

The Westbrook Chatterbox

Hello sweet people!

“AJ” here, welcoming you to October! Now that Autumn has officially started, we can look forward to seeing the leaves change colors as we enjoy fall scents of apple, pumpkin and hot chocolate.

It's almost time to take my 3 little ones; Lilly, Macie and Jaxon to the “pumpkin patch” to search for that perfect pumpkin to carve! October is great for kid play, as we head to the “patch”, decorate with jack ‘o’ lanterns on the front porch steps, bobbing for apples, tractor rides and of course “trick or treating” on the last- but certainly not least, day of the month.

As a mom, this month is full of brainstorming to come up with the best idea(s) for our ‘non-scary’ Halloween costumes. My kids LOVE dressing up and since having our oldest daughter, Lilly, we have dressed up as a theme all together. We have been the “Incredibles” superhero family, “Trolls” and the “Wizard of Oz”. I enjoy the challenge of trying to hand craft the majority of the costumes and props, just as my mother did for me when I was little. Did you dress up or dress up your children when they were young? It brings me much joy to hear the giggles when they suit up in their new character for the night to go “Trick or Treat-ing”. There's just something bright about letting their imaginations come to life!

I hope you have a “spook-tacular” month ahead and don't fill up on too much candy!

- Amalia, also known as “AJ”



Pumpkin Chucking

Pumpkin chucking, or for rhyming purposes Punkin Chunkin and Pumpkin Chunking, is the sport of hurling or 'chucking' a pumpkin solely by mechanical means for distance. The devices used include slingshots, catapults, torsion, centrifugals, and air cannons.

Punkin chunkin competitions, formal and informal, exist throughout the United States in the autumn, and often occur when pumpkins are harvested.^[1] World Championship Punkin Chunkin, held annually in November in Delaware by the World Championship Punkin Chunkin Association (WCPCA), was the first and largest annual competition. The event began in 1986, and in 2010 featured over 100 teams, but in 2014 and 2015 it was not held due to logistical problems. It was held in 2016, but in the statement on the WCPCA website, the event in 2017 was cancelled due to a lawsuit from an injury in 2016 and its future is uncertain. A European Championship has been held in Bikschote, Belgium each year since 2004.

The Guinness world record shot is held by a pneumatic cannon dubbed "Big 10 Inch", at 5,545.43 feet (1,690.25 m), on September 9, 2010 in Moab, Utah. The shot received certification from Guinness World Records in early February 2011.^[3] It has also competed many times at the WCPC event in Delaware. The WCPCA World Record, which includes only shots made at the annual World Championship event, is held by Team American Chunker, captained by Brian Labrie of New Hampshire at 4,694.68 feet (1,430.94 m) on November 1, 2013, in Bridgeville, Delaware, the longest shot in event history. The difference in results between Delaware and Utah could be due to the higher, thinner, drier air found in Utah providing less resistance and drag, thus greater range.

The range achieved by devices greatly depends on their mass, shape, and size; the yield limits, stiffness, pitch, and elevation of the hurler; and the weather. The pumpkin is another important variable since sabots are often prohibited in competitions. The most common pumpkin varieties used are Caspers, Luminas, and La Estrellas – these varieties typically have thicker rinds and can better withstand the forces of launch. One of the core rules for competition is that the pumpkin must remain whole after leaving the device until hitting the ground for the chunk to count. Pumpkins that burst after leaving the barrel or sling — resulting in the "shot" being disqualified in the WCPC rules — are referred to as "pie" (short for "pumpkin pie in the sky").

Types of Punkin Chunkin Machines

Punkin Chunkers have a few options when it comes to streaking the skies with squash. All are based on the concept of force, power and torque:

Air Cannon - Any machine using compressed air to launch a pumpkin is called an air cannon. Air is compressed into a tank. When the constraint holding that air is removed, air expands back to its normal volume. The result is released air acts like a spring and forces the pumpkin through the tube at great volume, expelling the pumpkin out.

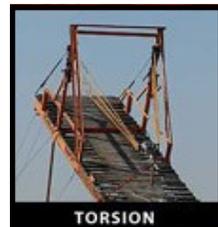
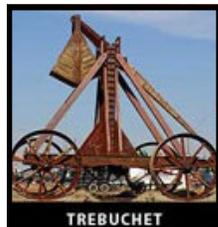
Catapult - A machine using stretched springs or rubber bands, which store energy. When the springs or bands are pulled and then released, the stored up energy is transferred to the arm of the device, which hurls the pumpkin.

Torsion - A Torsion machine is any device that uses twisted rope as its primary source of power. It relies on a rope that works by torsion or twisting. The rope stores mechanical energy when it is twisted. The amount of force it releases is proportional to the amount it is twisted.

Centrifugal - Any machine with an arm that spins at least 360 degrees to launch a pumpkin. The basic idea in a centrifugal is to accelerate a pumpkin by spinning it in a circle many times, with each rotation gaining more and more momentum until it can build up enough energy to propel the pumpkin forward.

Trebuchet - The basic idea of a trebuchet is to transform the potential energy stored in the lifted heavy mass into the kinetic energy that is the motion of the smaller mass (the pumpkin). It uses a short arm, which is weighted down with a heavy object to counterbalance against the long arm, where the projectile (the pumpkin) is placed. When the heavy mass of the short arm falls down, it provides energy to fling the long arm.

There is an event called Pumpkin Chunkin Palooza that takes place in the Lake of the Ozarks every year in late September. There is even rumor of a pumpkin chunkin catapult at the Fun Farm here in Kearney.

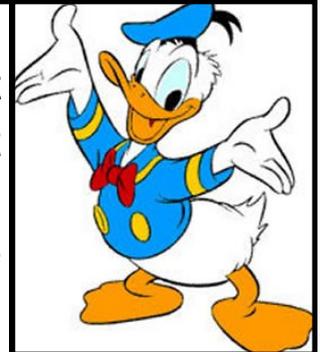


HELLO OCTOBER

This is For Real!!!

They say you should never talk about politics on a first date but bringing up Sweden's Donald Duck Party might be an exception. For the past 20 years, the cartoon character has received enough write-in votes to become the country's 9th most popular political party. The cartoon's best showing was in 1985 when he received 291 votes.

Sadly, he won't be taking the office anytime soon as voters are now prohibited from voting for fictional characters.



Halloween was confusing. All my life my parents said, "Never take candy from strangers." And then they dressed me up and said, "Go beg for it." I didn't know what to do! I'd knock on people's doors and go, "Trick or treat." "No thank you." ~ Rita Rudner



Halloween Candy Humor

"Candy was my whole life when I was a kid. The first 10 years of my life, I think the only clear thought I had was, 'Get candy.' That was it. Family, friends, school—they are just obstacles in the way of candy,"
"So the first time you hear the concept of Halloween, your brain can't even process the information. You're like, 'What is this? What did you say? What did you say about giving out candy? Who's giving out candy? Everyone that we know is just giving out candy?! Are you kidding me?'"
~ Jerry Seinfeld





Red Cross Pharmacy will be here to administer flu shots on Thursday, October 4th at 2:00pm. The consent forms are available in the Dining Rooms. Please have this form filled out and either turned into the Activity Office or bring it with you when you come to the Social Room

for the flu shot. This will greatly speed up the process. You will receive a number when you first arrive. Please have a seat and enjoy the company of others until your number is called. Thank you for your patience.



IMPORTANT INFORMATION!!!!

For Halloween this year, we will be welcoming some children from the new Kearney School District's Early Education Center. They will be presenting a short program and then will trick or treat. If you wish to participate in the treat

or treating, please purchase enough individually wrapped candy for 30 children. We will have the chairs in a horseshoe and the kids will walk by in front of you with their bags.

Hey! Libraries CAN be fun!!

Marge Little, a resident here at Westbrook, asked that we remind folks that our library program activities are outstanding and to please come out! Terri and Jane from Mid Continent Public Library take time to put together programs and visit Westbrook every third Tuesday of the month. They bring riddles, fun facts and conversation starters. Every other month they focus on a book but it's not necessary to read it! They pull out points of interest in the book so everyone can participate.

Please go to our website at www.westbrookcarecenter.com or check us out on Facebook - Westbrook Villas or Twitter at #Westbrookcarecente.

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"My mom gets everything she needs whenever she needs it. The food is excellent, the place is nice, and they keep it clean." James K

Featured Resident – Alice Strathman

Alice was born and raised in Cleveland, OH. She was the middle of three children born to George and Alice Wilhelm. She had a happy childhood growing up right on the shores of Lake Erie. She fondly remembers spending long summer days playing on the beach and the beach parties they threw when she was in high school. She loved the socialization of high school and enjoyed her gifted classes. She loved dancing and was named “Best Dancer” of her senior class. After graduation, she worked for a year doing secretarial work at an export office before attending college at Kent State.

During her sophomore year of college, her friend, John, set her up on a blind date with his next door neighbor. Eugene Strathman was a gorgeous football player attending Case Western Reserve. They started dating and married a year later in June 1953. Eugene was a junior at Case Reserve and they lived in Cleveland until he graduated. Alice got pregnant right away and baby Gene was born in 1954 and attended his dad’s college graduation.

Gene was ROTC and upon graduation, they became an Air Force family. Their first duty station was San Antonio, TX. They were stationed there for four years and where their son, Michael, was born in 1956. Their next duty station was Tokyo, Japan, for three years, then Duluth, MN, for three years, Colorado Springs for four years (where Mark was born in 1966), Petaluma, CA, for a year before being stationed at Richards Gebaur in Belton, MO.

San Antonio was Alice’s first time away from Ohio – quite the adjustment – newly married, a new mother and a totally new lifestyle and location where she knew no one. Japan was an even bigger culture shock for Alice. She lived in a rice paddy for the first year before getting base housing. She said it would be so cold in the winter that each morning she could see her footprints in the frost on the floors. They couldn’t drink the water and had to haul it over from the base. Once they had base housing, she acquired a maid. Everyone had them. Alice felt she was on an endless vacation because the maid did absolutely everything for her. Their little family, Gene, Alice, Gene and Michael, would go exploring on weekends, wandering down the Ginza, Tokyo’s main street which was a shopping and restaurant mecca. The Japanese women were fascinated with the boys blond hair – so different from their own. Alice also had a seamstress. She loved the silks and imported fabric. She would pick out the material and a picture of an outfit, give it to the seamstress on Friday morning and by the end of the day, she would have a new outfit. The biggest shock for her was the public co-ed bath houses. The whole family went but Alice was the one staring at the ceiling while they bathed so she wouldn’t see anything she didn’t want to see. Duluth, MN, was next and very cold. The boys wore their thermals from October to April. She said, “You don’t know cold until you live in Duluth!” The snow piled up and never melted until spring. Next was Colorado Springs. They bought a brand new house right outside of The Garden of the Gods. The boys hiked the park from morning until night. While stationed there, Eugene was sent to Vietnam for a year. After Gene returned from Vietnam, they got a plush assignment in the San Francisco area. Petaluma, CA, was a beautiful country club styled base and they lived there a year before getting a new assignment at Richards-Gebaur Air Force Base in Belton, MO.

In 1969, Alice and Eugene divorced. Eugene bought her and the boys a small house in Belton and went on to his next duty station. Alice got a job with the City of Belton. Her boss was a retired Air Force colonel. After hearing her history he told her if she could pass a dictation test, he would get her a job. She did even though she hadn’t done any secretarial work in over a decade.

Soon she sold the small house and bought a new house for her and the boys in 1970. Belton was a small town and the boys were athletically inclined. So she didn’t have to worry about them getting into trouble. They went to school and sports were after school. The boys pitched in as well. They worked part-time jobs and paid for half of their wants and needs. She worked for 23 years and retired as the city clerk for Belton in 1993. In 2000, she paid off the thirty year mortgage on her house. Hallelujah!

In 2001, she sold the house and moved to The Tuilleries in Overland Park. She enjoyed the community. They would put on shows using show tunes with the words changed to tell whatever their story was at the time. Alice plays piano by ear and was their accompanist. In 2008, Alice moved to Liberty to be closer to Mark and Melinda and the new grandbabies.

In January of 2018, Alice collapsed in her apartment. She had a bacterial infection that sapped her strength and appetite. She knew that she would not be able to live on her own anymore. After two months of being in and out of the hospital, Alice moved to Westbrook. Her kids found and furnished her apartment for her. She likes the sense of community, how comfortable the facility and her apartment are, and she likes all the different interesting activities.

Alice’s faith is very important to her. While in Japan, her neighbor encouraged Alice to attend church with her. Alice believed in God but did not have a personal relationship with Him. She started attending church and was confirmed by a bishop in the Episcopalian Church. Alice loves having Bible study, Sunday School and church all available to her right here. She says because of the fellowship at Westbrook, she is continuing to grow spiritually. She says that it’s a hard world we live in and we need God. He never leaves or disappoints us.

Alice has two sons (Gene passed away at age 55 due to a heart condition), six grandchildren and four great grandchildren.

Fight the Flu

How to protect yourself from all types of flu:

- Get a seasonal flu shot each year.
- Wash your hands frequently with soap and water. Use an antibacterial hand sanitizer if soap and water is not available.
- Don't touch your eyes, nose or mouth.
- Clean common surfaces like doorknobs, faucets and telephones.
- Don't share personal items with anyone, not even family members.
- Keep a distance from people who are sick.
- Keep your immune system strong with regular physical activity, plenty of rest and healthy food choices.
- Lower your stress level.
- Stop smoking.
- Drink plenty of water.

Definition of seasonal flu: a respiratory illness that occurs each year and is passed easily from person to person. Most people have some immunity and a vaccine is available. Each year, seasonal flu causes nearly 36,000 deaths in the United States.

Definition of pandemic flu: a new strain of flu that spreads easily from person to person and causes widespread illness and death. There have been four influenza pandemics: 1918 Spanish Flu, 1957 Asian Flu, 1968 Hong Kong Flu and 2009 Novel N1H1 influenza.

Difference Between the Cold and the Flu

SYMPTOMS	COLD	FLU
Fever	Rare	Usually present
Body Aches	Slight	Usually present, often severe
Chills	Uncommon	Fairly Common
Fatigue	Mild	Moderate to severe
Coughing	Hacking, productive cough	Dry, unproductive
Sneezing	Common	Uncommon
Stuffy Nose	Common	Common
Sore Throat	Common	Common
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common
Appetite	Normal	Decreased
Symptom Onset	Develop gradually	Sudden onset
Vomiting/Diarrhea	Uncommon	Common
Treatment	<p>Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains</p>	<p>Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever Antiviral medicines (see your doctor)</p>