



2012



# Alaska Veterans and Pioneers Home

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### Activities

- Mondays @ 9:30  
Social Group
- Tuesdays @ 9:15  
Manicures
- Tuesday @ 1:15  
Bingo
- Fridays @ 2:30  
Ice Cream Social
- Saturdays @ 1pm  
Movie & Popcorn
- 6th is Election Day activities will have a sign up sheet for transportation times to the polls
- 11th @ 2:00  
Veterans Ceremony
- 12th @ Noon  
Pioneer's Birthday
- 15th @ Noon Home wide Winter Potluck
- 21st @ 5:00  
Festive Meal
- 22nd is Thanksgiving
- 29th @ 1:15 American Legion in Wasilla

## From our Administrator

Alaska is the “last great frontier” and I have heard stories of staff and residents who came to Alaska for no other reason than adventure. While visiting with Mary Gannon, who reminded me she is turning 90 next month, she shared with me some of the adventures her and her husband Jack, experienced together. “When Jack and I got married we decided we wanted to travel and have adventure so we drove from Massachusetts to Delta (Junction)”. Amazingly this short trip turned into a lifestyle, as they ended up staying on as campground managers there for the next 20 years. As she told me the story I could see in her eyes and hear in her voice how exciting and fulfilling those times were. Life is an adventure and our elders teach us how to stay fresh and enjoy the events as they come.



Joshua Shaver

On another note, I want to really encourage and invite family members to enjoy our monthly Sunday Brunch, held the first Sunday of each month. There is a nominal cost for visitors but well worth it. We love visitors so we encourage staff to have their family visit on their breaks and of course this is a great opportunity for friends and family of our elders. The next one will be November 4<sup>th</sup>. Hope to see you there!





While many realize that Veterans Day, which always falls on November 11, is a day to honor our Veterans, few realize the historical significance behind the day.

Veterans Day originated as Armistice Day and marked the end of hostilities of World War I that occurred at the 11th hour on the 11th day of the 11th month. Therefore, the day is always recognized on November 11th, regardless of the day of the week the 11th falls on.

In 1919, President Wilson commemorated the first Armistice Day with these words:

*"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."*

The day was originally set aside to honor the Veterans of World War I with a day of parades and remembrances as well as a pause in activities at 11am on the day. In 1938, it was made a legal federal holiday for all.

However, after World War II and the Korean War, Congress recognized a need to expand the meaning of the day to recognize all of our Veterans and not just those of World War I.

In 1954, the word "Armistice" was replaced with "Veterans" as a way to formally include all Veterans of all American wars in the day of remembrance.

Today, Veterans Day is a federal holiday which many cities celebrate with parades and ceremonies.

In Washington, D.C., there are ceremonies throughout the city including a wreath laying at Arlington National Cemetery.

Veterans Day is a day not only to remember those who died in service to our country, but also to recognize those who continue to serve today.



October 11<sup>th</sup> Quilts of Valor presented hand-made quilts to each of the Veterans at our home. Quilts of Valor is a nationwide organization that presents quilts to Veterans all over the United States. Since it was started they have presented over 7000 quilts. The ceremony was wonderful. Many thanks to all that were involved, the presenter Linda Kau, VFW and all the people that made the quilts.



# From our Kitchen

## Sunday Brunch!

On the first Sunday of every month from 8 A.M. – 2 P.M. we are serving a buffet style brunch. We will serve breakfast foods and pastries, have an omelet station to cook eggs and omelets to order and have some lunch additions starting at 11:00 A.M. The cost for guests is \$8.00 for adults and \$5.00 for kids 12 and under. We hope to see you here on the first Sunday of each month for good food and good times with friends and family.



# Happy Thanksgiving!

Thanksgiving is a holiday celebrated in the United States on the fourth Thursday in November. It has officially been an annual tradition since 1863, when, during the Civil War, President Abraham Lincoln proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens," to be celebrated on Thursday, November 26.

The event that some Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims to give thanks to God for guiding them safely to the New World. The first Thanksgiving feast lasted three days, providing enough food for 53 Pilgrims and 90 Native Americans. The feast consisted of fish (cod, eels, and bass) and shellfish (clams, lobster, and mussels), wild fowl (ducks, geese, swans, and turkey), venison, berries and fruit, vegetables (peas, pumpkin, beetroot and possibly, wild or cultivated onion), harvest grains (barley and wheat), and the Three Sisters: beans, dried Indian maize or corn, and squash. The New England colonists were accustomed to regularly celebrating "thanksgivings"—days of prayer thanking God for blessings such as military victory or the end of a drought.

It is continued in modern times with the Thanksgiving dinner, traditionally featuring turkey, playing a central role in the celebration of Thanksgiving.

In the United States, certain kinds of food are traditionally served at Thanksgiving meals. Firstly, baked or roasted turkey is usually the featured item on any Thanksgiving feast table (so much so that Thanksgiving is sometimes referred to as "Turkey Day"). Stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, sweet corn, various fall vegetables (mainly various kinds of squashes), and pumpkin pie are commonly associated with Thanksgiving dinner.

[http://en.wikipedia.org/wiki/Thanksgiving\\_\(United\\_States\)](http://en.wikipedia.org/wiki/Thanksgiving_(United_States))

Ruth Ann and her dog Tootie have been visiting our home for many years and they continue to bring so much joy and companionship to everyone.

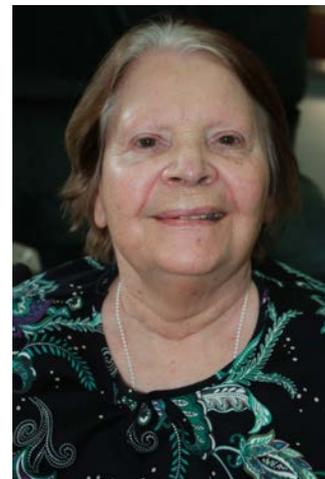
Thelma Tomlinson is enjoying a visit from Tootie.



# WELCOME



Harry Kendrick



Peggy Thompson

## Our Halloween Party



We had a fantastic time with wonderful costumes and a lot of laughs! Beef tongue with horse radish and hot mustard was served with cat litter cake and cookies for dessert!





# A little follow up about some of the homes big pro-



The storage building is coming along nicely. They are starting work on some of the interior plumbing & they're installing the overhead doors. The exterior of building appears almost complete. There is still a lot of work to do inside, such as wiring & sheet rocking in the boiler room.



The kitchen A/C and make up Air Handler is also coming along nicely. I'm sure everyone has noticed the new addition to the loading dock area back by laundry. From all the maintenance staff, we appreciate the resident's & staff's patience as we get through these big projects that will help improve the functions of our home.



The Arctic entry is moving along smoothly. Most of the noisy work is complete. They have framed, wired, insulated, sheet rocked, and started taping & mudding the new entry. I'm sure everyone has noticed how different it looks at the end of the Cordova hall now, this will definitely help with our cold wind problems we have had in the past.



# November Birthdays

Galen Johnson Jr.  
Mary Gannon  
Vera Parkins  
Mary Beth Hooper  
Ray Stewart  
Montean Hobbs  
Thomas Peterson  
Beatrice Turner  
Edward Willis



Shannon Cole  
Joanne Ingraham  
Jody Linsey  
Jemella Swanson  
Felicidad Gelting  
Angila Chatterley  
Joshua Shaver

On October 5th, the Alaska Wild Bird Rehabilitation Center gave a fascinating presentation on the important role that Alaska's wild bird population plays in our ecosystem.



# Recipe Corner

## TURKEY REUBEN

recipe courtesy of Gourmet magazine  
<http://www.gourmet.com/recipes/2000s/2008/11/turkey-reubens>



### Ingredients

- 1/3 cup mayonnaise
- 1 tablespoon ketchup
- 1 tablespoon sweet pickle relish
- 2 teaspoons cider vinegar
- 4 slices rye bread
- 6 oz sliced cooked turkey
- 3/4 cup drained sauerkraut
- 1/4 lb sliced Swiss cheese (4 or 8 slices)
- 3 tablespoons unsalted butter

### Directions

- Whisk together mayonnaise, ketchup, relish, vinegar, and 1/8 teaspoon each of salt and pepper. Spread on bread and make sandwiches with turkey, sauerkraut, and cheese.
- Melt butter in a 12-inch nonstick skillet over medium heat, then cook sandwiches, turning once, until bread is golden and cheese is melted, about 6 minutes total.

## Cranberry-Clementine Sauce

Recipe courtesy Anne Burrell for Food Network Magazine

### Directions

Combine one 12-ounce bag cranberries, the segments from 6 clementines, 1/2 cup each orange juice and cranberry juice, 3/4 cup sugar, 1 cinnamon stick and 1 star anise pod in a saucepan. Bring to a boil, then reduce the heat and simmer 20 minutes. Add 1 cup dried cranberries and simmer 15 more minutes, or until thickened.



# Veterans Day

November 11

# Word Search



See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2011

- |             |              |               |             |
|-------------|--------------|---------------|-------------|
| 1. Veterans | 5. Armistice | 9. Holiday    | 13. Medals  |
| 2. Honor    | 6. Character | 10. Courage   | 14. History |
| 3. Service  | 7. Soldiers  | 11. Wars      | 15. Hero    |
| 4. Military | 8. Americans | 12. Sacrifice | 16. Thanks  |