



The Flambeau

The Fairfax • 9140 Belvoir Woods Parkway • Fort Belvoir, Virginia 22060-2703 • (703) 799-1200 Community Center

A SUNRISE SENIOR LIVING COMMUNITY • Developed for the Army Retirement Residence Foundation-Potomac

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A Tribute To Our Founder

The recent death of Lieutenant General Frank Camm marked the end of a long and notable military and retirement careers. This generous and gracious man, who was the Founding President of the foundation that developed our home here at the Fairfax, rose in the Army by virtue of his major contributions to its engineering, training, and nuclear planning needs.

After a tour as a combat engineer in World War II, Frank (as he preferred to be called) assisted the Army in assuming control of the atomic bomb and helped to develop the Army's tactical nuclear strategy for the post-war period. Later, in Korea, he served a second combat engineer tour and in Vietnam played a major role in developing a line of intelligence sensors across the country. Aware of the importance of training, he at one time commanded the Engineering Officer Candidate School and later took charge of the Army's entire training establishment which included twenty-six different schools.

Frank Camm spent a decade in retirement heading up the committee that adopted the site, selected the management company, designed the buildings, and saw to the initial occupancy of our Fairfax retirement community. In 2007 he and his wife Arlene took up residence at the Fairfax and quickly became very active in community affairs and planning. Two years later he co-authored The History of The Fairfax, a detailed account of the community's birth which reflects both his dedication to the project and the policies he helped put in place. The results of his policies – his insistence on opening the Fairfax to a wide spectrum of government retirees, the beauty of our site and its buildings, the climate of friendliness and equality that permeates the community – are on daily display at The Fairfax and form a major part of his legacy.



Love doesn't make the world go 'round.

Love is what makes the ride worthwhile.

- FRANKLIN P. JONES

HAPPY BIRTHDAY!

Wilfred Ford.....	02/01
Stan Litty	02/03
Elizabeth Rufsvold.....	02/05
Dora Timke	02/06
Louise Reese	02/06
Constance Lee.....	02/07
George Webb	02/07
Minerva Barnhart.....	02/08
Mary Toomey	02/10
Hannah Taylor.....	02/11
Joseph Booth.....	02/12
Ruthellen Simmons.....	02/12
Doniphan Carter.....	02/13
Joan Scandling	02/13
Betty Collins	02/14
Michelle Nesbit.....	02/17
Velma Harvey.....	02/20
Naomi Collins	02/22
Barbara Hughes.....	02/25
Winfred Skelton	02/26
John White	02/27
Stewart Zimmerman.....	02/27
June Holditch	02/28
Jack Liebel	02/28

On Board Marine One

Micki Nesbit

The Roads to Discovery team is so pleased to be showing “On Board Marine One” at our February 8th program. A short DVD entitled “Marine Helicopter Squadron One” will precede our main presentation.

As many residents at The Fairfax know, the first pilot for Marine One lives here. Virgil Olson flew President Eisenhower in Marine One, beginning an extremely proud Marine Corps tradition. Colonel Olson appears in “Marine Helicopter Squadron One.”

“On Board Marine One” details the intensive and highly competitive training of pilots, shows scenes of several presidents boarding and deboarding Marine One, looks at the large helicopter squadron facility at Quantico, explains readiness for having a helicopter available anywhere in the world, and shows a landing at the Wall Street heliport in New York City.

Virgil Olson plans to attend this remarkable program. I’m sure we’ll have comments to share with him at the end of the program.

Conserve Energy

Make a New Year’s Resolution: To Try To Save Water & Electricity This Year.



Cartoon of the Month

By: Col. Stephen Farris



Would you gentlemen allow us to play through? There have been indications that time is becoming a factor to be considered!

February In-House Events

Friday, February 3rd, 9:30am-12:00noon, AUD

Cruise Briefing

This is your opportunity to learn about various cruising opportunities and the Recreation Department's chance to determine resident interest in future travel opportunity briefings.

Sunday, February 5th, 6:00pm, AUD

Super Bowl 2012

Come join your friends in watching the 46th Super Bowl held this year at the Colts Stadium in downtown Indianapolis. Bring your team spirit and some cash (\$1.00) to participate in the football pool. The usual scrumptious "football grub" will be provided along with beer and wine.

Tuesday, February 7th, 7:00pm- 8:00pm, AUD

Military Memories

Features guests Mrs. Sara Buie and Col. Bob Picardi, being interviewed by Mrs. Ellen O'Neil Fuller.

Wednesday, February 8th, 7:00pm – 8:00pm, AUD

Armchair Travel

This evening's presentation will continue to focus on our trip to Cuba.

Monday, February 13th, 2:00pm – 3:30pm, AUD

A Jazz Valentine Tea

We invite everyone to an early Valentine Afternoon Tea.

You'll hear a live band perform a lovely mix of Jazz standards from the Great American songbook, Bossa Novas and light-hearted Blues, celebrating all kinds of love. An assortment of hot teas, finger sandwiches scrumptious scones and petite desserts will be served. Ladies, this is the perfect opportunity to wear your fine hat to this elegant tea! Please note, this is not strictly a couples event, everyone is welcome!

Armchair Travel

This month we will continue our trip to Cuba. We will see and learn about the Cuban Army's ownership of travel related elements of the Cuban economy, stay in a "Club Med" type resort, and visit more of their "world class" parks and reserves.

We finish this trip with several days in Havana where we see more of the city and visit Hemingway's Cuban home.

Join the Armchair Travel Group at 7:00 p.m., Wednesday, February 8, 2012. If you missed the first part of this trip, you will still find this part interesting.

Friday, February 17th, 10:30am – 2:30pm, AUD

Colony Shop

Enjoy the wonderful Winter sales and early Spring showings.

Saturday, February 18th, 1:00pm – 2:00pm, AUD

Texas HS Choral Group

This 50 member Hendrickson Hawk Chorale have received superior ratings all over their home State of Texas. Five members have won medals at the Texas State Solo and Ensemble Competition in 2011.

They will perform a mix of spiritual, secular and patriotic tunes.

Tuesday, February 21st, 7:00pm – 8:00pm, AUD

Pianist, Dennis Kobray

"Meet the Musicians," on piano, Dennis becomes Bach, Mozart, Beethoven, Chopin and others in an hour-long dramatic presentation. The audience will discover first-hand the music, feelings, life and history of some of the world's most famous composers.

Friday, February 24th, 10:00am – 11:00am, PDR

David Fontanella, Attorney

David has been invited by a resident to speak on trusts for estate planning. Specifically he will discuss the administration of joint living trusts vs. dual reciprocal living trusts. After his short presentation, David will be available to answer any estate planning questions you may have.

Wednesday, February 29th, 5:00pm – 6:00pm, AUD

Monthly Wine Reception

Come and join us at this quarterly reception in welcoming our new residents and visiting with friends!

Something New!

Tuesday, February 7th, 2012

**9:00 a.m.-11:30 a.m.
in Activities Room**

Attention Arts and Crafts enthusiasts. Come join us for a fun morning making Valentines – materials will be provided. Cookies and coffee will be served. If interested, sign up outside the Country Store, and we'll see you on the 7th.



Council Briefs

By Chuck Hammaker

February, the shortest month of the year, is not known in this area for being the brightest and best of the year but it has a lot going for it. We all know that we celebrate Washington's and Lincoln's birthdays on the 20th of this month. But we also observe Groundhog Day on the 2nd, Valentine's Day on the 14th and Ash Wednesday on the 22nd. Both Ronald Reagan and Babe Ruth were born on February 6th, albeit not the same year, and Queen Elizabeth's coronation was on February 6th, 1952. That's 60 years for those of you counting.

Now for some more pertinent information. Though we are in the throes of winter, spring is not really that far way. The established 52 Fairfax garden plots will soon be available for those with a green thumb. Our new garden plot volunteer manager is Dick Ives who will be distributing more information on this subject to eager gardeners early next month.

For the bird watchers among us we have also been blessed with two volunteers who are rebuilding or renovating all of our bird houses which will be erected in time to greet our returning martins, swallows and bluebirds. Carl Swanson and Jim Harkin answered that call and are doing yeoman's work for all of us to enjoy.

Many of us are now assembling needed information for submitting our Federal and State income tax return. It is not too early to consider what charitable organizations we'd like to give to for this year—just be sure they are worthwhile.

There are a number of issues that need to be repeated here. One is that we have asked that residents wear name tags on Mondays. Our success to date has been less than marginal. It really helps associate names with faces so we ask for your help.

Another is: Please do not feed the squirrels—or the geese.

We have been asked by housekeeping to please rinse out our bottles, cans and plastic containers before depositing them in the trash bins. It helps to eliminate nasty odors and is less inviting for "critters". Also, they ask that these items not be bagged before depositing them in the bin.

Unhappily we still are experiencing the failure of some to follow the dining room dress expectations. Although a tie and jacket are required by gentlemen for the Sunday brunch, many guests are not following that guideline. Hopefully residents will inform their guests of this before dining. Jackets, but no ties, are appropriate for the evening meals.

Finally, though it may be early, please mark your 2012 calendar for the Fairfax Resident Council Annual meeting scheduled for March 5th. It will be held in the Auditorium at 9:00 a.m. starting with refreshments in the Solarium. The Sunrise CEO has accepted our invitation to address the session so this may be the time to ask those burning questions that you have.

As I write this I see our first discernible snowfall on January 9th. Hopefully that is not an omen.

Thought for the Day: Most of us will never do great things but we can do small things in a great way.

2011 New Year's Eve Toast

Given by Sam Armstrong

"Ladies and Gentlemen

Please charge your glasses and stand with me for a toast if you are able

Here's a toast to our families, both far and near

Here's a toast to friendship ever so dear

Here's a toast to the past still so clear

Here's a toast to our nation with all its might

To the future, with God's help will all be bright

To 2012!

Hear, hear!"



11/22/63

By Stephen King

Reviewed by Jack Schlight

If you've ever wondered whether your life might have been better had you made different choices in the past, then this book is for you. It appeared last month on the New York Times list of the ten best books of 2011 and immediately soared to the top of reading lists, where it still resides.

The story is about Jake, a time traveler who is transported from the year 2011 back to 1958. His goal is to improve the present by preventing the assassination of President John F. Kennedy. It doesn't take him long to realize, however, that he has taken on a tremendous responsibility with potentially horrific ramifications.

By performing a few minor "test-case" changes to the past, he comes to learn that such tampering can be dangerous. As he stalks Lee Harvey Oswald, he is tortured by the potential consequences should his mission succeed. When he falls in love with a young school teacher, his task becomes even more complicated.

In this novel King raises questions about the past and how it can affect the present. It asks whether historical events can ever be changed? If they can, what are the possible consequences? Does a single altered past act stand alone, or is it part of a larger group of actions which change along with it? Is there any truth to the adage that small actions can have gigantic results?

One of the strengths of the book is that King does not ask these questions directly. Instead, he lets them and their answers emerge from the actions of his wonderfully developed characters. It is a suspense-filled book whose ending is a blockbuster. It is also a pleasure to read as it evokes much of the long departed trivia of the sixties.

If Aesop had written this fable he would have ended it with a moral, as he always did. An appropriate moral for King's fable here might be: be very careful what you wish for because you might get it and be sorry.

Birds of a Feather ...

by Don Carter

...**flock together** – so goes the old one-liner. But, The Fairfax is fortunate in having a couple of "Birdmen" whose feathers are unlike, but whose shared interest in our feathered friends and their skills in carpentry have combined to rejuvenate and increase the numbers of birdhouses on our property.

Captain Jim Harkin, retired from the Navy Supply Corps and Colonel Carl Swanson, retired from the Army Military Police Corps, both relatively new residents and neighbors in the Madison Building, have undertaken to clean out, repair and rebuild some of the big purple martin houses that stand on the far side of our lake.

Those of us who have leased out our homes during a reassignment know that the renters don't always keep house the way we would like them to do. So it is with the purple martins ... they can be a bit messy.

But that's not the biggest problem.

Look at this photo:

Who is that occupying the purple martin's house?

These interloping squirrels have not only moved in and begun raising a family, but they have done a bit of renovating: chewing



through the wooden partitions to make one large room out of the original two!

Moving right along, our two birdmen have gone to work on the bluebird/tree swallow houses. Their measurements of the openings in the existing houses revealed that they were larger than need be. Then they found that the houses needed more protection from intruders (such as the squirrels) and they plan to install squirrel guards – similar to the rat guards that the Navy uses to keep rats from coming aboard our ships by running up the hawsers that are used to tie up the ships. How do we all benefit from the efforts of these two birdmen of different feathers? The occupants of these bird houses are great at eating mosquitoes and gnats and other airborne pests.

If all goes well, our bird houses will all be up and ready for the right occupants before spring springs!

Thanks to Jim Harkin and Carl Swanson!



Employees of the Month



Claudia Cuadra – Dept. of Engineering

Claudia moved to the United States from Nicaragua in August 1995. She lived in Miami for a few years and came to reside in Northern Virginia in the spring of 2005. It was shortly after that, May 2005, Claudia started working at The Fairfax as a server in the Main Dining Room. In the spring of 2006, Claudia changed positions and transferred over to the Special Projects Division. Claudia has continued to work hard and shown much growth in her position and has just recently been re-assigned to the Engineering Division under the leadership of Dean Slycord. In her spare time, Claudia likes to watch all types of movies, her favorite being Science Fiction.

Tommie Ware – Transportation Dept.

Tommie joined the Transportation Department in April 2011. He came with over 25 years of transportation experience. Tommie grew up in Northern Virginia and attended college in New York. He excelled in sports and particularly basketball. At age 25 he tried out for a spot on the pro team, The Golden State Warriors. Unfortunately a knee injury cut that dream short! From then on, his career in transportation began. Tommie currently lives in Springfield and enjoys spending his free time with his children and grandchildren. Naturally, he's an avid sports fan and likes to watch a variety of sports on TV. Tommie received this award because of his drive to be the best he can be, serving the residents with his cheerful, upbeat personality and super helpful attitude. We are very happy to have Tommie join the Fairfax Team and are proud of all his accomplishments!

Cruise News

Contributed by Pat Patterson

The comprehensive cruise briefing promised for early 2012 is shaping up nicely. It will be held on Friday, February 3rd, in the Auditorium at 9:30am – noon. It is being organized and will be presented by Mary Feir. Mary owns and operates All Cruises, Etc., and is an experienced travel agent who specializes in cruising. Six, and maybe seven cruise lines will be represented. Both ocean and river cruises will be discussed. Mary will be available to help you plan and book your specific cruise.

Even if a cruise is not in your immediate future, the program should be informative and interesting. If you don't decide on a cruise on February 3rd, feel free to pick up one of Mary's business cards and she will help you make your reservation at a time most suitable for you. Normally you would have to travel to a downtown travel exhibit in order to receive this much information all under one roof. So take advantage of this convenience and have some light refreshments of coffee and danish, along with the opportunity to win some wonderful DOOR PRIZES!

Army Retirement Residents Foundation

Happy New Year from the Army Retirement Residents Foundation – Potomac to our members – that's you! As a resident of the Fairfax, you are both a member and a beneficiary of the foundation. Our foundation looks forward to a great year ahead of strong service and, with your continued and gracious help, assured assistance to all its members. More on that in a moment....

The Army Retirement Residents Foundation – Potomac's mission remains unchanged. It continues to serve and support those who served our nation with honor and distinction. It's the Foundation that very often makes first contact with potential residents. In all cases, it promotes our community through ties to a variety of professional service organizations. Foundation grants support Residents' Council initiatives to improve the quality of life of our residents. Foundation funds provide substantial support to maintain the beauty and effective management of the lake, pond, and surrounding grounds. Perhaps, most importantly, the Foundation provides critical grant and assistance support to members who may otherwise lose their home due to financial hardships. This last responsibility grows more important as the needs of our residents grow more acute in today's economy.

Thankfully, proper oversight and management of the Foundation assets allows the mission to continue; but, like any non-profit organization, our Foundation relies on return on its investments and on donations from a variety of individuals and organizations who believe in what we do for our members. 2011 for the first time, the Foundation felt it appropriate to establish a fund raising committee within the Board of Directors with a goal of organizing and sustaining a fund raising campaign to insure the Foundation can continue to meet its obligation to members, regardless of economic challenges.

Last year, the total of contributions for 2011 was \$126,940 against a goal of \$100,000. Thanks So Much! Our obligations, while growing, don't demand inordinate additional funds to keep our Foundation where it is today – strong and prepared for our future of service. The goal this year depends on our year-end accounting and should be very similar to 2011. Donations are always welcome. This last year memorial donations were the largest source of foundation funds outside of our investments, followed by annual or periodic donations. In many cases, these donations are tax deductible. In all cases, they are most appreciated. If you are interested and would like more information, please contact Marti Martray at 703-781-2460.

May the New Year bring us all good health and great happiness.

Low Vision Support Group Meeting

February 10, 2012 • 2:00 p.m.
Private Dining Room

Speaker: Dr. John R. Minarcik, M.D., Assistant Program Director, Ophthalmology and Retinal Services, Belvoir Community Hospital, Fort Belvoir.

Dr. Minarcik will discuss new advances and treatments for vision loss and also tell us about the new Ophthalmology Department, other medical facilities and excellent staff in the magnificent new Belvoir Community Hospital.

This presentation is particularly of value not only to Low Vision Support Group members but to all FAIRFAX residents with diabetes. 40 -45 percent of Americans diagnosed with diabetes have some stage of retinopathy. Diabetic retinopathy is the most common diabetic eye disease and is a leading cause of blindness in American adults. If you have been diagnosed with diabetes, you may benefit from Dr. Minarcik's talk.

Dr. Minarcik, LCDR, MC, USNR, is a graduate of the uniformed Services University of Health Services, Bethesda, and a Dive Medical officer graduate of the Navy Undersea Medical Institute. He completed his Ophthalmology residency at the Naval Medical Center, San Diego, and Retinal Surgery Fellowship with the Georgetown University Hospital/ Washington Hospital Center, Retinal Group of Washington.

For seating reservation please phone Art or Mary Jane Friedberg at 703-780-8609.

Charles "Chuck" Hammaker Receives Alumni Community Service Award from McDaniel College

Alumni Community Service Award Recipient Chuck Hammaker of Fort Belvoir, Va., is a 1952 alumnus of Western Maryland (now McDaniel College)



WESTMINSTER, MD (11/04/2011) – Charles "Chuck" Hammaker of Fort Belvoir, Va., receives the alumni community service award from McDaniel College. He is a 1952 alumnus of Western Maryland (now McDaniel) College.

Presented annually during McDaniel's Homecoming, the alumni community service award is presented to a graduate who has performed outstanding voluntary service to their community beyond normal business or professional obligations.

Chuck Hammaker began serving early in his 30-year career in the U.S. Army. He served as founder and president of the H1 – 12 Masonic Organization and was active in the Riverside Estates neighborhood, as well as the Deercreek Country Club homeowners. Hammaker was a board member and instructor for the Northeast Florida Safety Council and the financial Committee chairman and a member of the church choir at the Arlington Congregational Church.

After relocating to Texas, he continued his community service in the Greatwood Neighborhood Representatives, Memorial Hermann Hospital and the Ft. Bend Human Needs Ministry.

Currently residing in Fort Belvoir, Va., he is active at The Fairfax Retirement Community, serving in leadership positions in various committees and choirs. He has been honored for his service to Deercreek Country Club, the Northeast Florida Safety Council, the Human Needs Ministry in Fort Bend, Texas, and Memorial Hermann Hospital In Texas.

For more information about McDaniel College, visit www.mcdaniel.edu.

February 2012 Trips

<i>Day</i>	<i>Date</i>	<i>Depart</i>	<i>Destination</i>
Thur.	Feb, 2	7:00 p.m.	<u>The Little Theatre of Alexandria presents “The 25th Annual Putnam County Spelling Bee.”</u> This Tony Award-winning musical comedy puts its audience members in the middle of the action when a tiny fictional town comes together for one of its most anticipated events of the year. ERT: 10:00 p.m., \$Season Ticket Holders Only
Thur.	Feb. 9	11:00 a.m.	<u>The Walker’s Grille, Alexandria, VA.</u> This newly opened restaurant, close to Kingstowne, has made a very favorable impression on its visitors. The menu displays a variety of creative dishes, all made with food locally grown and produced. Even the breads and desserts are baked on site! ERT: 1:30 p.m., \$Separate Checks
Fri.	Feb. 10	10:00 a.m.	<u>Wegman’s Superstore, Dale City, VA.</u> This mega superstore boasts a huge wine shop along with extensive eateries, seafood and Asian bars. You’ll also find a wide selection of fresh fruits, vegetables, deli items, pastries, breads and much more! ERT: 12:30 p.m., \$No charge
Wed.	Feb. 15	1:45 p.m.	<u>AMC Theatres at Potomac Mills Mall.</u> Take some time to relax and enjoy a matinee movie during these cold winter months. Teresa and Vicki will provide you with the AMC movie schedule the day before departure, so you can conveniently make your movie choice ahead of time. ERT: 5:15 p.m., \$Movie Ticket Purchase
Thur.	Feb. 16	11:00 a.m.	<u>Arties Restaurant, Fairfax, VA.</u> This is a favorite of many in the metro region. The wait staff is always super friendly and the food is always great. The menu caters to all tastes, carrying a vast array and meat, seafood and vegetarian options. No matter what you choose, you won’t be disappointed! ERT: 2:00 p.m., \$Separate Checks
Sat.	Feb. 18	7:15 p.m.	<u>The Virginia Grand Military Band, Hayfield High School, Alexandria, VA.</u> The concert entitled “Pioneers of the Concert Band,” features segments devoted to band greats, Karl L. King and Leonard B. Smith, along with time-honored audience favorites. ERT: 10:00 p.m., \$20.00
Sun.	Feb. 19	1:45 p.m.	<u>The National Symphony Orchestra’s afternoon concert</u> will explore the music of Beethoven: Symphony No. 4, and Strauss: Ein Heldenleben. ERT: 4:30 p.m., \$Season Ticket Holders Only
Thur.	Feb. 23	6:00 p.m.	<u>The National Symphony Orchestra Pops presents “Cirque de la Symphonie.”</u> with Michael Krajewski as conductor. This new production brings the Magic of Cirque to the Concert Hall! ERT: 10:30 p.m., \$Season Ticket Holders Only
Sat.	Feb. 25	6:45 p.m.	<u>The City of Fairfax Band presents an evening concert entitled “Just Like Old Times.”</u> This concert will be reminiscent of the touring bands of the early 20th century featuring light classics, solo features, novelty numbers and, of course, marches! Scott Shelsta, trombonist, is a special guest joining the evening’s concert. ERT: 10:30 p.m., \$11.00
Tues.	Feb. 28	8:00 a.m.	<u>Richmond State Capitol Tour.</u> On this trip we will watch the Virginia General Assembly in action and talk with our legislators. We will tour the Governor’s Mansion and State Capitol and visit the Galleries of the House and Senate to watch a live session of the General Assembly. The tour will be led by Alan Mayer who served 10 years in the House of Delegates. Be sure to wear comfortable shoes as a lot of walking is required! ERT: 4:30 p.m., \$No charge
Tues.	Feb. 28	6:15 p.m.	<u>The Washington National Opera features “Cosi.”</u> In Mozart’s game of love and seduction, two young men wager that their fiancées will remain faithful, even when tempted! ERT: 10:30 p.m., \$Season Ticket Holders Only