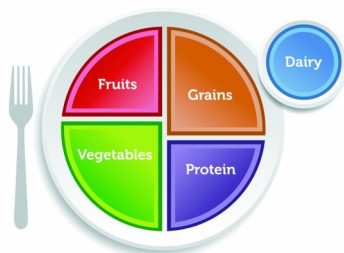


## Inside View

*For the next few months, members from the Leadership Team will use this column to share their thoughts and vision for Westminster Towers*



As the Towers Chef I am enjoying the daily challenge to nourish you with familiar favorites and a few unexpected delicacies.

But let's be real—sometimes you might

need a little snack between lunch and dinner or before bedtime.

Healthy snacks can keep your energy and your sugar levels even—especially when you include a combination of foods recommended by the USDA My Food Plate.

Grains, fruits, vegetables, nuts, dairy and protein come in a variety of choices and are excellent to ward-off the “munchies.”

My personal favorite late evening snack when I'm really hungry is a peanut butter, jelly and banana sandwich.

Fresh popped popcorn, lightly salted and buttered, is also on my favorite list; and when I'm hungry for something sweet and light I enjoy a yogurt dressed up with a little granola. I've also been known to sprinkle granola over cottage cheese and peaches.

Store-bought granola is ok, but making your own guarantees it's fresh and preservative free.

### Gary's Great Granola

- 1 c. brown sugar
- 1 c. honey
- 1 c. oatmeal
- 1/2 c. cranberries
- 1/4 c. flax seed
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 1 tsp. lemon juice
- A pinch of salt

Mix thoroughly, spread on a cookie sheet and bake at 350° for 20 minutes. Cool, then break it up and store in an air tight container.



**Chef Gary Propst**

# Life-Long Learning:

## Fraud Identification and Prevention



Deputy Sheriff Kim Morehouse presenting a lecture on Fraud Identification to our Towers residents.

Last February one of our very own neighbors received a phone call from a young man who was crying, asking for “Grandma,” of course Grandma was upset when she heard the tears in his voice and said, “Is this Chris or Eric?” That gave the scammer information to continue the ruse...He went on to tell “Grandma” that he had been hurt, needed medical

attention and was in jail and then he asked her to wire him \$3000! He also begged “Grandma” not to tell his parents and urged her to send the money immediately.

She admits that if our bank would have been open at the time of the call she would have withdrawn and wired him the money without thinking twice.

Fortunately for our neighbor, this story had a happy ending. She didn’t send any money and shortly after that horrible conversation, her REAL grandson called to wish her a Happy Valentine’s Day — he was just fine and hadn’t been anywhere near a jail.

As part of Life Enrichment’s Life-Long Learning Program, York County Deputy Sheriff, Kim Morehouse came to the Towers to talk about telephone scams and how to avoid them. She explained it’s not unusual for senior adults to be targeted by crooks like these. We’re easy targets because our generation is law-abiding, compassionate and trusting, especially when it comes to our grandchildren and great-grandchildren!

Morehouse told the group who attended the March lecture most of the scams originate from

overseas and they are nearly impossible to trace, but that shouldn’t stop you from contacting the Rock Hill Police Department if you encounter one of these scoundrels.

Morehouse had some tips to avoid being scammed:

- If you receive a phone call from someone you don’t know—hang up. Especially if they are hard to understand.
- Never, ever, ever wire or send money to someone you don’t know.
- Protect your identity—do not give anyone your Social Security number, bank information, birth date, especially if you didn’t contact them first.
- Be aware that law enforcement agencies will NEVER request or demand money from you.
- Don’t let anyone pressure you to make a quick decision without the benefit of speaking to a family member or someone you know and trust.
- If you get such a call, discuss with Towers staff at once.
- And lastly — if it sounds too good to be true, it’s probably too good to be true!

After the lecture Morehouse invited us to ask her questions about scams, or police work in general. The group had lots of good questions, but was especially intrigued with the equipment she carried on her belt: a police radio, badge, handcuffs, taser and baton, along with a 40 caliber handgun — all of which looked like it weighed about as much as she did!



Morehouse answering questions after the lecture.

~ Bette Christensen



# Democrats on the Band Wagon

Local community bands flourished in a rather narrow slot of time, roughly from the end of Reconstruction (1877) until our entry into World War I (1917).

The Rock Hill Cornet Band's beginnings were directly connected to Wade Hampton's visit to the town during his campaign for governor. The 12-member band was made up mostly of Main Street merchants with John Gary Anderson, of later Anderson Car fame, playing the bass drum.



Photo: USA-The Internet Bandsman's Everything Within



John Gary Anderson, 1898

The Rock Hill Cornet Band had its own band wagon painted in gold and yellow much like a circus cart. Band members rode on top of the wagon which was pulled by either two or four horses.

In 1883 the

Blairsville Cornet Band was formed to represent the western part of York County under the direction of T.B. Herndon. The band had 11 members, six of them bearing Plexico as

a surname, four Robinsons and William Lucas. They were frankly political, stating that their music was necessary to ensure a Democratic Party success in York County. They paraded the principal streets of Yorkville prior to elections.

In December of the same year, 1883, western York saw another band formed — the Hoodtown Silver Cornet Band under Capt. S.S. Plexico.

~ Louise Pettus

*Editor's Note: John Gary Anderson died in 1937. Towers Health Center resident, **Mary Hardin** is related to John Gary Anderson through marriage; he was her husband's grandfather.*

**"Music does bring people together. It allows us to experience the same emotions. People everywhere are the same in heart and spirit. No matter what language we speak, what color we are, the form of our politics or the expression of our love and our faith, music proves: We are the same."**

**~ John Denver**



# The Bride Ship

## A Journey to Remember

70 Years Ago

7 April 1946 — 7 April 2016

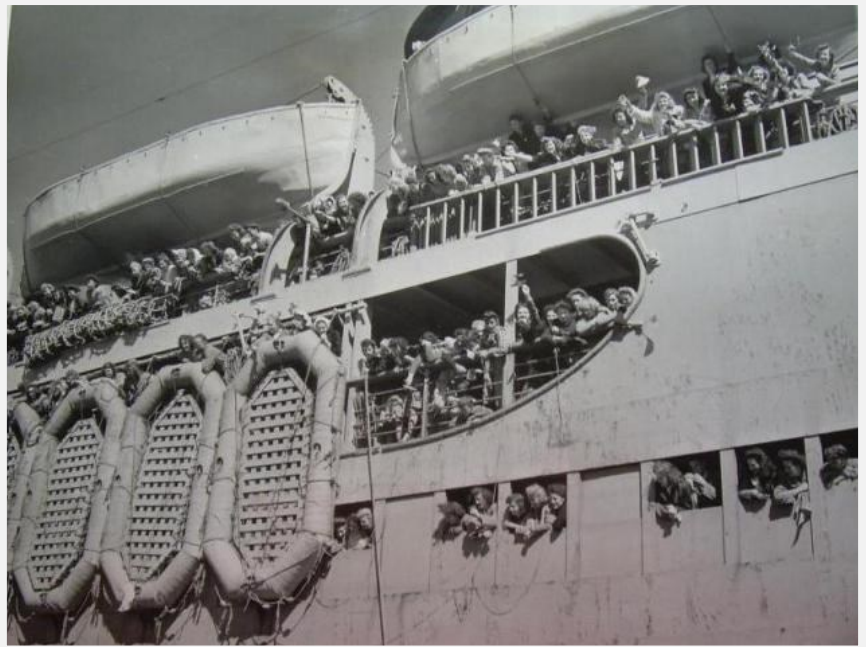
Such a long time since I left my country to begin a new life in a new country.

In January 1942, all of our men were away fighting in North Africa and Burma. Only young boys and old men were left. When the U.S. entered the war in December 1941, they knew they had to defend Australia from the Japanese. By January 1942 there were thousands of soldiers arriving by ship, all along the east coast of Australia from Brisbane to Melbourne. They quickly began building aerodomes as repair stations near the war zone.

One base was built 15 miles from our small town. I got a job on the base as an office girl and this is where I met my husband, Judson Drennan Jr. a 2nd Lt. in Ordinance attached to the 4th Air Depot Group.

At the end of World War II in 1945 there were thousands of war brides, between the ages of 16-25 and their babies who had to be transported to the U.S. My one-year old baby, Jennifer and I were among them. Two luxury line ships, the Lurline and the Monterey had to be converted to suitable spaces for mothers and babies.

Three double bunks were placed in each small cabin for three mothers and three babies. There was just one small port hole for



Australian and New Zealand war brides of American GI's line the rail of the liner Monterey as it berthed at a pier in San Francisco, March 4, circa.1945. Some of them hold babies which have not been seen by their fathers. 562 brides were aboard the vessel. *Associated Press Photo*

ventilation—there was no air conditioning at the time. The mother and her baby unlucky enough to be nearest the port hole had to be careful that the baby didn't fall out of the port hole. I was that mother in our cabin!

A huge area in the bottom of the ship became the play area for the babies. This gave the mothers some free time to sun bake on deck, play cards or socialize with friends. I did not leave Jennifer there.

The American Red Cross was very kind to us. As we came on board they gave each

mother a toilet kit, and each baby was given a beautiful handmade blanket, and a handmade stuffed animal, all made by Girl Scouts in the U.S.

Our ship, the Monterey, had 650 war brides with \$50 in their pockets and 250 babies - mostly under the age of two, in their arms.

After a very sad and tearful goodbye to our families on the wharf, we sailed out of Sydney Harbor to begin our long two-week trip across the huge Pacific Ocean, and then one more week across the continental U.S.



*Australian Women's Weekly*

Our first stop was the Fiji Islands. We were not allowed to get off the ship, but that did not stop the natives from trading with us. They would hold up necklaces made from tortoise shells with silver inlay. If anyone nodded that they wanted it, the native would throw the necklace up to the ship and we would throw the money down.

As the ship pulled away, the natives began throwing fruit into the sea — oranges, lemons, grapefruit and pineapples. This was their way of saying farewell. Soon there was a beautiful carpet of fruit laid out in front of us of different colors. It was a fantastic sight to see!

We had a big celebration when we crossed the Equator. King Neptune climbed on board and we had a party on deck. He signed certificates for all of us saying we had crossed over his domain.

Our next port was Honolulu. This time we were allowed to get off the ship. As we got off the ship we were given a lovely fresh flower lei to wear.

We had a wonderful feast of fresh fruit and were treated to hula dancers performing for us.

All good things were happening until suddenly measles and chicken pox broke out on the ship. We arrived at San Francisco under the quarantine flag and some brides were taken off the ship by stretcher.

The wives who were being met at San Francisco were allowed to get off first. We watched as they were seeing their husbands in civilian clothes for the first time. A few looked quite shocked. A few girls had no one to meet them. It was very sad.

Tired as Jennifer and I were after two weeks at sea, we still had to travel six days across the U.S. Finally it was my turn to arrive 'home' to Rock Hill and it was wonderful to see my husband after being separated for a year!

Of course, the trip across the Pacific Ocean was only the beginning of my adventure with Judson; our family was blessed with three more children after Jennifer — Judson III, Sally and Robbie.

~ Jeanette (Pix) Drennan

**In their hearts humans plan their course, but the LORD establishes their steps. Proverbs 16:9**

## I REMEMBER WHEN LIFE SEEMED SIMPLER...

### A POEM TO WHICH I CAN RELATE

I remember the bologna of my childhood,  
And the bread that we cut with a knife,  
When the children helped with the housework,  
And the men went to work not the wife.

The cheese never needed a fridge,  
And the bread was so crusty and hot,  
The children were seldom unhappy,  
And the wife was content with her lot.

I remember the milk from the bottle,  
With the yummy cream on the top,  
Our dinner came hot from the oven,  
And not from a freezer; or shop.  
The kids were a lot more contented,  
They didn't need money for kicks.  
Just a game with their friends in the road,  
And sometimes the Saturday flicks.

I remember the shop on the corner,  
Where cookies for pennies were sold  
Do you think I'm a bit too nostalgic?

Or is it...I'm just getting old?  
Bathing was done in a wash tub,  
With plenty of rich foamy suds  
But the ironing seemed never ending  
As Mama pressed everyone's 'duds'.

I remember the slap on my backside,  
And the taste of soap if I swore  
Anorexia and diets weren't heard of  
And we hadn't much choice what we wore.

Do you think that bruised our ego?  
Or our initiative was destroyed?  
We ate what was put on the table  
And I think life was better enjoyed.

Author ~ Unknown



Don Hunt

If you can remember those  
days...continue to enjoy your retirement  
and may God continue to bless you!

~ Don Hunt, President of the Resident's  
Association

## Introducing

Anna Banks

Apt. 611



## Advice From a Tree

**Stand tall and proud  
Go out on a limb  
Remember your roots  
Drink plenty of water  
Be content with your  
natural beauty  
Enjoy the view**

**Yes, you can choose your neighbors!**  
And choosing a new neighbor can be very rewarding.



Get details at the  
Marketing Office.





## Capital Campaign

Harry and Kathy Emerson  
Frank Kiser

## Endowment Fund

Howard and Donna Sternlieb

### In honor of Lorraine Ernandez

Anonymous

### In memory of Bill Holley

Joanne Cauthen  
Marvin J. Pinson Jr.

### In memory of Buddy Culp

Joanne Cauthen  
Vernon Sumwalt

### In memory of Edythe Martin

Joanne Cauthen  
Vernon Sumwalt

### In memory of Posey Belcher

Buddy and Reba Brooks  
Joanne Cauthen  
Vernon Sumwalt

### In memory of Charlie Hawkins

Joanne Cauthen

### In memory of Linda Feemster

Dorothy Kerr  
Sara Rooks

### In memory of Lillian Thompson

Carolyn Wilson

### In memory of DuBreil Epps

Harry and Dorothy King

## General Fund

Howard and Donna Sternlieb  
Stephen Conrad

*Any gift to the Endowment, Capital  
Campaign or Employee Assistance  
Fund can be made in honor or in  
memory of a loved one or neighbor.*

*Thank  
you*

## Life is like a camera...



**FOCUS** on what's important;  
**CAPTURE** the good times;  
**DEVELOP** from the negatives;  
And if things don't work out  
**TAKE ANOTHER SHOT**

## In loving memory of Linda Feemster



"Even though I walk through  
the darkest valley, I will fear no  
evil, for you are with me; your  
rod and your staff, they comfort  
me."  
Psalm 23:4



**Lois Russell** enjoying the  
benefits of adult coloring — the  
latest trend for creative adults  
who want to sharpen their focus  
and relieve stress.

# New Lobby Hours

Effective March 27 the Towers Reception Desk will be staffed between the hours of 8 a.m. and 7 p.m.

Between the hours of 7 and 9 p.m., the motion sensor to the inside door will be deactivated.

To enter the building use the security code — the key pad is located near the telephone in the vestibule. The security code is the same one at all exterior doors.

You will not need the security code to exit the building between 7-9 p.m.

To enter the building through the front Lobby after 9 p.m., please dial 5000 on the telephone located between the automatic door sets in the vestibule. To leave the building through the front Lobby door after 9 p.m. or before 7 a.m., please dial 5000 prior to leaving your apartment to request assistance from the security staff.

## Tune into Channel 98 — Westminster Presbyterian Church 99 — for Towers News

Westminster Towers, an extension of the ministry of Westminster Presbyterian Church, was founded on the theological principles and values of the Presbyterian Church in America. Our mission is to provide services that inspire, encourage, and empower seniors, while demonstrating the love of Christ to support individual well-being.

*Westminster Windows* is published monthly for the residents, staff and friends of Westminster Towers continuing care retirement community.

Submissions and column ideas are welcomed in writing to the following members of the newsletter committee (submissions will not be returned, and they will be used according to space availability and content appropriateness).

Editor, **Bette Christensen**; Newsletter Committee — **Ginny Dunn**, *Chair*, **Louise Clark**, **Vernon Sumwalt**, **Bob Benson**, **Pinky Funderburk**, **Gaylon Syrett**; Residents' Association President, **Don Hunt**; Interim President and CEO, **Jim Bright**; Director of Life Enrichment, **Amy Laughlin**.

## Opening April 4



**Urgent Care  
Primary Care  
Clinic**

## Riverview @ The Towers

**Located in the  
Lower Level**

**HOURS**  
**8—noon**  
**Monday**  
**Wednesday**  
**Friday**

**803-328-WELL (9355)**

