



FALCONS LANDING

News

Common Bonds. Extraordinary Living.

FEBRUARY 2018

WINTER WONDERLAND

~ by Dave Hopkins, photos by Andrew Milwee

According to Master of Ceremonies **Duff Rice**, the Falcons Landing Holiday Gala was held on New Year's Eve Eve. And so it was. Winter Wonderland was the theme, and did our dining room show it! The tables were adorned with garlands of green and dusted with snow and silver lights; covered with white tablecloths and glass cylinders that were loaded with silver ribbons and tiny lights, topped with a huge white flower and mounted on a sparkling snowflake.

Gala chairman **Tom Flynn** called the whole affair a "WOW!" and we all agreed. He then thanked the several hard-working committees that made this gala the unforgettable affair it was— Invitations by **Cynthia Howes**, Reservations by **Mary Jo Swain and Paul Kavanaugh**, Menu by **Marly Wilson**, Publicity by **Jackie and Jerry Friedheim**, Decorating by **Midge Hopkins**, and Cleanup by **Amy and Bob Manning**.

We gentlemen squeezed into our once-or-twice-a-year tuxes, and our beautiful ladies showed off their beautiful evening gowns. A record 218 of



us, after cocktails and canapes, sat down to lobster bisque and a choice of Coquille St. Jacques or Filet Mignon, with sides only a gourmet could identify: haricot vert bundles with almond dust, and crispy polenta. Once again our dining director and chef have outdone themselves. A Falcons tradition, the Appreciation

Walk of all the Dining Services staff, brought all of us to our feet. They deserved every bit of the applause (may I say "thunderous") they received.

Our old friend Dale Jarrett and his group played throughout with his music long loved here at Falcons, and Garrey Stinson took many a lady to the dance floor and gave them a Ginger Rogers look, as only he can. But many of us men ventured onto the floor as well, more I thought than usual. Then the line dancers took over and received their own applause. No, we didn't dance the night away, but we did pretty well and the smiles I saw were wide indeed. Let's do it again soon. WOW!



THE HOLIDAY GALA - 2018



THE HOLIDAY GALA - 2018



2018 AFROC BOARD/MANAGEMENT PLANS

~ by Barb Brannon



Happy New Year! We are already one month into 2018 and the time is certainly flying by. Founders Hall is back to normal after many weeks of glorious holiday decorations. Always seems a bit empty until I adjust to the change. My home is the same

way. I am not suggesting we have holiday decorations year around...would lose the magic of the season.

Last year was a very good year for Falcons Landing. We did lose some dear friends, but we gained a lot of new neighbors, now friends. The economy was stable and we benefited by a healthy Dow Jones, and much higher than expected revenue from entry fees. In fact, Hardy says it is the best year since 1998 when the first wave of Falcons Landing residents had moved in.

What can we expect in the year ahead? I do not have a crystal ball, but I'm very confident that Falcons Landing will continue to do well financially, the US economy will be healthy, interest rates will remain relatively stable and we will welcome a lot of new residents. This rosy outlook gives us the perfect opportunity to embark on some community improvements - and we will.

The AFROC Board and I are committed to keeping residents informed on major projects and initiatives, from the beginning through completion. Please keep in mind, we will not have firm costs until the design is complete and we have signed construction contracts. I will keep you apprised of significant changes, but that is the plan as it stands now.

Our AFROC Board of Directors has a contract with architects Reese, Lower, Patrick and Scott (RLPS) for the design of renovations to The Johnson Center and the Grand Dining Room. In The Johnson Center, a wing of the first floor will be converted to a 12-bed interim memory care unit. This will give us the capability to provide better care to our residents in Assisted Living with Alzheimer's Disease. This project is expected to take 16 months from start to finish; if all goes well, the area will be ready for occupancy by the end of April 2019. As part of this project, every resident room on the first floor Johnson Center will have a bay window and a new heating/air conditioning unit installed.

In our Grand Dining Room, the elevated section on the right will become additional seating for our popular Café. The floor will be lowered to the level of the Café, with the entry directly across the Johnson Center hallway from the Café. We plan to furnish it differently than either the Café or Dining Room; the furnishings will be a nice transition from one to the other. We want space for three round tables that seat 6 (always in demand!) as well as banquettes for two or four. The dining project and The Johnson Center project will be constructed simultaneously. Completion of the dining room is expected to be two months shorter than construction of The Johnson Center. We hope to begin construction in early August and, barring any unexpected delays, complete the Café expansion by May 2019 and the Johnson Center interim memory care area by April 2019.

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2018 AFROC BOARD/MANAGEMENT PLANS (cont.)

~ by Barb Brannon

The Board recognizes that the interim memory care unit is a stopgap, and RLPS will begin design of our separate memory house this summer. From the start of design to completion will be approximately two years, so we anticipate it will be ready for occupancy by the end of 2020 or early 2021. Our interim memory care unit in The Johnson Center will then revert to regular assisted living.

Now, let's answer the number one question: What is this all going to cost? The renovations to the Johnson Center and Café, together, will cost about \$2.9 million dollars. We will not have a firm price until design is finished; a contractor has bid on it and a contract is signed. The freestanding memory house is a significantly larger project than the renovations and will cost \$12.5 million to build.

Hardy has compared the costs to operate the memory house and what it will generate in revenue and, with what we know now, he projects it will cost significantly more to operate each year than the revenue it will generate. To cover the additional operating cost, the year the memory care facility is fully operational, there would be an annual fee increase in the two percent range in addition to any other fee increase required for that year.

On the bright side, when we build terrace home apartments in the future, Hardy projects they will bring in significantly more revenue than it will cost to operate them, so for the

year they are occupied it now looks like there would be about a two percent decrease to the annual fee increase required for the year! Definitely something to look forward to!

Please remember, the information I have shared is preliminary and I can guarantee there will be changes as we move forward. I will update you if there are significant modifications and keep you informed of where we are in the process.

New information will be shared as we progress and there will be many opportunities to talk about the plans. I know there will be many questions which I will be happy to address during At Ease or in the hallway; whenever, wherever. You may also contact Erinn to plan a time to meet. Your Resident Representatives to the Capital Projects Committee meetings, Dave Belden and Margaret Quayle, are also familiar with the plans and are good points of contact.

I am looking forward to all 2018 will bring and know that together we can make it a wonderful year for the Falcons Landing family!



COUNCIL CORNER

~ by Dave Belden

Your 2018 Residents' Council is organized, at work, and moving forward. Each of the nine members has accepted liaison responsibilities with elements of the Falcons Landing staff and residents activities. The staff elements include such things as security, facilities, finance, The Johnson Center, West Falls, information technology, culinary and marketing. Resident activities include The Store, Library, Residents Activities Council, newsletter and channel 1970. A complete list of liaison responsibilities is posted on the Residents' Council bulletin board in the Mail Room.

Your Council members truly desire to be responsive to you. If you have a suggestion, concern or problem related to any element of Falcons Landing, please feel free to contact the Council member who has responsibility for that area. In fact, any Council member is willing to hear you and help. If you are more comfortable with jotting down your thoughts, please use the Council's suggestion box in the Mail Room. You will get a response.

Your Council members also want to improve the communication link with residents. We understand that a key to communication is information currency. For your convenience, we have changed the Council's operating procedure so that our meeting minutes are available on the Portal and in the Library as soon as possible after a meeting. Instead of producing the approved minutes a month after a meeting, we will strive to produce approved minutes one week or less after a meeting, and we are committed to achieving this challenging goal.

A great deal has been written about communication. The subtopics range from structure to methods, style and more. Two comments about communication are extremely important. First is something we have all heard in one form or another – "Keep the troops informed." The other and equally important – "The uninformed think the worst."



Applying those maxims to our situation is a challenge for the Council. It relates directly to the Council's purposes. Keeping the communication channels open between and among the AFROC Board, the CEO and her staff and the Falcons Landing residents is an extremely important objective.

My first Council Corner article that was in last month's issue provided the communication relationship of the three elements of the structure from the perspective of the Falcons Landing residents. In mid-January, I attended my first AFROC Board meeting and, in advance, learned that I was on the agenda. This provided an opportunity for me to focus on communication and our relationship. The following is a portion of my presentation to the Board on your behalf:

Residents have made one of their most important lifetime decisions to come here and be a part of the Falcons Landing family. Those individual decisions are virtually irreversible. You, together with the management team, and the Residents' Council have an awesome opportunity to serve.

The Board, years ago, chartered the Residents' Council and did so for a number of useful purposes. One of which is, in short, to be a part of the communication linkage between the residents, management, and you, the Board.

One of my responsibilities is to represent the members to you. With the large set of well-experienced, world-travelled residents we have, you can imagine that the interests, concerns and opinions are many and incredibly varied. I will do my best to represent them to you as the year moves on.

Let's all move forward with the communication channels wide-open in all directions.

SUMMARY OF CAPITAL PROJECTS COMMITTEE ACTIVITIES

~ by Margaret Quayle

Editor's note: Committee Resident Representatives David Belden and Margaret Quayle provided this summary; residents also received a paper copy earlier.



Activity has increased following the AFROC Board approval of the 2018 Budget. Prior to the November AFROC Board meeting, an informal meeting was held on Oct. 25 by the RLPS architects for the committee and invited residents.

The purpose of the meeting was to confirm tentative design plans for the Johnson Center renovation for a 12-bed Memory Care unit and the expansion of the Woodburn Café in advance of the Board budget meeting. As with any construction project, design, cost and length of construction may be variable. Plans were discussed and subsequently the AFROC Board approved the project budget. Admiral Timme, Board Chair, presented these plans and costs at the November 16 Town Hall.

On December 13 and 14, Barb Brannon led familiarization visits to recently completed Memory Care units. We toured Westminster Canterbury in Winchester and Goodwin House in Alexandria. Included on the tour were Peter Plante, Hardy Lister, Sandi Hall and AFROC Committee Chair, George Eichert. New trends in philosophy, design features and materials, better meeting the

requirements of residents with memory care needs, were observed and discussed.

RLPS architects, with Craig Kimmel as lead, presented current tentative designs, costs and time projections to the committee and guests on January 3, 2018. Included were staff members, Bob Besserer, Sandi Hall, Hardy Lister and Peter Plante. George Eichert chaired the meeting and led the discussion with Barb Brannon inviting ideas, design concerns and strategies to ease as much as possible, inevitable inconvenience for residents during the construction. The design phase is progressing. Falcons Landing is exploring possible construction companies for the bidding phase after design/construction documents are developed. Finalized price estimates will move the project forward toward the approval process. Currently, we expect completion in mid - 2019. The next meeting was scheduled for January 23.



A NOTE FROM THE EDITOR

~ by Paul Wieland



Editor's note: Did you know that if you have a computer, you can have a full-color edition of the *Falcons Landing News* emailed to you every month (in addition to the B&W paper copy)? You can keep it on your computer for reference, or you can print it if you have a color printer (usually 20 to 24 pages). Just call Erinn Brown, Executive Assistant to President/CEO Barbara Brannon at Falcons Landing (703) 404-5102 or send an email to ebrown@falconslanding.org.



NEW RESIDENTS

~ by Bebe Rice, photo by Kirsten Holman

Samuel (Mark) and Bobbie Jones - APT. 5404

New Resident **Mark Jones** says, "If there's a word to describe my professional career, it's Spanish." Why? Let me explain. Mark was born in Mineral Wells, TX, but raised in Mexico City, where both parents served in the U.S.

Foreign Service. His father, however, left the Foreign Service and bought and operated a business in Mexico City, so young Mark grew up bilingual. In the meantime, future bride **Bobbie** was living in Albuquerque, NM, where her father, who'd served in the U.S. Army Air Forces during World War II, owned a motorcycle and motor scooter business and a racetrack.

The two met at the University of New Mexico in 1967 where Mark was the cadet corps commander of the USAF ROTC Detachment and Bobbie was the commander of the Angel Flight Drill Team. They married soon after Mark's graduation in 1968, and Mark, now an active duty Air Force officer, was assigned to the Intelligence Officer School at Lowry AFB, followed by orders to Vietnam, where he served a year at the Tan Son Nhut Air Base in Saigon. Upon his return, they were assigned to Panama and spent three and a half happy years there, with Mark a HQ USAFSO intelligence staff officer and Bobbie working for the U.S. Army Tropic Test Center and the Army Office of the G-2.

Returning to the States for pilot training brought them to Columbus AFB, MS, and after a year of training, Mark was assigned as a KC-135 tanker pilot in the 42nd Bomb Wing, Loring AFB, ME, where daughter Jamie was born. Then the family was sent to Caracas, Venezuela, for three years, with Mark as the assistant air attaché at the U.S. Embassy, and flying the C-12. He was also accredited to the Dominican Republic, Haiti,



Jamaica, Trinidad and Tobago. This was a pleasant time for Bobbie; she was able to stay home and enjoy mothering Jamie. She also studied watercolor painting, and sold her work through the Venezuelan American Association of University Women Galleria.

When they returned to the D.C. area, Mark served a year at the Inter-American Defense College and on the Air Staff at the Pentagon working Foreign Military Sales in Latin America. When he was selected in 1986 to serve as the Defense and Air Attaché at the U.S. Embassy in Tegucigalpa, Honduras, Mark again flew the C-12 and was also accredited to Belize, Guatemala, Costa Rica and Panama as the Air Attaché.

While in Tegucigalpa, Bobbie served as the Community Liaison Office Coordinator, working for the Department of State. She was hired by the Defense Intelligence Agency upon returning to D.C. in January 1990. Mark returned to the Pentagon in September 1990 as director of the Air Force Office of Attaché Affairs; he retired from the Air Force in 1994 and, until 2007, worked with the CIA as an Independent Contractor.

In retirement, Mark is a docent at the National Air and Space Museum, and Bobbie, who retired from the DIA in 2006, is a volunteer for the National Park Service and an active member of the Daughters of the American Revolution. Their daughter, Jamie, lives nearby and spent eleven years on Capitol Hill and is now the Deputy Assistant Secretary of Defense for House Affairs. She is married to Dr. Tim Miller, Associate Dean of Students at George Washington University.

HAVE YOU HEARD? THE TAX LAW CHANGED!

~ by Bob Moser



But only one change affects the taxes that you will file this spring for 2017: If you itemize medical expenses, the floor has been reduced from 10% of Adjusted Gross Income (AGI) back to 7.5%. This means your deduction this year will be BIGGER by 2.5% of AGI than it would have been. All the other changes do not take effect until 2018 – next year’s taxes. Following is a description of a few of the changes that are most likely to affect residents of Falcons Landing.

Tax brackets have changed. This will reduce taxes by the amounts shown for selected values of taxable income (after deductions and exemptions):

<u>Taxable Income</u>	<u>Single</u>	<u>Married Filing Jointly</u>
\$25,000	\$474	\$198
\$50,000	\$1,299	\$948
\$75,000	\$2,049	\$1,698
\$100,000	\$2,692	\$2,598
\$150,000	\$4,692	\$4,098

But that’s only part of the story. Taxable income may go up or go down from previous years because of the following changes.

The standard deduction almost doubles. For single filers, it goes from \$6,350 to \$12,000. For married filing jointly, it goes from \$12,700 to \$24,000. And standard deductions are still increased, as before, for persons who are blind or over 65. Many people who used to itemize will find it more advantageous to take the standard deduction.

In the opposite direction, personal exemptions go away. This will increase taxable income by \$4,050 for single taxpayers, and by \$8,100 for married filing jointly.

If you itemize:

- Medical expense deductions are more generous in 2018, just as they are in 2017 (above). In 2019, unless the law is changed, the floor reverts to 10%.
- The state and local income/property tax deduction is now limited to a maximum of \$10,000. Previously, it was unlimited.
- Charitable contribution deductions are unchanged.

All miscellaneous deductions subject to the 2% floor (investment expenses, safe deposit box fees, tax preparation costs, etc.) are no longer allowed.

HAVE WE GOT A DEAL FOR YOU!

~ by Bob Moser



Here we go! It’s tax time again! What fun! Despite Tax Reform, there have been almost no changes in the tax code THIS YEAR. So, wouldn’t it really be easier to have your taxes prepared for FREE right here at Falcons Landing?

The Falcons Landing tax preparation site has operated every year since the late 90s under the auspices of the AARP Tax-Aide Program. This year, we open for business on Thursday, February 1. Volunteers from Falcons Landing and the surrounding community will prepare and e-file tax returns each Monday, Thursday and Saturday afternoon until April 16. Customers include Falcons Landing residents, staff, and members of the outside community. Clients are seen by appointment only (so there’s minimum waiting!). Gather up your tax information and call 703-404-5216 to schedule your free tax preparation and filing. Did I mention it’s FREE?

AT HOME WITH ANDRÉ FOR CHRISTMAS!

~ by Harold Wilson

Over the past two years Falcon Residents have traveled, in the Ballroom, to over a dozen locations, around the world to enjoy video concerts with André ... André Rieu and the Johann Strauss Orchestra. Just before Christmas, 22 December, André invited our residents to his home, a romantic medieval castle in Maastricht, Holland, to celebrate Christmas with him, his family, neighbors and friends.

Technology allowed us to make the trip to Maastricht with ease and we were all greeted by **André**. His opening comments certainly resonated with all of us: “ I would never be away from my family around the holidays – especially now since I can enjoy the glowing faces of my grandchildren and their excitement when they can see the Christmas tree and the gifts waiting underneath. I travel around the world for the whole year working hard to bring music and joy to my audiences and fans but I am always home for Christmas.”

During the first half of the concert we were treated to seeing snippets of the inside of **André**'s home including his family room and kitchen. Most beautiful were the scenes from his garden, grounds and the snow-laden trees. Santa arrived on a sleigh bearing gifts and **André** & Orchestra hiked on a winter trail, sang and drank Glühwein.

The second half of the concert was held in Saint Pieter's Church across the street from



André's home. He shared his memories as a child singing in the Sjamaes Children's Choir at the Church and how much it meant to him to participate in the Christmas celebrations and the impact of those Christmas events on the development of his musical career.

André, the Johann Strauss Orchestra, and the Children's Choir were joined, in the church, by the Royal Choir Society Mastreechter Staar. The results were beautiful renditions of the Christmas classics.

The “Hallelujah Chorus,” performed by all of the above in unison, along with **André** singing in full voice along with half of the Falcon Residents was awe-inspiring and rattled the rafters of the Church and the Falcon Ballroom. **André** closed with the always beautiful *Silent Night*; very few dry eyes in our Ballroom.

André received a standing ovation at the end of the program. Everyone felt that we had enjoyed a wonderful Christmas celebration and also had a privileged glimpse into the very private life of one of our Ballroom favorites. Do not be surprised if there is an encore presentation of this wonderful concert next Christmas season.





THE HEALING POWER OF MUSIC!

~ by Harold Wilson

Falcons Ballroom favorite Andre Rieu often comments, “Music has healing power!” Does it really? I know that certain music affects my moods, but can that translate into “healing?” I decided to research “music and healing,” hence this article. To ensure accuracy, I sourced NIH, Walter Reed and Harvard Medical websites and numerous other sources.

The Case for Music Therapy: A growing body of research attests that music therapy actually can improve medical outcomes and quality of life in many ways. A sampling:

Improves invasive procedures. In controlled clinical trials involving colonoscopies, cardiac angiography and knee surgery, those who first listened to music had reduced anxiety and less need for sedatives. With operating room music, discomfort diminished and recovery room music lowered the use of opioid painkillers.

Restores lost speech. Music therapy helps the recovery from a stroke or a traumatic brain injury that had damaged the left-brain region responsible for speech. But singing ability originates in the right side, the left side is affected by patients who first sing their thoughts and gradually drop the melody. Former U.S. Representative Gabby Giffords used this technique; it enabled her to testify before Congress two years after she lost her speech from a gunshot brain wound.

Reduces side effects of cancer therapy. Listening to music reduces anxiety associated with chemotherapy and radiotherapy and can quell nausea and vomiting caused by chemotherapy.

Aids pain relief. Music helps lessen intense, acute pain and chronic pain. It decreases pain perception, reduces the amount of pain medication needed and helps relieve depression.

Improves quality of life for dementia patients. Because musical abilities remain late into the disease process, music therapy can help to recall memories, reduce agitation, improve physical coordination and assist communication.

Interesting: Paul and Julie Kaminski donated 50 iPod Nanos (small Apple music storage devices) to the Johnson Center residents; families recorded the patient’s favorite music and headsets offered private listening. Nurses said the music seemed to reduce patients’ agitation and restlessness.

Premature babies. Researchers at a prestigious New York hospital found that “preemies” listening to two hours weekly of recorded Mozart lowered their heart rate and helped induce sleep.

Wounded Warriors. Walter Reed is utilizing Music Therapy as a treatment for PTSD and to assist with pain management with the objective of reducing opioid usage.

Healing Music Therapy: Many hospitals are using music therapy to ease pain, lower blood pressure and reduce anxiety and depression, allowing patients to heal faster. A 2007 survey of U.S. health facilities found that of 1,923 healthcare facilities, 35 percent offered music to patients. NIH Director Dr. Francis Collins remarked that we are learning more about the brain so we can bring neuroscience and music therapy together, and we believe that humans may have sung before they spoke.

On the opportunities by advances in brain imaging. Dr. Collins continued: Music therapy can be incredibly powerful for kids with autism, adults with Alzheimer's and everything in between, but we don't really understand how it works. A stronger scientific base can help even more.

Music and the soul. When we listen to music we love, that certain melody resonates deep in our soul. The right music can bring us back from a depressed state.

“Turn off that music and do your homework!” (Remember that order?) Were we wrong?

Next Month: Music, A Tool for Learning!



Spotlight on Residents

~ by Frances Rowan

When I moved to Falcons Landing, I was in the apartment of **Ellen Van Buren**, who was helping me get situated. It was snowing and as we talked, she glanced out the window and saw a staff member struggling to walk in the snow. Immediately, she called security and told them that this coworker needed help; they soon sent a car to pick her up. That was my first impression of Ellen, and I have since learned that this empathetic response is typical.



In her years here, Ellen has been an indefatigable behind-the-scenes worker, especially for the Wellness Center, where she was a mainstay for seven years. When the Center no longer needed volunteers, Ellen volunteered at the Pharmacy Desk and served there for the past three years. As a member of the MOAA board, she initiated a popular program in which residents baked cookies for the troops. Until recently, Ellen was a volunteer for Head Start and Home Delivered Meals. Three years ago she learned about Boulder Crest Retreat, and has since become an enthusiastic supporter of this healing place for veterans.

Boulder Crest Retreat, located in Bluemont, VA, is designed to serve military veterans and help them to readjust to life after being in combat. The Retreat's mission is to help veterans achieve a happier, healthier life and to return them to pursue service and leadership roles in their families and communities. Guests follow one of two programs: Family R & R, in which families stay free of charge for two-to-seven nights of rest and reconnection; or a PATHH (Progressive Alternative Training for Healing Heroes) program for individuals, families, couples or caregivers.

The founder of Boulder Crest, Ken Falke, is a

former Navy explosive ordnance disposal technician and master chief petty officer who served in Bosnia in 1998. When he suffered a traumatic brain injury and broken back caused by a parachute jump, he realized that medical intervention was not the only answer to recovery. He and his wife owned property in

Bluemont and began inviting veterans to their home for short stays in order to get them out of a hospital environment. The donation of land on which to build a retreat evolved from this idea. The Falkes donated 37 acres of land and were able to raise \$1 million to help start Boulder Crest.

Boulder Crest now has four beautiful cabins and a lodge for large group gatherings and outside events. Ellen says that Boulder Crest relies on many volunteers to help in its day-to-day operation. One way that Falcons Landing's residents help is to make quilts for the veterans. **Jeanette Kintigh** and **Charlotte McClintock**, along with several other residents, have made and donated more than 100 quilts to Boulder Crest. As co-chairs of the FL Boulder Crest team, Ellen and **Pat Richards** prepare gift baskets for the occupants of the four Boulder Crest cabins. In addition, FL residents have contributed more than \$30,000 in monetary assistance. This money has been used to purchase items on a wish list, including kayaks and equipment for archery and fishing. Ellen notes that the contribution are tax deductible since Boulder Crest is a 501(c)(3) organization. For information on how you can help, please contact Ellen or Pat .

In addition to her work at Boulder Crest, Ellen is on the Bereavement Committee here at FL. By the way, Ellen also manages to get in some fun time playing bridge!

GATHERING: CURRENT AND FUTURE LAND ROVER MISSIONS

~ by Jim Mullen

Residents at Falcons Landing are fortunate to have a front row seat to the exploration of Mars, thanks to MOAA's association with the deputy project manager for the Mars 2020 Rover Mission, Matt Wallace, and especially his mother, resident **Millie Wallace**. Matt addressed the Gathering on January 11 with a spirited presentation accompanied by videos and vugraphs from the earlier "Curiosity Rover" program as well as an update on the current development of the 2020 Rover.



JPL's Curiosity Rover

Matt has been with Jet Propulsion Laboratory (JPL) since 1991 and has experience with multiple robotic planetary missions including his work as flight systems manager for the 2012 Curiosity. He was able to guide us through the landing of the Curiosity — an almost incredible feat featuring a parachute controlled landing that left Curiosity Rover fully operational and ready to roll. Then we followed Curiosity through some of its travels over the past several years across the Martian landscape in the landing area of Gale Crater, including the crater floor and a mountain called Mount Sharp.

We understood from Matt some of the extremes of the weather in the area that could have affected the Rover operation, but how the well-engineered Rover has been able to maintain operations far beyond its original design life. Thanks to some fortuitous help from the Mars weather, as local windstorms helped clear dust off the solar panels, the Rover experienced continuing solar recharges. Currently the Curiosity Rover is continuing its mission by climbing the mountain slopes,

leaving its distinctive tracks that identify the JPL Rover's progress in the soil.

The 2020 Rover expands on the capabilities of Curiosity with a much larger vehicle and a number of technical enhancements that include the ability to collect Mars core soil samples and then store them for a future flight that will recover the samples for return to Earth. The 2020 Rover, like its predecessor, will have the advanced landing scheme approach and the entire landing system used for Curiosity (including the sky crane) that can essentially be recreated without any additional engineering or research. This reduces overall technical risk for the mission. Another technical enhancement is a guidance technique called "Terrain Relative Navigation" to fine-tune steering in the final moments of landing.

Matt provided updates on some of the tests currently underway to test the landing scheme. In October 2016, NASA reported using a rocket to test the landing system here on Earth as part of the experimental technologies destined for the landing of the Mars 2020 mission. The date for launch and landing in 2021 looms ahead. The mission is intended to investigate the ancient environment on Mars including its surface geology and history and the possibility of past life on Mars. We live in exciting times, and Matt gave us a close look at the immediate and far future!



Bill Hilsman and Wallace family: Millie, Jonathon and wife Jacqueline, Matt Wallace

I Remember When ... Growing up in Philadelphia

~ by Dave Hopkins



*Ice Request Poundage Card
Reproduction of a card that was placed in the
front window to indicate how many pounds of ice were
requested on a given day. [DAHS Photograph]*

I don't remember the day the Titanic sank or casting my vote for Abraham Lincoln, but my daughters even now believe I should, when I tell them of growing up in West Philadelphia where the lamplighter came around every evening at dusk and lit (or lighted, or whatever) the gas lamps up and down Lebanon Avenue; and my mother put the cardboard square up in the back window to show the iceman how much weight she wanted that day. We kids could have told him; we were always there when he chopped, and he was always kind enough to leave icicle-shaped pieces for the kids. Those are good memories, but please, daughters mine, they do not mean I went to school with the fathers of our country. Thank you very much.

Now skip forward from the ice and gas days, and let me share one more tale of "I Remember When." After Mick Trainor graced these pages a couple of months ago with a tale of Halloween in the Bronx, I wrote and told him of similar derring-do in Philly. I related that on one "mischief night" we visited the home of an old crank (probably fifty if he was a day) and, finding that both his front and back doors opened inward, we tied the handles to nearby trees.

That same night as we stood under a street light (electric by this time, not gas) plotting our next move, a car driven by a furious man screeched to a halt as the driver announced, "I know you guys, you're the ones who put the garbage can on top of my car."

A couple of observations: first, he was wrong, we hadn't but wished we'd thought of it, and second, I remember being in imminent danger of death or at least grievous bodily harm imposed by this raving maniac, and then I absolutely dissolved in laughter. You should have seen that car! Remember, these were days before garbage disposal was a switch on the wall above your sink. Garbage was dumped in a can smaller than and separated from the trash, left at the back door and collected once or twice a week by the pig farmers from New Jersey to be used as feed. In late October the smell of this car was probably not so bad, but with its coating of things indescribable, it was a sight that even now brings a nostalgic tear to the eye.

Now understand, I am not competing with Mick about Halloween tales or anything else (I am smart enough to know I wouldn't come out ahead very often), but I had to throw the odd bit of garbage in. Love ya, Mick.

BOOK REVIEW: THE COMPLEAT ANGLER

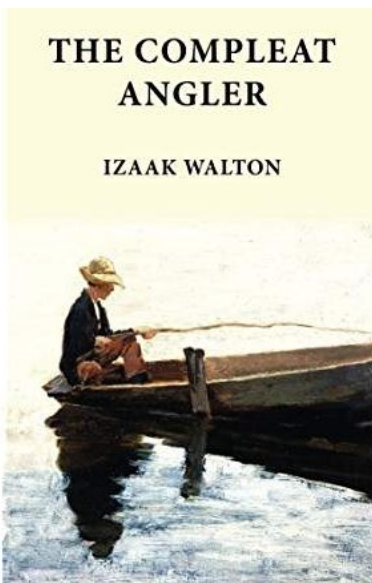
~ by Russ Ray

This Izaak Walton classic was intended to be a fishing handbook. It is much more than that and has remained popular for 365 years *because*, in part, *The Compleat Angler* doesn't fit into any traditional literary category.

Walton was a thinker who surrounded himself with thinkers (mainly Anglican). His style of writing is complex and somewhat tedious, particularly so in that it is written in antiquated English. He is witty yet capable of delivering serious undertones. It was the time of Cromwell and King Charles I, the struggle between theocratic rule and the Royalists. Walton is influenced by the tension and reportedly looks for a comfortable middle ground. He poetically describes the pastoral serenity of the English countryside and his appreciation of nature and its creation.

If a plot exists it would be in the conversations between Piscator (angler), Venator (hunter) and Auceps (catcher of hawks). Piscator becomes a teacher/advocate of the art of angling. He uses examples of Jesus and his apostles as examples of fishermen. "... St. Peter cast his hook into the water to catch a fish for money to pay tribute to Caesar." He recommends reading *Plutarch*, where Venator will see that Mark Antony and Cleopatra used angling as their principal recreation. He quotes the prophet David, "They that occupy themselves in deep waters, see wonderful works of God." Piscator (Walton, actually) is preaching contemplation.

Walton weaves a spiritual and moralistic theme. Piscator and Venator get along to a



point, but Piscator won't abide by Venator's profanity and sacrilege.

Philosophy aside, this fishing "textbook" has survived as a "go to" reference for sportsmen. The information seeker is drawn to the matching of certain bait with the taste of the target fish — The Ant Fly, The Green Drake Fly, The Great Dun and even the lowly worm. On the latter, Walton painstakingly describes the threading of a worm onto a hook—not ideal information for every reader. He even makes an effort to describe the medicinal value of trout fat.

This lyrical treatise on fishing goes far beyond the technique of hooking the wily trout. It is more about how to live a life. You won't find this Izaak Walton classic on a current best sellers list, although at the start of the twentieth century it was not far behind *The Holy Bible* and *Pilgrims Progress*. The first edition was completed in 1653. General public awareness of a new book didn't exist in those times. The first English daily newspaper, the *Daily Courant*, wasn't printed until 1702, possibly to acclaim Walton's literary achievement.

Today, many of the papers and works of this cheery old angler-author are to be found at The Cathedral Library of Winchester. He was buried nearby in 1683.

"And upon all that are lovers of virtue,
and dare trust in his providence,
and be quiet, and go a-angling"

-- Piscator

FLITs

FALCONS LANDING INTERESTING TIDBITS

~ Edited by Flo Goelz

snippets & tidbits

I meant to get rid of stuff at the end of last year, clean out the old clothes in my closet and get rid of the cooking utensils I don't use any more; but the only thing I managed to clean out was my checking account.

We made the mistake of looking at our old photos in an old album and then when we looked in the mirror it was a shock. Who is that elderly person?!

We didn't realize Molly Trossbach was Catholic until we saw that beautiful white dog at Mass one Saturday afternoon.

Remember that February early on when some widow left a trail of heart-shaped candies in the hall one night from her door to that of the widower who made her heart beat fast? It worked! We need more of that kind of hint to help us enlarge our dwindling WAFL group (Wed At Falcons Landing).

Why is it that the older and slower we get, the faster time flies?

We saw Lyle Bowman beat Edith up the other day. Oh shock! At lunch

she was eating with her German group and Lyle, at another table, finished his lunch and got up before Edie did. (He beat her up.)

Most of the lemon slices we have at the dinner table have no seeds. How will we ever grow lemon trees in the future without those seeds?

How will I ever find enough items for this column if everybody clams up when they see me coming? I'll have to learn to read lips from a distance.



THE FALCONS ROLLERS: A TOTAL OF 294 RIDES PROVIDED IN 2017

~ by Arnold Braswell

The Falcons Rollers is a group of 17 residents who respond to essential transportation requests from residents unable to drive. An updated list of their names and phone numbers is posted in the Mail Room and available as a handout at the Reception Desk. Call one of them if you need transportation to an appointment or to Dulles Airport. Please call different drivers if you have frequent needs.



GLOBAL WARMING? NOT HERE AND NOT NOW!

~ by Linda Childs, photo by Maury Cralle



Where have all the butterflies gone? What a polar bear winter we are experiencing here at Falcons Landing, culminating with an unheard-of-before nearby Bomb Cyclone. “What is a Bomb Cyclone?” you ask. An online encyclopedia describes it as a predominantly maritime winter event that can occur in continental settings — it is an unusual, rapidly deepening extratropical cyclonic low-pressure area that develops with a great ferocity rarely seen over land. It will result in 6-to-12 inches of snow and 40-to-60 mile an hour winds.

We in the D.C. area are fortunate that the super-blizzard conditions are farther to the north. Rest assured that all was well here at our wonderful

waterfall underneath the ice pack, according to Maintenance. Dog walkers, who are the bravest of the brave here at Falcons, frequently stroll over to our beautiful garden, and although the butterflies are gone, they assured us that one can hear the water flowing beneath all that ice. Calamity could only have occurred if our weather had stayed below zero for two or three days straight, and gratefully, although it was very cold for a very long period of time, that did not happen.

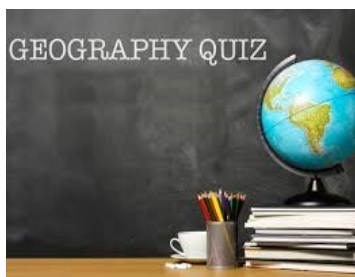
So we can be thankful that our stars were aligned and that we only experienced unusually low temperatures for an extended period; we were warm and snug. And take heart: In just a few months, those beautiful butterflies will return!



GEOGRAPHY QUIZ

~ by Andy Lunt

Answers to Geography Quiz on page 21



1. Where would one find the Sossusvlei Sand Dunes?
2. Where would you be if visiting Huacachina?
3. Where is Tristan da Cunha located?

A SERIES OF CONFESSIONS

~ by Paul Wieland

After weeks of unusually cold temperatures and a few miserable days of an occasional inch or two of snow, it appears that as I write this in mid-January, the weather may finally be improving. And no, I'm not confessing that somehow I was responsible for all the shiver-producing days and nights we endured.



What I am confessing to, among other dumb decisions, is that I caused a minor flood in my new apartment on a Saturday morning last fall that, thankfully, was quickly controlled by Peter Plante's marvelous staffers, Brian and Thomas. **BUT WAIT! I'LL EXPLAIN, AND THERE'S MORE!**

A few months ago I somehow forgot about Falcons Landing procedures for making changes in my apartment, and I hired a licensed and experienced Purcellville HVAC contractor to install a central humidifier; it was a simple procedure – or so I thought. He knew nothing about our air conditioning system, nor did I. We soon learned that a cold-water closed-loop system serviced my apartment and several others, and he planned to use that loop for the humidifier's cold water source. But circulating inside that loop piping was highly toxic water full of chemicals and ugly contaminants! After the contractor had completed preparatory work in my HVAC closet, he accidentally moved his flaming blowtorch too close to the closet's anti-fire sprinkler head! It immediately spewed water into the closet area, and soon a second sprinkler head in the entry hall also did its job. Water accumulated quickly on the entry tile and the perimeter hardwood flooring in my adjacent dining room.

Fortunately, the two maintenance staff were nearby; one shut off the water supply and the other arranged for help! Long story short, there

was no permanent damage. After removing all the water, for four days and nights, they left a powerful machine blowing volumes of drying air aimed at the damp wood flooring! By Sunday afternoon, the super-efficient Maintenance staffers had completely dried and replaced an Oriental rug and moved the dining table and chairs to their original central position.

But **WAIT! THERE'S MORE!** When finally FL approved the humidifier installation, I obtained several cost estimates from HVAC contractors with work experience in our apartments. But the lowest estimate, because there was no cold water supply near the HVAC closet, was a whopping \$4,000, far too high to consider!

Now my final confessions: I endured the frigid weather and more problems developed! The extremely dry air left the skin below and behind my left ankle rough and discolored, and eventually it split open. There were traces of blood on the bedroom and bathroom floors, and my bed sheets had red blood stains. I couldn't see the small skin opening or place a bandage over the area. But Wellness Center nurse Joan Sweeney found the tiny wound, applied soothing lotion to my entire left foot and told me to keep lotion on the area. It worked!

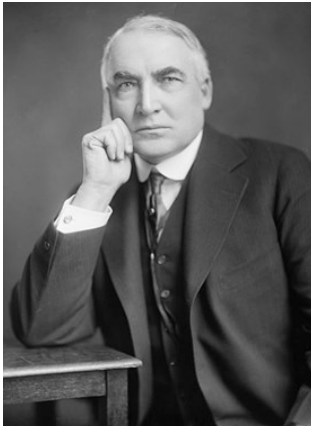
You can probably guess my final confession. I soon retrieved two portable humidifiers from my storage cage that I had used in my cottage. As I write about this difficult-to-admit-to series of less-than-smart decisions, it's at least comforting to listen to the low hum of my two humidifiers as they add moisture to my entire apartment. Finally — no more unhealthy dry air!

What did I take away after writing all this? I should have listened to the HVAC professionals who had advised me early on to forget about a central humidifier!

WARREN G. HARDING 29TH U.S. PRESIDENT

~ by Dave Hopkins

Warren Gamaliel Harding had served as owner/editor of a Marion, OH, newspaper, where it was said both political parties loved him because he offended neither. In due course, he was elected lieutenant governor of the state and then served a term in the United States Senate. In 1920, with his apparent down-the-middle philosophy, he seemed the perfect candidate to succeed the wartime president Woodrow Wilson. Harding ran his campaign on the slogan “a return to normalcy” (a word he invented) and by suggesting that after the World War we should avoid all conflicts home and abroad; he appealed to a large portion of electorate and won decisively. It could not have hurt that he had a presidential look about him, as if he were straight out of central casting.



Anyway, he started well. He enlisted some outstanding men for his cabinet, including Charles Evans Hughes, Andrew Mellon, and Herbert Hoover (As we shall see, also some not so outstanding). Harding took few actions himself, allowing cabinet and congress to take the lead, and they did—wartime controls and taxes were cut, tariffs raised, immigration tightened, and there was “economy in government.” The national economy revived after a postwar slump, unemployment figures declined and the mood of the country was high. When Harding died of a heart attack barely two years into his term, there was universal mourning. He was respected, even loved. Now, nearly 100 years later, in most rankings of presidents he is ranked at or near the bottom of the list. Why?

The answer is primarily the Teapot Dome scandal. Admittedly, as scandals go, this one was a whopper. At the heart of it was Harding’s Secretary of the Interior Albert Fall, who sold off to private interests the U. S. Navy’s oil reserves located at Teapot Dome, WY, for his personal private gain. The scandal was not so simple as that one sentence would seem to indicate; the scheme was intricate and others were involved, including Attorney General Harry Daugherty, Harding’s close friend and former campaign manager. There were several bribe givers as well, including a company once seen on many street corners: Sinclair Oil. Although the investigations of Teapot Dome went on for years after Harding died, he was never implicated. Yet today he is thought of as somehow involved. The basic facts of the Teapot were unknown until after his death. The most damning thing in this regard was his admission that he knew something of the scandal, though not of its criminal aspects; but he was reluctant to take action because he feared it would damage his reputation. How like Harding.

It was many years later that liaisons with two women were proven, and his fatherhood of a child out of wedlock shown by DNA. So we have scandal and infidelity by this affable man who, in the words of one critic, had few enemies because he rarely took a firm enough stand to make any. Yet the country did well, whether because of him or despite him. The question remaining is whether these pluses and minuses weighed in the balance suffice to put Warren G. Harding at the bottom of our presidential rankings, or maybe a little closer to the middle.

ART NEWS

~ by Norma Lasher

Coming in February to Building Three Gallery is "New Decorator Quilts" sewn by our resident quilters. These quilts always bring color and a fascinating variety of patterns to our galleries.



"Eyes, the Window to/of the Soul" will conclude its run in The Johnson Center, Floor Two in February. For different "Eyes" we suggest you visit the Portrait Gallery each month outside the Woodburn Café in the hallway that leads to the second floor of The Johnson Center.

"Transportation" will make its way to The Johnson Center, Floor One. This show is missing only a rickshaw. We hope you enjoy it.

"Sketchbook Pages" will be shown in the Building Two Gallery for those residents and visitors who frequent Bldgs. 1 and 2. It is a complicated exhibit that begs observers to tarry a bit, understanding that these pages were never meant to be seen by the public. A sketch is done when the scene before you needs to be recorded and often you don't have much time to do it.



BRAIN WORKOUT: CRYPTOGRAM

~ by Norma Lasher



Two quotes:

C'AB PQCHBS Q KBT EJVHSX QNJVHS GLB UCSSOB. GLB

JHOZ OJTBN-YJSZ PQNUBHGX C JTH GLQG XGCOO KCG UB

MJUKJNGQYOZ QNB GJTBOX. --SQAB YQNNZ. GNVB OJAB

MJUBX IVCBGOZ TCGLJVG YQHBBNX JN KOQXLCHP

OCPLGX. CK ZJV LBQN YBOOX, PBG ZJVN BQNX MLBMDBS.

--BNCML XBPQO

And here is your hint: H = N

Answers on pg. 22

LOUDOUN HUNGER RELIEF

~ by Marilyn Harrington

It is now a wintery new year 2018, and we are approaching the time for our first-quarter food drive for **Loudoun Hunger Relief (LHR)** in Leesburg, Virginia. We finished 2017 having donated a grand total of \$9,745 in monies and 786 pounds of non-perishable packaged foods.

For those residents new to Falcons Landing, our current food drive has been held quarterly each year since 2010. LHR is a food pantry providing both perishable and non-perishable food items directly to needy families in Loudoun County as well as to the elderly, sick, and disabled. For more detailed information regarding LHR, please go to loudounhunger.org.

Our first quarter food drive is scheduled for Feb. 13, 14 and 15 with delivery on Feb. 16. Monies are the best resource to donate. Checks made out to Loudoun Hunger Relief can be provided to Tiffany Plante at her office or at the Front Desk. A shopping basket will be placed in the rear of the Mail Room for non-perishable (only) items. Please check all foods donated for a current expiration date. We cannot accept expired or opened items.

Examples of donation foods are canned fruits and veggies, canned meats, canned soups, cereal, peanut butter, rice, pasta and fruit cups.

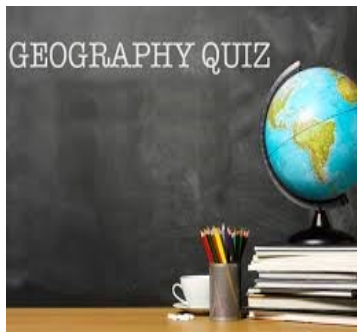
Your very best donation is financial. LHR not only has a food pantry in Leesburg, but they also provide support to a number of organizations throughout Loudoun County. Your financial aid, no matter how large or small, will be put good work. Of every dollar received, a total of 95 cents goes directly to program services. Our generous residents and staff can help ... please join me in your support because every penny counts.

Many thanks to our faithful few and a huge welcome to those who plan to join us. Your generosity is greatly appreciated.



GEOGRAPHY QUIZ

Answers to Geography Quiz from page 17



1. **Namibia's Sossusvlei Sand Dunes are located in largest conservation area in Africa (the Namib-Naukluft National Park).**
2. **Huacachina is an oasis in the sand dunes near Ica, Peru.**
3. **The volcanic island of Tristan da Cunha in the South Atlantic boasts a population of 258 people with only nine different last names.**

PRESIDENT'S ACHIEVEMENT AWARD WINNER

~ by Erinn Brown

*Employee
of
the
Month*

**Congratulations to
Irene Peku on being
our President's
Achievement Award
Winner for
December 2017!**



Sandi Hall and Irene Peku

Irene Peku is our President's Achievement Award winner for December 2017.

Irene has been with Falcons Landing since June 2013, working as an LPN in The Johnson Center. She was nominated this month by a co-worker for her helpful nature, professionalism and caring attitude. Here is an excerpt from the nomination:

"Irene is wonderful at customer service. She comes to help right away and always with her beautiful smile. She is very professional and she knows her job well. I love to work with her! She manages well in all emergency situations and would be a great supervisor."

BRAIN WORKOUT - TWO QUOTES

Answers to cryptogram from page 20

I've gained a few pounds around the middle. The only lower-body garments I own that still fit me comfortably are towels.

-Dave Barry

True love comes quietly without banners or flashing lights.

If you hear bells, get your ears checked.

--Erich Segal



WELLNESS CENTER CLINIC SCHEDULE - FEBRUARY

~ by Reizsa Santiago

Please call the Wellness Center at 703-404-5224 to schedule appointments, except as noted. Please note that as time has been reserved for you, that we require 24 hour notice of cancellation for our visiting physicians.

Acupuncture: Virginia Mitchell
A.M. Wednesday, Feb. 7, Feb. 14, Feb. 21, Feb. 28

Audiology: Ascent Audiology & Hearing
P.M. Tuesday, Feb. 6, Feb. 20
Please call their office at (703)723-9672 to schedule an appointment

Audiology: Blue Ridge Speech & Hearing
P.M. Wednesday, Feb. TBD

Dentistry *MOBILE DENTIST*: Dr. Robert Mantoni A.M./P.M. Monday, Feb. 12
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, Feb. 13

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, the phone number is 202-243-9144

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

Podiatry: Dr. Gary Gregasavitch
P.M. Friday, Feb. 2, Feb. 9, Feb. 16, Feb. 23

Podiatry: Dr. Joanna Shuman
P.M. Monday, Feb. 26

Psychiatry: Dr. Paluvoi
P.M. Friday, Feb. 2

Psychiatry: Dr. Williamson
A.M. Every Tuesday and Thursday afternoon

Urology: Dr. Bilowus
P.M. Wednesday, Mar. TBD

In Remembrance

Robert Marsh -December 28, 2017

Thomas Twisdale - December 28, 2017

Carlene Garrigus - January 6, 2018





FALCONS LANDING NEWS

Common Bonds. Extraordinary Living.

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The Mission of the Air Force Retired Officers Community is to provide extraordinary living and enhance health and happiness of those who have served.

EXIT LAUGHING

~ compiled by Flo Goelz

Conversion Table

Ratio of an igloo's circumference to its diameter: Eskimo pi
2000 pounds of Chinese soup: Won ton
1 millionth of a mouthwash: 1 microscope
Time between slipping on a peel and smacking the pavement: 1 bananosecond
Weight an evangelist carries with God: 1 billigram
Time it takes to sail 220 yards at 1 nautical mile per hour: Knot-furlong
365.25 days of drinking low-calorie beer because it's less filling: 1 lite year
16.5 feet in the Twilight Zone: 1 Rod Serling
Half of a large intestine: 1 semicolon
1000 pains: 1 kilohertz
Basic unit of laryngitis: 1 horsepower
Shortest distance between two jokes: A straight line
454 graham crackers: 1 pound cake
1 million microphones: 1 megaphone
1 million bicycles: 2 megacycles
2000 mocking birds: 2 kilomockingbirds
10 cards: 1 decacards
1 kilogram of falling figs: 1 Fig Newton
1000 milliliters of wet socks: 1 literhosen



It's Valentine's Day. Too bad the only man after me is Old Man Winter.