



# The Westbrook Chatterbox

From Activities:

Happy Summer!! With all the rain, it's nice to see the sunshine and feel the heat of summer arriving. I look forward to camping trips, backyard barbeques, sitting out on the deck sipping my coffee and reading and watching the sun set with a drink in my hand.

June is the month in which we honor our fathers. But how did Father's Day get started? On June 19, 1910, a Father's Day celebration was held at the YMCA in Spokane, Washington by Sonora Smart Dodd. Her father, the civil war veteran William Jackson Smart, was a single parent who raised his six children there. She was also a member of Old Centenary Presbyterian Church (now Knox Presbyterian Church), where she first proposed the idea. After hearing a sermon about Jarvis' Mother's Day in 1909 at Central Methodist Episcopal Church, she told her pastor that fathers should have a similar holiday to honor them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday in June. Several local clergymen accepted the idea, and on June 19, 1910, the first Father's Day, "sermons honoring fathers were presented throughout the city".

However, in the 1920s, Dodd stopped promoting the celebration because she was studying at the Art Institute of Chicago, and it faded into relative obscurity, even in Spokane. In the 1930s, Dodd returned to Spokane and started promoting the celebration again, raising awareness at a national level. She had the help of those trade groups that would benefit most from the holiday, for example the manufacturers of ties, tobacco pipes, and any traditional present for fathers. By 1938, she had the help of the Father's Day Council, founded by the New York Associated Men's Wear Retailers to consolidate and systematize the holiday's commercial promotion. Americans resisted the holiday for its first few decades, viewing it as nothing more than an attempt by merchants to replicate the commercial success of Mother's Day, and newspapers frequently featured cynical and sarcastic attacks and jokes. However, the said merchants remained resilient and even incorporated these attacks into their advertisements. By the mid-1980s, the Father's Day Council wrote, "(...) [Father's Day] has become a Second Christmas for all the men's gift-oriented industries."

A bill to accord national recognition of the holiday was introduced in Congress in 1913. In 1916, President Woodrow Wilson went to Spokane to speak at a Father's Day celebration<sup>1</sup> and he wanted to make it an officially recognized federal holiday, but Congress resisted, fearing that it would become commercialized. US President Calvin Coolidge recommended in 1924 that the day be observed throughout the entire nation, but he stopped short at issuing a national proclamation.<sup>[19]</sup> Two earlier attempts to formally recognize the holiday had been defeated by Congress. In 1957, Maine Senator Margaret Chase Smith wrote a Father's Day proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents". In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

My own father has been gone for over ten years now and so in honor of him here are a few memories. He and I used to butt heads but how we loved each other. And it's not all the things he bought me that I miss the most, it's the time we spent together. He used to play Santa Claus for us at Christmas time. He built me furniture for my dolls. He built Jerome and I a beautiful cradle when we were expecting Chloe. He's the one that got me started doing taxes for AARP and I still do them in honor of him. I even have several of his clients that come to me to have their taxes done. I remember us going to Osage Beach with Mom and him. We had so much fun – playing cards, watching tv and just being together. I miss you, Dad.

Happy Father's Day to all our fathers. To celebrate here at Westbrook, the men will be having a special lunch where they will all eat together in the #2 dining room on Friday, June 16<sup>th</sup>. Ladies, you will be rerouted to the other dining rooms and we will let you know which one the day before.

Until Next Month –

Janelle

### Featured Resident - Foy Babcock

Foy Babcock was born in Heidenheimer, TX, to GW and Janie Mae Babcock. He was raised on a cotton farm with two brothers. Besides raising cotton, the family had cows, horses and mules that were used to sustain the family and the farm. Foy grew up climbing trees, fishing and helping to pick & hoe cotton. Foy attended a country school. He missed first grade due to a leg injury, but kept up with the help of friends and family. The Babcocks owned a small country grocery store, which his mother managed. Unfortunately, the store burned down when Foy was nine and they did not have the resources to rebuild it. Foy grew up attending the Church of Christ. If the doors were opened, his family was there.

When he was 17, he quit school and joined the Army Air Corp. It was the end of WWII and he remained state side in the Military Air Transport. He served 13 months before being discharged. While in the service, he met and married. They had a son, Randy. The couple divorced in October of 1949. Randy stayed with his mother.

Foy work for the Santa Fe railroad for a while but ended up moving to Dallas looking for work. He lived with his brother and sister-in-law. On December 5<sup>th</sup>, he was introduced to Dorthy Pittman. She lived next door and had come over to see his brother's television. She'd never seen one and only got to see a test pattern since the station wasn't on the air until evening. Foy had just gotten out of the shower, his hair was mussed and he didn't have a shirt on. Realizing they had company, he went and combed his hair, put on a shirt and returned to ask Dorthy out for dinner. She said yes. They went to dinner that night and every night for the next two and a half months. They married on February 20, 1950.

Foy went to work in the oil fields and from then on they moved around a lot. The couple had three boys - Alan in Dec. 1951, Larry in May 1953 and Jimmy in April 1958. In 1960, Foy went to work for Dickey's as a route/sales man in Odessa, TX. They bought a house and settled down. Foy was promoted to supervisor of the route/salesmen.

After thirteen years, the family moved to Bogata in northeast Texas and Foy sold insurance for American National. In 1977, they moved to Amarillo. Their son, Larry, was married with children and lived in McCook, NE. Amarillo was as close to Larry's family as they could be without leaving Texas. Foy went back to being a supervisor for Dickey's.

Four years later, they were offered the job as "house parents" at a children's home in Nebraska. They left Texas and moved to Culbertson, NE. After two years, the couple moved to Temple, TX, to take care of Foy's aging mother. A year later, Foy's brother decided to take care of their mother and the couple moved back to the children's home in NE. But once again they returned to Temple, TX, and took over the care of his mother. They shared a duplex that his mother owned until her death in 1994. During this time, Foy worked for the Department of Public Safety as a maintenance man.

Foy retired in September 1994. They bought a house on six and a half acres just outside a Bogata, TX. Foy spent his time mowing, cutting down trees, fishing and maintaining a large garden (an entire acre). In 1997, they sold the house and bought a travel trailer. For the next year, they traveled all over. They thought they would really like traveling but ended up deciding it wasn't for them. So they sold the trailer and bought a house in Bogata.

The couple relocated to Kansas City North in 2001 to be nearer to Larry. The couple bought a house near Winnetonka High School. In 2002-2003 Foy was hospitalized for six months with a pancreas problem. He had a cyst the size of a grapefruit removed. He was on a feeding tube for so long that there were concerns about whether his stomach would be able to function again. It did and Foy made a complete recovery.

Larry relocated to Kearney and wanted his parents closer to him. So they started looking for a place. Westbrook was the first on the list. They looked at the facility and saw a two bedroom apartment. Inside of five minutes, they decided to take the apartment. They had lived in their house in KC for sixteen years which is the longest they have lived in any one place.

Foy loves the choice location of his apartment and small town living. He says the food tastes delicious and is plentiful and best of all, he doesn't have to fix it.

Besides their three children, Foy has two daughters-in-law (Norma & Gina), seven grandchildren and eight great grandchildren.

# JUNE

## What is a Grandfather

A Grandfather is a special gift,  
Received from God above.  
He starts out with patience,  
Then adds an abundance of love.

He enjoys telling you stories,  
About how he grew up  
He'll share his sandwich with you  
And let you drink out of his cup.

He lets you get away with stuff,  
That mom and dad won't do  
He'll teach you how to do things,  
Even share a secret or two.

He is always willing to listen,  
To what to have to say.  
He knows how to make you smile,  
And will never stand in your way.

He has tremendous faith in you,  
He just has that special touch  
It's no wonder then Grandpa,  
Why you are loved so much!

my father  
gave me the greatest  
gift anyone could  
give another person, he  
believed in me.

~ Jim Valvano  
[www.quotesgratitude.com](http://www.quotesgratitude.com)



**A Great DAD**  
makes memories  
*GOES ON GREAT ADVENTURES*  
always puts his family first  
**MAKES SACRIFICES**  
**IS PATIENT**  
always has the time for his kids  
**IS A GREAT TEACHER**  
**LOVES HIS KIDS & THEIR MOTHER**  
**UNCONDITIONALLY**

**DAD**  
A SON'S FIRST  
**HERO**  
A DAUGHTER'S  
..... first .....  
**LOVE**

**SOME**  
Super **Heroes**  
Don't have  
**CAPES...**  
They are  
called **DAD**

## Grandpas ARE MADE OF.....

Hands to Guide, Family Pride - Giant bear hugs, Grand Heart Tugs  
Tickles and Fun, Days in the Sun - Mischief Maker, Ball Game Taker  
Candy Sneaker, Hide N' Seeker - Best Fan Clapper, After Meal Napper  
Tales From the Past, Memories to Last - Wisdom to Teach, Always in Reach  
Strength in His Arms, Magical Charms - Life that Inspires, Hero to Admire  
Endless love, a gift from above

THAT'S WHAT *Grandpas* ARE MADE OF!

## Walking with Grandpa

I like to walk with Grandpa,  
His steps are short like mine,  
He doesn't say "Now hurry up",  
He always takes his time.

I like to walk with Grandpa,  
his eyes see things like mine do,  
Wee pebbles bright, a funny cloud  
Half hidden drops of dew.

Most people have to hurry,  
They do not stop and see,  
I'm glad that God made Grandpa  
Unrushed and young like me!



**HAPPY**  
*Father's day*

WORLD'S GREATEST DAD

## What is a Hurricane?

Hurricanes are large, swirling storms. They produce winds of 119 kilometers per hour (74 mph) or higher. That's faster than a cheetah, the fastest animal on land. Winds from a hurricane can damage buildings and trees.

Hurricanes form over warm ocean waters. Sometimes they strike land. When a hurricane reaches land, it pushes a wall of ocean water ashore. This wall of water is called a storm surge. Heavy rain and storm surge from a hurricane can cause flooding.

Once a hurricane forms, weather forecasters predict its path. They also predict how strong it will get. This information helps people get ready for the storm.

There are five types, or categories, of hurricanes. The scale of categories is called the Saffir-Simpson Hurricane Scale. The categories are based on wind speed.

**Category 1:** Winds 119-153 km/hr (74-95 mph) - faster than a cheetah

**Category 2:** Winds 154-177 km/hr (96-110 mph) - as fast or faster than a baseball pitcher's fast-ball

**Category 3:** Winds 178-208 km/hr (111-129 mph) - similar, or close, to the serving speed of many professional tennis players

**Category 4:** Winds 209-251 km/hr (130-156 mph) - faster than the world's fastest rollercoaster

**Category 5:** Winds more than 252 km/hr (157 mph) - similar, or close, to the speed of some high-speed trains

## What Are the Parts of a Hurricane?

Eye: The eye is the "hole" at the center of the storm. Winds are light in this area. Skies are partly cloudy, and sometimes even clear.

Eye wall: The eye wall is a ring of thunderstorms. These storms swirl around the eye. The wall is where winds are strongest and rain is heaviest.

Rain bands: Bands of clouds and rain go far out from a hurricane's eye wall. These bands stretch for hundreds of miles. They contain thunderstorms and sometimes tornadoes.

## How Does a Storm Become a Hurricane?

A hurricane starts out as a tropical disturbance. This is an area over warm ocean waters where rain clouds are building.

A tropical disturbance sometimes grows into a tropical depression. This is an area of rotating thunderstorms with winds of 62 km/hr (38 mph) or less.

A tropical depression becomes a tropical storm if its winds reach 63 km/hr (39 mph).

A tropical storm becomes a hurricane if its winds reach 119 km/hr (74 mph).

## What Makes Hurricanes Form?

Scientists don't know exactly why or how a hurricane forms. But they do know that two main ingredients are needed.

One ingredient is warm water. Warm ocean waters provide the energy a storm needs to become a hurricane. Usually, the surface water temperature must be 26 degrees Celsius (79 degrees Fahrenheit) or higher for a hurricane to form.

The other ingredient is winds that don't change much in speed or direction as they go up in the sky. Winds that change a lot with height can rip storms apart.

Information taken from NASA website

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If You Like Us  
Rate Us!

*"The whole staff goes above and beyond. I couldn't be any more pleased with where my mom is. Everyone is great. They take care of her like she's their own mother."* Kurt Dysart

## How Are Hurricanes Named?

In the early days of meteorology in the United States, storms were named with a latitude / longitude designation representing the location where the storm originated. These names were difficult to remember, difficult to communicate and subject to errors. During the Second World War, military meteorologists working in the Pacific began to use women's names for storms. That naming method made communication so easy that in 1953 it was adopted by the National Hurricane Center for use on storms originating in the Atlantic Ocean. Once this practice started, hurricane names quickly became part of common language, and public awareness of hurricanes increased dramatically.

In 1978, meteorologists watching storms in the eastern North Pacific began using men's names for half of the storms. Meteorologists for the Atlantic Ocean began using men's names in 1979. For each year a list of 21 names, each starting with a different letter of the alphabet, was developed and arranged in alphabetical order (names beginning with the letters Q, U, X, Y and Z were not used). The first tropical storm of the year was given the name beginning with the letter "A," the second with the letter "B" and so on through the alphabet. During even-numbered years, men's names were given to the odd-numbered storms and during odd-numbered years, women's names were given to odd-numbered storms (see the table for recent name lists).

Today, the World Meteorological Organization maintains the lists of Atlantic hurricane names. They have six lists which are reused every six years.

### Retired Hurricane Names

The only change that is made to the list of Atlantic hurricane names is the occasional retirement of a name. This is done when a hurricane causes so much death and destruction that reuse of the same name would be insensitive to the people who suffered losses. When that happens the World Meteorological Organization replaces the name. For example, "Katrina" has been retired from the name list and will not be used again.

### When There Are More Than 21 Named Storms

There are normally fewer than 21 named tropical storms in any calendar year. In the rare years when more than 21 storms are named, the additional storms are given names from the Greek alphabet: Alpha, Beta, Gamma, Delta are used for their names.

Atlantic Hurricane Names					
2017	2018	2019	2020	2021	2022
Arlene	Alberto	Andrea	Arthur	Ana	Alex
Bret	Beryl	Barry	Bertha	Bill	Bonnie
Cindy	Chris	Chantal	Cristobal	Claudette	Colin
Don	Debby	Dorian	Dolly	Danny	Danielle
Emily	Ernesto	Erin	Edouard	Elsa	Earl
Franklin	Florence	Fernand	Fay	Fred	Fiona
Gert	Gordon	Gabrielle	Gonzalo	Grace	Gaston
Harvey	Helene	Humberto	Hanna	Henri	Hermine
Irma	Isaac	Imelda	Isaias	Ida	Ian
Jose	Joyce	Jerry	Josephine	Julian	Julia
Katia	Kirk	Karen	Kyle	Kate	Karl
Lee	Leslie	Lorenzo	Laura	Larry	Lisa
Maria	Michael	Melissa	Marco	Mindy	Martin
Nate	Nadine	Nestor	Nana	Nicholas	Nicole
Ophelia	Oscar	Olga	Omar	Odette	Owen
Philippe	Patty	Pablo	Paulette	Peter	Paula
Rina	Rafael	Rebekah	Rene	Rose	Richard
Sean	Sara	Sebastien	Sally	Sam	Shary
Tammy	Tony	Tanya	Teddy	Teresa	Tobias
Vince	Valerie	Van	Vicky	Victor	Virginie
Whitney	William	Wendy	Wilfred	Wanda	Walter

## LIGHTNING SAFETY

Lightning is one of the most underrated severe weather hazards, yet ranks as one of the top weather killers in the United States. Lightning strikes in America kill about 50 people and injures hundreds of others each year.

While most lightning casualties occur at the beginning of an approaching storm, a significant number of lightning deaths occur after the thunderstorm has passed. If thunder is heard, then the storm is close enough for a lightning strike. It is very important to seek safe shelter immediately.

When you hear thunder or see lightning, you should immediately seek safe shelter — a building with electricity and/or plumbing or a metal-topped vehicle with the windows closed. Picnic shelters, dugouts, small buildings without plumbing or electricity are **not** safe.

Once inside, follow these important safety tips:

- Stay off corded phones. You can use cellular or cordless phones.
- Don't touch electrical equipment or cords.
- Avoid plumbing. Do not wash your hands, take a shower or wash dishes.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors or lean against concrete walls.

Nowhere outside is safe when thunderstorms are in the area. Run to a safe building or vehicle when you first hear thunder, see lightning or observe dark threatening clouds developing overhead. Stay inside until 30 minutes after you hear the last clap of thunder.

Here are a few myths about lightning. Sometimes what we believe is not the truth.

**MYTH:** If you're caught outside during a thunderstorm, you should crouch down to reduce your risk of being struck.

**FACT:** Crouching doesn't make you any safer outdoors. Run to a substantial building or hard topped vehicle. If you are too far to run to one of these options, you have no good alternative. You are NOT safe anywhere outdoors.

**MYTH:** Lightning never strikes the same place twice.

**FACT:** Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit an average of 23 times a year.

**MYTH:** Rubber tires on a car protect you from lightning by insulating you from the ground.

**FACT:** Most cars are safe from lightning, but it is the metal roof and metal sides that protect you, NOT the rubber tires. Remember, convertibles, motorcycles, bicycles, open-shelled outdoor recreational vehicles and cars with fiberglass shells offer no protection from lightning. When lightning strikes a vehicle, it goes through the metal frame into the ground. Do not lean on the doors during a thunderstorm.

**MYTH:** A lightning victim is electrified. If you touch them, you'll be electrocuted.

**FACT:** The human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid. This is the most chilling of lightning myths. Imagine if someone died because people were afraid to give CPR!

**MYTH:** If outside in a thunderstorm, you should seek shelter under a tree to stay dry.

**FACT:** Being underneath a tree is the second leading cause of lightning casualties. Better to get wet than fried!

**MYTH:** If trapped outside and lightning is about to strike, I should lie flat on the ground.

**FACT:** Lying flat increases your chance of being affected by potentially deadly ground current. If you are caught outside in a thunderstorm, you keep moving towards a safe shelter.

### Lightning Quick Facts

1. **Lightning often strikes the same place repeatedly if it is a tall, isolated object.**
2. **Most lightning victims are in open areas or near a tree.**
3. **Lightning strikes the U.S. about 25 million times each year.**
4. **Lightning can heat its path through the air to five times hotter than the surface of the sun.**

