space and we discuss our goals and ideas. In this case our goals were simple: to maintain the elegance of the Private Dining Room and to brighten it using lighter colors. It also had to seat 28 people at two tables, and I had decided to add wainscoting to maintain a traditional and gracious style. Rachel then gathered samples from which we would make our choices. We started with wallpaper and looked at dozens of samples before finding the perfect one. Every other selection was made with that gorgeous wallpaper in mind. The new Private Dining Room has been a stunning success. In fact, “stunning” has been used more than once by residents seeing it for the first time. We definitely met our goals, and surprisingly, we have received nothing but accolades. That is an achievement to savor at Falcons Landing!

Well actually, there has been at least one discouraging word: “The chairs have no arms.” That is true, and neither did the ones they replaced. After all, we had to seat 28 and that left no room at the table for arms — on chairs, that is.

PAA Winner for March 2017
～ by Ande Burke

Jose Cortez is our President’s Achievement Award winner for March 2017! Jose has been with Falcons Landing since March 1997. He was nominated by a resident who appreciated his commitment to excellence.

Here is an excerpt from the nomination:

“Jose worked with cleaner, white towels and a steam iron to remove a persistent coffee stain. It took about an hour, but the carpet stain was completely removed. We are very thankful for his work.”

Congratulations to Jose on being our President’s Achievement Award Winner for March 2017!
The Loudoun County Planning Commission Hearing on March 28 enabled Falcons Landing residents, our neighbors in the surrounding communities and Falcons Landing Management to express their opinions, concerns and recommendations about the current plans of the AFROC Board for the future of Falcons Landing. Most residents fully recognize the leadership role of the AFROC Board and our Management Team; however, the Hearing revealed the differing strongly held views among our residents.

We, the members of the Residents’ Council, trust that all of our residents will move forward together in the best interests of current and future residents of Falcons Landing. In that regard, we must acknowledge and accept that the volunteers who serve on the AFROC Board of Directors without pay have the responsibility of ensuring that Falcons Landing retains its preeminent position as the most desirable CCRC on the East Coast, if not the entire nation. At the same time, however, we residents realize that although we do not own our homes, we will live here for the rest of our lives — and that because, indirectly, “we pay all the bills,” we want to be a part of the decision-making process.

The Commission sent the zoning request forward with a recommendation for approval with the caveat that parking issues must be addressed and that no one would be required to leave their homes.

As for other issues, our Fire and Rescue Fund Drive begins this month. Under Jim Hardy’s leadership and strong support of the residents, we know the Drive will be a great success. We are all most grateful for the Sterling Volunteer Fire and Rescue Squad’s strong support. Almost daily, we see them responding to the emergency needs of one of our residents. Each time we hear their sirens as they approach the front gate and watch them drive through the campus with their lights flashing, we feel fortunate to have them so close and so responsive.

The Council’s focus on The Johnson Center and West Falls is making great progress under the leadership of Hazel Plummer, Lauren Cratty, and our many volunteers. The residents and staffs of TJC and WF are grateful for all of the strong support.

With many new residents moving in, Meet and Greet is attracting more attendees. To accommodate the increase, during the past year we have added six additional tables for a total of 23 – and they are almost always full. This allows many groups to attend and reserve tables and then continue to dinner afterwards. Feel free to select a table for your guests. We have tables designated for the new residents that are being introduced. “Friendship” tables are available for singles or couples who are not part of a group. We are confident that everyone will continue to enjoy the Meet and Greet Happy Hours!

The goal of the Residents’ Council is to continue to improve Falcons Landing through your strong support and especially from your suggestions and recommendations. If you have any ideas, concerns or complaints, please use the Council Suggestion Box in the Mail Room or pass them to any member of the Council.
The Foreign Policy Research Institute (FPRI), an American non-profit, non-partisan think tank based in Philadelphia, PA, recently launched the Lt. General Bernard E. Trainor Veterans Fellowship. By its own description, the Institute is devoted to “bringing the insights of scholarship to bear on the development of policies that advance U.S. interests.”

The inaugural competitive fellowship will be awarded annually to a deserving veteran who wishes to pursue a career in journalism. In announcing the fellowship, the president of the FPRI said it is named after Bernard “Mick” Trainor, “an exceptional individual who so perfectly exemplifies the Institute’s purpose.”

Mick has had broad military experience in the military, academic and journalistic worlds. He enlisted in the Marines at the end of WWII and subsequently had combat commands in the Korean and Vietnam wars, serving twice in Vietnam. He retired after 40 years as a general officer and went on to become the New York Times Chief Military Correspondent, a national syndicated columnist and the Director of National Security studies at Harvard University’s John F. Kennedy School of Government. In addition, he was the military analyst for MSNBC TV and a senior Fellow in defense at the Council on Foreign Relations. He is also the co-author of three bestselling books on the Gulf wars.

Here in our Falcons Landing community, Mick has been actively involved in many volunteer activities including participation in all our theater productions and regularly contributing feature articles to the Falcons Landing News. Mick is also the earlier recipient of the Anderson Memorial Award for military thought; the Goodpaster Award for courage, selfless service and leadership; and the In Hoc Signo award for a career of Christian principles. His spouse, Peggy, is well known at Falcons Landing for her volunteer work as head of the Pharmacy Desk in the Wellness Center.

Each Trainor Fellowship recipient will, for the period of one year, receive research and travel support for writing and will be given the opportunity to work out of the FPRI office as a fully integrated staff member in the FPRI community. The Fellowship also includes a mentor program, in which the individual will receive one-on-one attention from defense and foreign affairs writers, investigative reporters, columnists and authors.

We at Falcons Landing are proud of Mick and wish him well.

The National Day of Prayer at Falcons Landing

The National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for our nation. It was created in 1952 by a joint resolution of the United States Congress and signed into law by President Harry S Truman.

It exists to communicate with every individual the need for personal repentance and prayer. All Falcons Landing residents and staff are invited to join together on Thursday, May 4 in the Ballroom, to celebrate this day of thankfulness. The service begins at 10:00, or come at 9:30 for coffee and a doughnut before the service.
New Residents Marc and Mary Barthello
~ by Jim Mullen

Grissom Street is bright with spring and flowers — and several new residents. That includes Marc and Mary Barthello at 46872 Grissom, neighbors to the Trainors. They come to us from Northern Maryland near Havre de Grace where they had a large home in horse country for the past fifteen years. (One daughter had married into a family that raises racehorses.)

Both Marc and Mary are natives of Holyoke, MA. They have four daughters, one son plus eight grandchildren and one great-grandson. Marc began his service as an aviation cadet in 1952 and was commissioned from that program to begin a 31-year career in the Air Force, retiring as a colonel. He had 5,600 flying hours in both fixed wing and rotary (about half and half) that included an assignment as a composite helicopter gunship/fixed wing special operations squadron commander. In his early career, Marc was a forward air controller in Vietnam, circa 1965, flying the O-1 “Birddog” for 354 combat missions.

The Barthellos spent several years at Andrews, Bolling and other assignments in the area including the Pentagon. Yet, when asked to describe their favorite assignment, they both responded “Labrador” where they spent two years at Goose Bay and developed several long-term friendships.

Marc spent a good part of his career working in doctrine and training development, first as Chief, Doctrine Development on the Air Staff. In a later assignment, Marc was commander of the Air Force-Army Air Ground Operations School. While on the Air Staff, he led the Air Force, the Army and NATO in development of doctrine for tactical air operations and airspace control in the combat zone. This doctrine for the close integration of air and land forces in the air-land battle later played a role in combined air operations in Middle East conflicts.

Upon retirement, Marc joined United Technologies with the opportunity for an accompanied assignment to Korea for two-plus years and in Washington as a director for International Affairs during his fourteen years with UT.

Along the way, raising their family, Mary found time to be an active volunteer in Boy Scouts and Girl Scouts as well as the Red Cross and several years with the Boys and Girls Club of America. Marc found time to join a soaring club and was a volunteer tow-pilot for gliders for about 12 years, only stopping when he turned 80. Mary, too, did volunteer work at the local horse farm until she was 80.

Marc has been a long-time member of AFROC. Mary has already joined the morning walkers, and Marc is playing a great game of tennis. All to say that they are full of energy and happy to be at Falcons Landing.

Welcome, Mary and Marc Barthello.

NOTICE:
ANNUAL MEETING HAS BEEN CANCELLED

The AFROC Annual Meeting will not be held on Sunday, May 7 2017 at 3:00PM in the Ballroom.
New Resident Olga DeSanti
~ by Frances Rowan

Falcons Landing has just gained another bridge player! **Olga DeSanti** is busy getting settled, so it may take a little while before she’s ready to commit to playing bridge; but once she is, she will be a welcome addition to the bridge groups here. Olga, a recent widow, comes to Falcons Landing from nearby McLean, where she lived for many years with her husband, Dr. Louis DeSanti. Her husband was retired from the Central Intelligence Agency. Olga noted that, among the many awards he received, was the Career Intelligence Medal in recognition of his exceptional achievement of 23 years with the CIA.

A former parishioner at St. John the Beloved Catholic Church in McLean, Olga will join the Catholic community here at Falcons Landing. She attends Community Bible Study classes weekly, as do many residents of Falcons Landing.

Olga was born in Puerto Rico, where she spent a happy childhood. She attended the University of Puerto Rico and majored in secretarial science and business administration. Her dream was to travel, and once she graduated, she moved to New York where she worked in the international corporate world as a bilingual executive secretary and translator. Olga said she enjoyed the experience of working with a group of diverse multicultural colleagues. Later she moved to Florida, where in 2005 she earned a bachelors degree in Liberal Studies, Behavioral Sciences Specialization from Barry University. It was a defining moment in her life, and she described it as “The achievement of this degree as my goal has enriched not only my own life, but also how I experience the world around me. It is a learning experience without limits.”

Some of the happiest times in Olga’s life were spent working as a volunteer in the missions in Mexico. Of this experience, she said: “The lessons I learned in giving and trusting will last for a lifetime.” We wish a warm welcome to Olga DeSanti!

---

Performing Arts Committee Closes Out The 2017 Classics Season
~ by Harold Wilson

The Tosca Opera performance, in the Falcon’s Ballroom on April 5, closed out the 2017 Opera Season. Performances that were streamed into the Ballroom from the New York Metropolitan Opera Theater provided beautiful memories of “evenings at the Met!” We were all saddened by Mimi’s death in *La Boheme*, impressed and amazed at the costumes and puppets in *Butterfly*, dazzled by the sets and music in *Aida* and many of us still talk about the performance of soprano Elina Garanca, in *Carmen*. The tragedy *Tosca* was certainly a proper grand finale for the Falcons Opera Season.

April also marked the end of the Shakespeare season in the Ballroom. We were exposed to the egos and mistrust of “Hamlet,” the madness of “Macbeth,” the insanity of “Midsummer Night’s Dream” and the magic of the “Tempest.” The audience really enjoyed the close up camera angles provided in each of the Shakespeare plays; it seemed that we were on stage with the actors.

Classics Season will return to the Ballroom in the fall with a fresh program of operas from the Met and Shakespeare from the London stage.
New Residents Robert and Amy Manning  
~ by Dave Hopkins

It was 47 years ago that Bob Manning met Amy on a blind date at Ft. Belvoir, and it took him, and her, just two dates to decide they were made for each other. It would seem they were both right. Three daughters, four grandchildren, and two careers later for Bob, they are right here in northern Virginia where they started.

Bob is third generation Army -- both his grandfathers and his father wore that same uniform he put on when he was commissioned the day in 1966 he graduated from Virginia Tech. It is fair to say those two institutions have been a large influence on his life since. As to the Army, it was the first of those two careers, 26 years with the Signal Corps where he met such distinguished Falconers as Bill Hilsman and Leo Childs.

There were tours in Japan, Korea and Viet Nam, and three assignments in Germany. A highlight in Munich was living around the corner from his father, still on active duty, and mother. How many of us would have loved to have had such handy baby sitters while we were far away from home? Bob served as American communications representative and advisor to the German Army. Later, in the assignment he considers his favorite, he had command of the 97th Signal Battalion, assigned as a NATO unit.

While Bob retired and left that first institution mentioned, the second, Virginia Tech, remains large in his life. Check the Hokie flag in front of 46905 Grissom and the maroon and orange car parked in the drive, the one with the Tech Corps of Cadets license plate. Bob has, for some years, done recruiting at local high schools for the Corps of Cadets and proudly participates in the award of Tech scholarships for those of a military inclination. (Fortunately for the preservation of this marriage, Amy has learned to speak Hokie.) The two own a condo in Blacksburg, so they do not miss any of the Tech home games.

Then for that second career — after retirement in October 1992, Bob began something he said he always wanted to do: teach high school. And so he did, getting his teaching certificate and spreading his knowledge of social studies in public and private schools around northern Virginia. His last duties were at Linton Hall in Bristow, Virginia, where notably he not only taught but became principal for seven years. Now there is a second career we can all salute.

The Mannings are delighted with everything they have seen and done here thus far. The friendliness of its residents, the competence of its employees, and yes, the quality of its food were all relayed to me. And I must say their move to Falcons Landing makes abundant sense. Of course the area is home for both Bob and Amy, and perhaps of more importance, it is also home to those three daughters and four grandchildren. As to the latter, it is not yet clear that they will be Army or Hokie or both, but be assured Grampa will be watching.
I Remember When . . . The Best Day of My Life
~ by John Pustay

On Oct. 25, 1966, after the completion of the Seven Nation Conference in the Malacañang Palace in Manila, President Johnson set out to visit the capitals of all the nations supporting our military efforts in Vietnam.

He would then thank the people of those states for their willingness to combat the Viet Cong and North Vietnam in support of the regime in Saigon. Secretary of State Dean Rusk accompanied the president to these capitals, though they traveled in separate aircraft. As a White House Fellow (and a USAF major), I had been assigned to serve as an observer of all the Secretary’s activities and to serve as a lower-level military assistant.

In that capacity, I had always traveled with the Secretary to diplomatic events throughout the world. President Johnson’s first stop was in Seoul, Republic of Korea (ROK), and Secretary Rusk and I were present in the Blue House to witness the signing by the two presidents of a Treaty of Amity between the U.S. and the ROK.

During the reception preceding the signing of the documents, it was noted that the English language “instrument” had not yet been delivered to the Blue House. Secretary Rusk directed me to take his limousine (we had both arrived in the same car), immediately go to the U.S. Embassy to obtain the missing document and return in haste.

In the Secretary’s limousine, with an Army master sergeant as the motor pool driver, we attempted to take short cuts to the Embassy, but to no avail. All streets were blocked off for security purposes, and the only available way to the embassy was the official parade route that the two presidents would take as a celebratory gesture after the signing of the treaty. I instructed the driver to take that route.

Unbeknown to us, as our car had exited the Blue House grounds, a ceremonial cannon was fired to alert those along the parade route that the parade had begun. Hence, military personnel lining the mile-long avenue sprang to “Present Arms,” smiling schoolchildren began vigorously waving U.S. and Korean flags and the citizens of Seoul were waving and shouting greetings as we passed them. My first instinct, as I was riding in the back seat, was to slink down so no one would see me. But the sergeant driver yelled back to me – “Sit up, sir, you will never again have a day like this in your life!”

We got to the embassy, retrieved the English language instrument and returned to the Blue House. Shortly afterwards, the signing ceremony began. I assume that very few people at the presidential mansion that day in Seoul knew that I had successfully completed my mission and, coincidentally, had the greatest day of my life!

If you have a memory you would like to share, please call Bebe Rice.

Geography Quiz
~ by Andy Lunt

1. Where would one go to find Ko Tapu?
2. Where would one be if sailing on Lake Gosau?
3. Which country has the largest number of lakes?

Answers on page 13
On March 18, a Falcons bus with 30-plus residents left Founders Hall for the 4th 2016-2017 season concert of the Virginia Grand Military Band (VGMB) at the band’s venue, Alexandria NOVA’s Schlesinger Concert Hall. What an evening! We all agreed it was the VGMB’s best concert ever!

Exaggeration? Not really. After each VGMB concert, attendees say that the next one can’t be better – but it always is!

Several features stand out. The first half’s conductor was Col. Arnold D. Gabriel, the U.S. Air Force Band’s Conductor Emeritus. The 93-year-old retiree was anything but retired. As a teen, he was a PFC machine gunner during the D-Day landings on Omaha Beach. He survived and had a brilliant musical career that is documented by his son, a retired USAF pilot, in a book about his life titled The Force of Destiny. Col. Gabriel was signing copies during intermission, and a signed copy was purchased and donated to our Library.

Also, the U.S. Army Herald Trumpets accompanied the VGMB in several selections. An ensemble of the U.S. Army Band, the unit’s trumpets and drums signal the President’s approach at state occasions. Their instruments and drums are custom-manufactured, and each trumpet is dressed with a ceremonial tabard emblazoned with the heraldic achievement of the U.S. Army Band. During a Herald Trumpets solo performance, the magnificent harmonies of the variously tuned brass horns, along with the beat of bass and rope drums, filled the concert hall with patriotic pride. Interestingly, the familiar TV music we hear every two years during the Olympic Games was written originally for the Herald Trumpets; they played those well-known Olympic themes and other flourishes beautifully!

If that wasn’t enough, a member of the U.S. Marine Band played a cornet solo. Regarded as the “master” of the small, trumpet-like horn, he was an imposing figure in his uniform and one of the tallest and most powerful-looking Marines I have ever seen. His signature song featured long-lasting series of rapid-fire staccato notes of continuing refrains that were repeated over and again. Just watching him was taxing! He is a superb, gifted musician whose performance was enthralling.

The concert ended traditionally with John Philip Sousa’s “Stars and Stripes Forever.” Once again the VGMB’s “tweeting” piccolos came out to stage-center and played their accompaniment as the huge American flag was lowered behind the musicians – but there was a new twist. In the back of the hand-out program were the printed words of a well-known strain and an invitation to “sing along,” which the audience did, with gusto! Most of us will recall the made-up words we sang to that strain as youngsters: “Be Kind to Your Web-Footed friends (quack-quack), for the duck ...” – but the polite audience welcomed and sang the printed real words!

It rained all evening, but nothing dampened the enthusiasm on the ride home. Our capable driver, Michelle, and Glenn Carus, the VNGB POC, each received a round of applause as we approached Founders Hall. Don’t miss the final VGMB concert of the season on May 27. Tickets at the door are only $15.
MOAA Quarterly Meeting and Special Gathering
~ by Bill Hilsman and Phil Walsh

This year’s first quarterly meeting of the Falcons Landing MOAA Chapter on March 30 featured a report to the membership of our “Chapter in Action,” as well as a special Gathering presented by the CEO of the Code of Support Foundation, Maj. Gen. Alan Salisbury, US Army (Ret.).

The report on our Chapter in Action described three specific areas of support:

1. Support of our Falcons Landing family
   - Sponsoring “Gathering” sessions
   - Direct support to The Johnson Center and West Falls
   - The program “Are Your Personal Affairs in Order?”

2. Support of our local community and deployed forces
   - Our Chapter Speakers Bureau
   - Our partnership with local veterans organizations to support veterans in need
   - JROTC scholarships
   - Support to the “Adopt a Platoon” program

3. Support of MOAA national and state veterans programs
   - Work with the Virginia Council of Chapters to define veterans’ needs
   - Visits with national and state legislative leaders
   - Response to MOAA requests for support using form letters and cards from MOAA magazine to members of Congress

Our guest speaker, Gen. Salisbury, as founder and CEO of COSF, manages a unique and successful national undertaking to provide a broad range of private support services to needy veterans. He was joined in his visit to Falcons Landing by his wife, Florence; Ms. Kristina Kaufmann, Executive Director of COSF; and Mr. Phil McMillan, a military veteran and COSF case coordinator.

Gen. Salisbury described the mission and strategic approach adopted by COSF to link needy veterans with an unprecedented array of support services nationwide – all made available by a network of private service providers. Veterans with common or specialized needs are put in contact with case coordinators (such as Phil McMillan) who have access to resource providers nationwide via a “cloud-based resource navigation platform” called “PATRIOTlink,” designed and operated by COSF. Case coordinators are specially trained to tailor and coordinate support services for veterans based on their individual needs and home locations. More than 600 troops, veterans and family members were supported by COSF in 2016.

The Falcons Landing MOAA Chapter’s current efforts to coordinate local veteran assistance with the American Legion, Veterans of Foreign Wars and the Community Lutheran Church via the Loudoun Veterans Family Services (LVFS) program are in many ways a microcosm of the COSF – albeit much less technically sophisticated. Thanks to Gen. Salisbury’s nationwide campaign to expand and institutionalize the COSF, an opportunity now exists to enhance the effectiveness of our local LVFS program in new and very meaningful ways.
Do you have old sketch-books lying around that you can't bear to throw away? They are filled with memories, aren't they? We would like to have an exhibit toward the end of the year titled "pages from my sketch-book." Please contact Norma Lasher if you would like to participate in this exhibit!

Building Three Gallery will exhibit portraits of "Forebears and Falcon's Folks" in May. It seems like we have always had a Portrait Gallery out of the mainstream of life here, so we decided to show some of those faces where more people gather. Betty Ann Dargan has devoted much time to our Founding Fathers and has quite a collection that has never been shown as a group before. They were men of great foresight and wisdom and were there when our country needed their help.

The show in Building Two Gallery will be very bright with "Shades of Orange." Our artists have been excited and loved this theme so much that we may have to go through the rainbow of colors in future shows.

Those in The Johnson Center Floor One Gallery will be ready for adventure when these "Boats" come in! Navy people, those who like to fish and ocean cruisers will feel right at home in the midst of this exhibit. This theme leads right upstairs to The Johnson Center Floor Two Gallery where "Far Away Places" await the curious art lovers if only they could travel. We hope you find these exhibits enjoyable.

---

**Baseball as a Road to God: Seeing Beyond the Game**

~ by Bill Hilsman

The MOAA Gathering of 16 March was something different — really different.

This Gathering was a baseball luncheon with hotdogs, hamburgers, beer, soda and cookies. As we do at any baseball game, we began by singing our National Anthem and ended stretching a lot and singing *Take Me Out to the Ballgame*. New York University’s President Emeritus John Sexton was our speaker, and he talked about his book *Baseball as the Road to God*.

His talk and the book have great stories about baseball and his beloved Brooklyn Dodgers, the World Series they won in 1955, the arrival of Jackie Robinson and the integration of races in baseball. But his talk and the book are so much more. As the title indicates, it is also about religion. He is able to weave together different aspects, feelings and the appeal of baseball for all religions of the world. But he goes further. He puts you in the mix. So many times I saw myself there as he talked, and it was the same with the book. I am sure others had the same experience.

The afternoon was special for many of us; we remembered an event from the past, and when the event occurs in the future, we will say “I do remember that!” We learned that “have faith” fits both baseball and your life.
FLITS

Falcons Landing Interesting Tidbits

~ Edited by Flo Goelz

One resident answered the telephone when she had a mouthful of toothpaste. Her friend was sure he had the wrong number.

And, speaking of toothbrushes, we older residents have gotten in the habit of feeling our toothbrushes to see if we’ve remembered to brush our teeth or not.

Before meetings in the main building, ice water, ice tea and coffee magically appear. Dave Curran often pops into the card room Tuesday mornings for a drink of water while Joy's Bible study class is going on. He asks if it is Holy Water.

A resident's son-in-law said that since he was raised in a Catholic home, every time he hears on TV “May the force be with you” his natural response is “and also with you.”

Lauren Cratty, the Recreation Manager in The Johnson Center, arranged a wonderful Spring Fling Dinner in the Ballroom for TJC residents and their spouses last month. They normally have resident pianists playing during their regular dinner hour and it was a treat to have the Uptown Band there with their vocalists. We were delighted that some of our TJC staff could join us. We want to thank the TJC CNA and Activities staff for serving the dinner!

At a Sunday service last month, Chaplain Jeff Payne held up a large photo of a man's face and asked if anyone could identify him. No one knew who it was and neither did the chaplain. He said it was in his photo collection without a name or date on it. FLITs was thinking we should all look at our old photos and throw out the unidentifiable ones and put names and dates on the rest. If you didn't identify those in your computers, you have a big job ahead of you!

An electronic SARA quite often phones each apartment resident to warn of upcoming storms. Pushing #1 on the “dial” lets Sara know the message was heard. Recently she has also been able to call those in our cottages, so everyone is covered!

In The Johnson Center fitness room you can get shortwave diathermy treatments. FLITs had to Google that term to understand what it was all about. Ver-r-r-r Ver-r-r-r-r Ver-r-r-r-ry Inter-r-r-r-resting!

We love hearing all those old familiar tunes in the front halls. Just don't ask us what the words to them are. Some of our brain cells are getting a little lazy.

Ray Goelz received in the mail 3 identical copies of Merrill Lynch's 120 page financial report. On the backs in big letters is “Go Paperless...” Maybe they were just trying to shock him into using their computer delivery.

FLITs thinks Hank Bodson looks very healthy at 99 because he works out so much in the Fitness Room. We should all be using those various machines so we can outlive our expected life spans.

Answers:
1. Ko Tapu, which means “Spike” in English, rises 66 feet from the waters of Thailand’s Phang Nga Bay.
2. Lake Gosau sits among the peaks of Austria’s Dachstein Mountains in an area known as the Salzkammergut, or Estate of the Salt Chamber because of its many salt deposits.
3. Canada boasts more lakes than the rest of the world combined.

Answers to Geo Quiz on page 9
The Ties That Bind
~ by Bebe Faas Rice

Lately there’s been some more talk here at Falcons Landing about the dress code, centering on men’s ties and whether or not our male residents should be required to wear them. The main complaint, as I understand it, is that a tie is a nuisance and a bother. I mean, first you have to put it around your neck and knot it. And then – then! – you actually have to wear it throughout dinner. Gentlemen, I feel your pain.

However, if we’re talking about real sartorial suffering, let me point out what we women have had to endure down through the echoing corridors of time: corsets, hoop skirts, bustles, hobble skirts, waist cinchers, stiletto heels and pointy-toed shoes, to name just a few. Let’s start with the underlying evil that has cursed womankind seemingly forever. Corsets. It’s said the corset first came on the scene 5,000 years ago in Minoan Crete. I believe that. Any culture that could produce a Minotaur could easily invent a women’s corset.

The corset had many incarnations over the centuries. By the time it got to Victorian England it was in full flower. Reinforced by whalebone and steel, its purpose was to produce a tiny waist of 16–18 inches in circumference, thereby squeezing the innards together so tightly that the wearer was breathing only with the top part of her lungs. No wonder the Victorian ladies did a lot of gasping, fluttering and fainting!

By the late 1860s, the silhouette changed. The hoopskirt was out and the bustle was in. Women no longer walked around trying to manage those great, walloping hoops. However, not only were their waists still cinched, but now they also had to strap on a stiff cage of steel and boning that loomed out over their backsides and held up the heavy drapery of their skirts. Imagine trying to sit down with something like that hooked to you.

Then, just before WWI, along came the Hobble Skirt. My Aunt Gertrude wore one of those things. I remember her saying, “It was like having your knees tied together. You could walk only by moving the lower part of your legs.”

Fortunately the rise in auto sales after WWI scuttled that fashion fad because, as Aunt Gertrude said, you couldn’t crawl into a roadster with your knees tied together. Then came WWII with the short skirts. At last women were getting a break. Maybe. Hats and gloves were required for just about every event, though. Do you remember those luncheons and teas we attended as young military brides, and the little white gloves and frou-frou hats with veils? Fortunately Jackie Kennedy didn’t like hats, so women stopped wearing them, and the accompanying white gloves soon quietly vanished.

The stiff crinolines and waist cinchers that were popular in the 1950s didn’t last long. They were only a blip on the radar screen of fashion, but I clearly remember how the crinoline that hung in my closet hogged a lot of space.

So are we finally out of the woods, ladies? I thought so. But ... look at the shoes they are wearing now! Six inch stilettos with the one-inch platforms! Have women gone crazy? Is it all starting up again? Anyway, gentlemen, if you are still reading this, I have a question: Do you still feel that wearing a tie to dinner is a terrible imposition?

I rest my case.
County Approval of the AFROC Expansion Proposal: What Does it Mean?
~ by Barb Brannon

The Loudoun Planning Commission Public Hearing was on March 28 and, as I'm sure most of you know, the Commissioners approved our request and have sent it forward to the Board of Supervisors. The Planning commissioners' sole criterion for approval is that the proposal meets all the requirements and standards set by the county, which ours did. We had worked with the Planning Department staff for a nearly a year, amending the application to answer additional questions and add detail as requested, so the approval by the Planning Commissioners was expected.

Our proposal will be on the agenda for the next Board of Supervisor's Public Hearing, May 10th at 6:00 pm. The proceedings will be much the same as those of the prior hearing; our representative, Mike Romeo and I will present the proposal, after which there will be opportunities for public comment and for questions from the Supervisors. The Supervisors generally do not vote at this session and have 10 days to render a decision.

What would approval by the Board of Supervisors mean? Admiral Timme wants to emphasize that approval only gives us the option to complete any or all of the plan, when, and if we decide to move forward. Approval does not mean we are required to complete four phases nor does it dictate any time for us to complete any portion of the project. The AFROC Board would weigh financial feasibility and other considerations in deciding whether to proceed at this time or reconsider at a later date.

If the decision is to proceed, the first step is design of the project during which several key elements are developed: the layout and appearance of the memory care facility, the size and layouts of the apartment models and the appearance/style of the Terrace Home apartment buildings. During this phase there will be many choices and alternatives to be considered before the design is finalized. Residents will be kept informed throughout the process and have the opportunity to work with us on selections.

It is important to remember that if the Board approves starting Phase 1, many steps must be completed before the start of construction. The estimated lag-time from Board decision to proceed to ground-breaking will be at least 18 months to two years, the biggest variable being the time for relocation of residents whose homes are affected.

The Board of Supervisors’ hearing will mark the end of just the first step in implementation of the master plan. If the proposal is approved, there will be many steps still ahead of us. The AFROC Board and the management team intend to communicate progress and decision points with residents every step of the way. Your feedback and ideas will be essential as we work through all our options and choices to the result will be great new facilities of which we can all be proud.
TAX SEASON IS OVER! (AREN’T YOU GLAD?)
~ Bob Moser, Photography by John Kinniburgh

The AARP Falcons Landing Tax Site volunteers completed another successful tax season on April 17. On Feb. 2, there were 9 members of the 24-person group who worked on each of 33 afternoons in the Council Room. The team filed 346 returns electronically and another 19 on paper. Also, they answered 404 taxpayers’ questions. Fifty-one percent of the clients were older than 65; the youngest was 17 and the most mature was 102. Clients were greeted by a pair of the crew’s facilitators (Ione Braswell, Illona Countryman, Barbara Goodwin, Charlene Greener, Erica Kane, Jean Lewis, Charlotte McClintock, Charles Oliver, Hazel Plummer, Margaret Quayle and Roma Wilson). They verified identification, answered questions and conducted a review to ensure clients brought the necessary papers.

Then one of seven tax preparers completed the return. Another preparer performed a quality review of the entire return and secured client signatures. Of the 13 preparers, six were Falcons Landing residents: Joe Falletti, Lazell Hunigan, Harry Hurst, Bob Moser, Drake Wilson and Al Yahanda. Another valuable volunteer was Lyle Bowman, who installed and maintained the computers and communications network that made the site possible; it was a tremendous challenge, with new printers and the impacts of Windows 10 on the network.

Falcons Landing’s staff made this volunteer activity possible. Resident Services provided the Council Room and support. Rina Landicho and the Finance staff scheduled the clients for appointments. Dining Services provided coffee, water and cookies to sustain clients and volunteers. Security worked closely with the team to limit access to only tax clients, and the Reception Desk provided supplies and copies and assisted non-resident clients.

Three percent of the clients were staff members at Falcons Landing and five percent were residents, the same as last year. Why not consider taking advantage of this free service next year – there is no restriction on income level, and the volunteers can prepare returns covering almost everything except rental income/depreciation and K-1s that go beyond interest, dividends, capital gains and royalties. You can choose your preparer or have a non-resident do your return. The IRS compares volunteer accuracy favorably to paid preparers – and you can’t beat the price (free!).

Also, please consider volunteering next year to help provide this valuable service to our community. Extensive tax expertise is not required, and training is provided! Call Bob Moser at 703-802-4850.

Brain Workout
~ by Norma Lasher

Clue: P=I

SUILWHPXY NM IPU PR XAD IX WQZJPRPSW EAM RPXKW DW
GWKPGWG SA THM TPURS KHIRR. HAABPXY AJS AT SVW
DPXGAD AX SIBWATT, SVW GIUB KHAJGR IVWIG HAAB
SJUNJHWXS NJS SVWM IUW XAS IXG RAAX DW IUW AX SVW
WGYW AT RFIKW YIOPXY GADX JFAX SVW FJJTM KASSAX TIU
NWHAD.

Answer on page 21
Understanding Islam in the Modern World
~ by Phil Walsh

This, indeed, was the topic of our Gathering on March 21, with a guest lecture by Dr. Peter Mandaville, Professor of International Affairs, Schar School of Policy and Government, George Mason University! In addressing this very timely and complex subject, Dr. Mandaville began by providing our residents a short history of Islam. He explained Islam’s core tenets or “five pillars” that are derived from key Islamic scriptural sources and then discussed the major differences among the various Islamic sects that exist in the world today. Dr. Mandaville delved into many of the more controversial and politically sensitive aspects of Islam such as the shari’ah law, jihad, and Islamic-related political organizations in a wide-ranging and informative question and answer session. Dr. Mandaville’s long and broad experience living in Saudi Arabia, working in the U.S. State Department, conducting extensive research in academia and publishing books on this subject made him exceptionally qualified to lead such an interesting and informative discussion. We at Falcons Landing thank Dr. Mandaville for a most interesting and enjoyable evening.

Music is Healthy!
~ by Jane Moser

Did you know that music is good for your ears and your brain?

Researchers have compared the hearing of adult musicians and non-musicians. While both groups had similar hearing sensitivity, the musicians were significantly better at understanding speech in noise. The next time you are in a noisy restaurant, listen for all the complaints of the others at the table who cannot hear in that setting. Thank yourself for your musicianship and listening times. So all that practicing and playing your favorite instruments or CDs (or 8-track tapes, or cassettes, or reel-to-reel, or stereo, or Hi-Fi, or record players or radios) helped your brain stay healthy.

Want to find ways to improve your hearing and your brain? Come and sing with our Sing-Along Group. The requirements are to be present, to be enthusiastic and to visit with our Johnson Center and West Falls residents before, during and after our get-togethers. We are not a performance group, but we enjoy sharing old familiar tunes with our audiences. We use lyric sheets and sing to a piano accompaniment. We get together nine times a year, alternating between The Johnson Nursing Dining Room and The West Falls Center Lobby. A bus is provided to and from the West Falls Center. You get credit for your volunteering by signing in and out.

Our next events are May 17 at 4 p.m. in The Johnson Center Nursing Dining Room (second floor) to help celebrate Mother’s Day, and June 21 (location and time to be determined) will celebrate the end of our season before summer hiatus in July and August. If you are interested, call Jane Moser at 703-802-4850.
The Center for Wounded Veterans in Higher Education is unique in academia — there is no facility like it at any other American college or university. The University’s College of Applied Health Sciences (AHS) at the Urbana-Champaign campus has a long history of serving students with disabilities. In mid-2015, with an influx of veterans, AHS opened the 14 million dollar Center with 4 full-time professionals and numerous student volunteers; to date, 100-plus veterans have registered. Fourteen third-floor suites are equipped with various assistive technologies for students with severe disabilities. The Center is grateful to the Chez Family Foundation and donors that built the complex (including our own Jo Puccini), and continuing donations will permit the Center to operate in perpetuity.

The Center uses its “Comprehensive Model for Academic & Transitional Success of Student Veterans” that was adapted partially from the Department of Veterans Affairs’ (VA) Health Administration’s Polytrauma System of Care. A disabled veterans survey identified needed services, and the campus Student Veterans Organization provides insight into resources that enhance veterans’ employment success. The model has four core service areas: academic, health, career and veteran and family.

Student veterans confront several transitional issues: unrealistic expectations, a lack of community, an absence of civilian hierarchy and limited career guidance. Key themes assist veterans in adapting to a large, university involving difficulties interacting with younger, traditional students, pursuing romantic relationships and choosing courses. When registering, students complete an application and interview with the Center’s clinical psychologist who screens for potential difficulties with academics, social functioning and mental/physical health. Then the services offered by the Center, the campus and the VA are reviewed with each student, and an individualized plan of care and case management is developed.

The Center also offers therapy for behavior health including depression, anxiety, and post-traumatic stress disorder. Neuropsychological assessment is provided to determine cognitive strengths/weaknesses and to diagnose psychological disorders. Workshops teach students to cook nutritious, quick meals. Trauma-sensitive yoga is offered, and financial workshops help students create budgets. The Center is located an hour from a VA clinic, so the Center and VA created a partnership whereby the VA provides weekly services at the Center that include social work, mental health, speech pathology, and physical therapy.

Finding a job is the main reason veterans attend college. Many need assistance exploring various careers and developing an academic plan. Discussions begin when veterans arrive on campus. The focus is on their resume that will be continually refined while they learn how to articulate their military skills to a civilian employer and how to interview.

AHS and the Center are proud of the unique facility and the dedicated staff that assures that disabled veterans receive the best education possible. For additional information and how to donate to this highly rated facility, contact Paul Wieland for a brochure of the Center’s services or visit their website at http://woundedvetcenter.ahs.illinois.edu/Default.aspx.
In *Devotion*, Adam Makos follows a path similar to that of his book *A Higher Call*. The two main characters come from dissimilar backgrounds — Tom Hudner, a white New Englander who passed up Harvard to fly, and Jesse Brown, the son of an African American sharecropper. The time is the late 1940s when America was segregated and soon to engage in a “police action” in Korea; it is difficult for me to refrain from describing it as “World War III,” given the participation of 24 nations. The author alludes to the idea, but I’ve always thought of it as such.

What makes this story particularly interesting is its emphasis on “family” — personal and military. It is a book about faith and brotherhood and may explain why the title found its way to the “Religion” shelves of the Falcons Landing Library.

Tom Hudner dreamed about buzzing his dad’s Massachusetts country club at tee time. Jesse Brown was fascinated with the crop dusters that flew low over the fields of Mississippi. Both were commissioned through different circumstances and, as fighter pilots, both eventually were assigned to the same squadron aboard the *USS Leyte* in the 6th Fleet. Their airplane? the Chance Vought Corsair.

Before redeployment to the Pacific, the Fleet covered assignments in the Atlantic and Mediterranean. The author does a commendable job of describing the tension and fear of failure involved in carrier landings. It was serious work until the squadron finds its way to the beach at Cannes, France, and a chance encounter with 18-year-old Liz Taylor, giving fresh meaning to “R and R.”

The scene shifts to supporting the 7th fleet in combating hostilities in Korea. We’re reminded of the abuse of “rules of engagement” — the interpretation of which differs between the combatants. Makos has the reader accompany Marines who hugged the hills of Korea in abject cold as they listened to the “Sha! Sha! Sha!” (Kill! Kill! Kill!) shrieks from the throats of attacking Chinese hordes. One can feel the frozen bolts and triggers of the Marines’s BARs and carbines.

In a way, this book is an easy read. The final chapters are not. As the cover leaf states, “As the fury of fighting escalates and the Marines are cornered in the Chosin Reservoir, Tom and Jesse fly, guns blazing, to try to save them.” Jesse is shot down over a remote mountain. Tom, against general orders, purposely crashes next to Jesse’s Corsair but fails to complete the rescue.

It is April 1951, and Tom, with Jesse’s widow, Daisy, is standing in front of President Truman who reads “Lieutenant Hudner’s exceptionally valiant action and selfless devotion to a shipmate sustain and enhance the highest traditions of the U.S. Navy.” The Medal of Honor is awarded to Tom. Jesse Brown was posthumously awarded the Distinguished Flying Cross and Purple Heart.

Daisy Brown would later say, “There is something about a Navy uniform.”
February 2017 Loudoun Hunger Relief Food Drive  
~ by Marilyn Harrington

Many thanks to the tremendous support from the Residents Services staff that included a trip in our new Falcons Landing white van. In mid-February, Dave Curran and I delivered 140 pounds of non-perishable food products and $2,140 in checks and cash to the Loudoun Hunger Relief (LHR) facilities in Leesburg. For the first food drive of this year, it was not a bad response, folks! As always, the LHR reception Dave and I received was both enthusiastic and awesome!

For our newer residents who may not be familiar with this county service, LHR provides a large variety of services to Loudoun County residents. Located in Leesburg just off Route 7 near the Loudoun Executive Airport, it offers at least sixteen special programs for county residents in need of help. Just a few of these are emergency food assistance for families, extended care programs, food for homeless adults, job search assistance, the Loudoun Pet Pantry, food assistance for seniors and homebound, etc. Several of their programs are partnered with other local organizations to provide maximum assistance.

More detailed information is available at the LHR website, loudounhungerrelief.org, or you can take a tour. I would be happy to arrange one for those who are interested, and LHR would be thrilled to have us.

Our second food drive is scheduled for May 16, 17, and 18. For financial donations, 95 cents of every dollar goes directly to LHR’s program services. Although non-perishable foods are fine for donations, financial aid provides the very best help. Monies can then be distributed to each service as needed for continued support.

Huge kudos to all of our generous residents who so graciously helped kick off our first food drive for 2017. Thank you so very much!

---

Easter Sunday at Falcons Landing  
~ by Paul Wieland, Photos by John Kinniburgh

This year, Easter Sunday was special for Falcons Landing, the Protestant Chapel and all of our residents and guests. Thanks to Howard Schue, a huge wooden cross with grid on the white side and dark wood on the back appeared in the Chapel. Five Chapel volunteers and Chaplain Jeff Payne placed greenery and foundation flowers on the cross before the Easter service. During communion, each worshiper chose a cut flower from baskets held by Chandra and Ben Payne, the Chaplain’s wife and his high school-junior son. Following the service, members of the congregation carefully moved the cross to Founders Hall and placed it in front of the fireplace for everyone to enjoy; many families were photographed standing near the beautifully decorated cross.

Our sincere appreciation is extended to Howard, John Kinniburgh and his wonderful choir director wife Ginny, Chaplain Jeff and his family and all the volunteers who helped make April 16, 2017, an unforgettable Easter Sunday – especially for Chaplain Jeff and Chandra who were celebrating their 29th wedding anniversary! Congratulations!
Brain Workout

Traveling by air is now an exquisite joy since we decided to fly first class. Looking out of the window on takeoff, the dark clouds ahead look turbulent but they are not and soon we are on the edge of space gazing down upon the puffy cotton far below.

Spotlight on Volunteers
~ by Fran Rowan

Jebediah Kintigh is very particular about where he sits. And I must say, he has very good taste. He will sit on your lap only if you have spread a beautiful quilt on it. Ah, the life of a cat in the Kintigh household!

In addition to making Jebediah more comfortable, Jeanette Kintigh has brightened the lives of many veterans with her quilts. She has produced more than 66 quilts for the Boulder Crest Retreat for Military and Veteran Wellness in Belmont, VA.

Jeanette is quick to say that she has help in doing this. Charlotte McClintock works with her, tying the quilts, but credits Jeanette with the creative work — the designing. The final touch is added by Wanda Carter, who makes the labels to be sewn onto the quilts. Falcons Landing residents have also benefited from Jeanette’s creative skills — each year she makes a quilt that is raffled, with the proceeds going to the Falcons Landing Benevolence Fund. Her quilts have also been displayed in the FL art galleries.

Just as Jeanette’s quilts have beautified our lives, Jerry Kintigh’s gardening efforts have also given us pleasure. Jerry, a master gardener, has planned and developed many garden areas around Falcons Landing. My favorite place to go sit and read a book is the secluded little courtyard garden behind the Dining Room. Jerry has planted a mixture of annuals and perennials so that there is always something blooming there. In one area, he has planted herbs, which adds appeal to this small space. We also have Jerry to thank for the many daffodils that have appeared this spring—500 of them! Every fall for the past 10 years, he has planted from 500 to 1,000 daffodils. He particularly enjoys growing a variety of vegetables each year in one of our garden plots. Recently, he replaced the aging timbers in the individual plots.

The Kintighs have lived at Falcons Landing for 14 years and have spent much of that time traveling the world — 80 countries so far, and they have been to most of the states in the U.S. It was actually their love of travel that brought them to Falcons Landing; here, they can just walk out the door and leave everything behind as they indulge in their travels.

Jeanette is a mainstay in the choir of the Protestant chapel and occasionally will perform a solo; she also sings in the FL chorus. While Jeanette is singing in the choir, Jerry helps to operate the cameras so that residents in The Johnson Center, West Falls and in their homes can view the service.

Despite their busy schedules, they also find the time to be “Backpack Buddies,” helping to pack weekend meals for Loudoun County schoolchildren. Jerry is also a FL Roller, one of the drivers who take residents to medical appointments.

It is such a pleasure to live in a place where there are volunteers like Jerry and Jeanette Kintigh.

Answer to Cryptogram on page 16.
The Astronomy Club
~ by Barbara Freedman

At its April meeting, the Falcons Landing Astronomy Club hosted several officials of the Observatory Park at Turner Farm located at 925 Springvale Road, Great Falls, VA. Among the guests were Charles and Jacque Olin and Dr. Jeffrey Kretsch. Charles has a degree in physics, but he changed his focus with a degree in fine arts. Jeffrey has a degree in astronomy, a master’s in physics and astronomy and a doctorate in photogrammetry, the science of making measurements and maps from triangular imagery; he has worked with NASA in remapping the earth.

Charles is an innovator. The son of a military officer, he was awarded a four-year Rockefeller Foundation Fellowship at NYU’s Institute of Fine Arts. While working for the Smithsonian, he established a conservation laboratory that cleans and preserves artifacts. After retiring, he started a business of updating and repairing older paintings called Olin Conservation, Inc. Charles was instrumental in starting the Observatory by proposing that it be built on land previously used by the Army Map Service and part of the land of Turner Farm. He successfully appealed to the Department of the Interior and has since received several grants.

Jeffrey spoke on the Observatory’s many projects. The structure has a roof that partially retracts, allowing the public to use the Observatory telescopes on Friday nights, weather permitting. Observatory membership costs only $20 a year. There are more activities available. For example, during April they held two classes at the Great Falls library and classes at the Observatory. Jeffrey mentioned that one of the telescopes has special capabilities and is irreplaceable. He said that summer is the best time to visit because of the Observatory’s open-roof chilliness during the other seasons.

A Falcons Landing Dining Room Server is Becoming Famous!
~ by Paul Wieland

Emily Wilson, a part-time Dining Room server at Falcons Landing, recently starred as the Fairy Godmother in Dominion High School's production of Rogers and Hammerstein's “Cinderella.” Attached is a snapshot of Emily in costume and stage makeup after the play’s final performance on April 1.

Now in her senior year, Emily has been with Dining Services for more than a year. Cynthia Proctor, the assistant Dining Room manager, described Emily as a reliable employee who has earned the reputation of being cheerful, friendly and courteous with both residents and her co-workers.

Congratulations, Emily! We wish you continued success in your acting. We believe that those who know you will eventually be able to claim that “I knew Emily Wilson way back when she was ...”
Support Groups
~ by Michele Zimmer-Forster,
LCSW, Resident Counselor

Please check Channel 1970 and the telephone information line for updates (703-404-5114).

Support groups are cancelled for May.

Support groups are expected to resume in the June issue.

---

In Remembrance

Mary Ann Karcher - March 30
Barbara Reed — April 15

---

Clinic Schedule

Please call the Wellness Center at 703-404-5224 to schedule appointments, except as noted.

**Acupuncture:** Virginia Mitchell
  *A.M.* Wednesday, May 3, May 10, May 24

**Audiology:** Ascent Audiology & Hearing
  *P.M.* Tuesday, May 9, May 23
  *Please call their office at (703)723-9672 to schedule an appointment*

**Audiology:** Blue Ridge Speech & Hearing
  *P.M.* Wednesday, June 14

**Dentistry **(*)MOBILE DENTIST*: Dr. Robert Mantoni
  *A.M./P.M.* Monday, May 22
  *Please call their office at (301) 587-7406 to schedule an appointment*
  *(The Mobile Van will be located outside The Johnson Center)*

**Dietitian (Complimentary Consultation):** Isabel Maples, MED, RDN
  *P.M.* Tuesday, May 9

**Internal Medicine:** Dr. Ann Mecherikunnel
  Monday/Wednesday/Friday Morning
  *Lisa DeGilio, NP — Call Wellness Center to make an appointment*

**Massage Therapy:** Sabine Hutto
  By appointment only, phone number is 202-243-9144

**Orthopedic Hand Surgeon:** Dr. Paul Mecherikunnel
  *A.M.* Every Wednesday Morning

**Podiatry:** Dr. Gary Gregasavitch
  *P.M.* Friday, May 5, May 12, May 19, May 26,

**Podiatry:** Dr. Joanna Shuman
  *P.M.* Monday, May 15

**Psychiatry:** Dr. Paluvoi
  *A.M.* Friday, May 5

**Psychiatry:** Dr. Roscan
  *A.M.* Monday, June 26

**Psychiatry:** Dr. Williamson
  *A.M.* Every Tuesday afternoon

**Urology:** Dr. Bilowus
  *A.M.* Wednesday, May 17
The Mission of the Air Force Retired Officers Community is extraordinary living to enhance health, happiness of those who have served.

Sure I think of the hereafter. I rush into this room and wonder what I am here after.