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Borough of Highland Park
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Housing Authority of the Borough of Highland Park



June 2016

THE HIGHLANDER

FROM THE EDITOR'S DESK

The very first Mother's Day Exhibition and Tea was a grand success. Bonnie artistically put together 17 posters showcasing each one's children and/or mothers. Janie Masur brought the "Girls on the Run" group who put on a lovely program for the residents and treated them to delightful goodies as well! A big thank you to all the participants, especially Bonnie, Kettly and Lauren who ran the event in my absence. Great job everyone!

Thanks to Joanne and Chuck, we are starting to see beautiful flowers all around. It certainly brings cheer to so many.

I had the most glorious vacation with my family in Sri Lanka where we took trips, ate, drank and shared precious times. We then went off to the Cinnamon Dhonveli Resort in the Maldiv Islands.

Utopia...paradise....heaven on earth are all adjectives I would use to describe this place. We stayed in an over water suite. The sea was like a brilliant calm pool. I even went snorkeling to the barrier reef and saw the most amazing fish including a scary sea urchin!

IN OBSERVANCE OF FLAG DAY



I AM THE FLAG

-I stand guard over my nation's schools, the seedbed of good citizenship and true patriotism.

-I am displayed in every schoolroom throughout my nation, every schoolyard has a flag pole for my display.

-Daily thousands upon thousands of boys and girls pledge their allegiance to me and my country.

-I have my own law -Public Law 829, "The Flag Code" - which definitely states my correct use and display for all occasions and situations.

-I have my special day, Flag Day. June 14th is set aside to honor my birth.

-Americans, I am the sacred emblem of your country. I symbolize your birthright, your heritage of liberty purchased with blood and sorrow.

-I am your title deed of freedom, which is yours to enjoy and hold in trust for posterity.

-If you fail to keep this sacred trust inviolate, if I am nullified and destroyed, you and your children will become slaves to dictators and despots.

-Eternal vigilance is your price of freedom.

—As you see me silhouetted against the peaceful skies of my country, remind yourself that I am the flag of your country, that I stand for what you are-no more, no less.

-Guard me well, lest your freedom perish from the earth.

-Dedicate your lives to those principles for which I stand; "One nation under God, indivisible, with liberty and justice for all."

-I was created in freedom. I made my first appearance in a battle for human liberty.

-Grant that I may spend eternity in my "land of the free and the home of the brave" and that I shall ever be known as "Old Glory," the flag of the United States of America.

- NJ Legionnaire

RENT

Rent is due on the 1st.



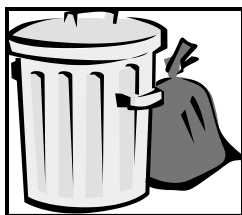
If you are using the rent box, your check must be in the box before 4 PM on **June 7th**.

After 4 PM it is late—No exceptions!

*** **Important*****

- ♦ Do not post-date your checks. When a check is received by the Housing Authority, it must be deposited within 48 hours. We cannot deposit checks that are post-dated and cannot hold them until the following month. If you have a third party paying your rent please make sure your name & apartment number is on the check or money

ATTENTION
ALL RESIDENTS!
**THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON JUNE 08, 2016**



HISTORY OF FATHER'S DAY

The earliest history of Father's Day is traced by scholars to the ruins of Babylon where a young boy named Elmesu carved a Father's Day message on a card made out of clay. That was nearly 4,000 years ago!

The modern version of Father's Day celebration originated in the United States and the tradition has now spread to various countries around the world. We owe thanks to Ms. Sonora Louise Smart Dodd, a loving daughter from Spokane, Washington who fought to promote Father's Day. After listening to a Mother's Day sermon in 1909 she was passionate that if there was a day to honor the mothers, there should be one to honor the fathers as well. Her own father was William Jackson Smart, a Civil War Veteran who she loved dearly. He raised Sonora and her five other siblings after his wife died giving birth to the infant Sonora.

Other Theories of Father's Day Origin

- There are several theories behind the origin of Father's Day.
- Some believe the first Father's Day church service was held in West Virginia in 1908.
- Others argue that the ceremony was first held in Vancouver, Washington.
- The president of the Lion's Club, Chicago, Harry Meek is said to have celebrated the first Father's Day with his organization in 1915 to stress on the need to honor fathers.
- Some historians honor Mrs. Charles Clayton of West Virginia as the Founder of Father's Day.
- In 1957, Senator Margaret Chase Smith wrote Congress that, "Either we honor both our parents, mother and father, or let us desist from honoring either one. But to single out just one of our two parents and omit the other is the most grievous insult imaginable."
- In countries where the Catholic Church holds greater influence, Father's Day is celebrated on St. Joseph's Day (March 19)

HAPPY, HAPPY FATHER'S DAY TO OUR WONDERFUL DADS!

**#1
DAD**

GOOD ADVICE FROM OUR TENANT SERVICES COORDINATOR/SOCIAL WORKER, KETTLY GILLES

SUN SAFETY TIPS

HAT: Wear a hat with a wide brim to protect your face, ears and neck.

SUNGLASSES: Wearing sunglasses reduces the risk of cataracts. Sunglasses protect your eyes and eyelids from UV rays.

SUNSCREEN: Apply sunscreen before you go outside (even on cloudy and cool days) Opt for SPF 15 or higher. Put a thick layer on exposed areas and ask a friend's help for those hard-to-reach places.

SHADE: Protect yourself from the sun's UV rays by seeking shelter under an umbrella or tree.

CLOTHING: Wear long-sleeved shirts and pants when possible. Tightly woven fabrics offer the best protection against harmful UV rays.



Activities

Coffee Klatch – TBA

Free Educational Seminar on Final Expense and Burial Insurance 6/8/16 - look for flyer to sign up.

Birthday Bash - TBA

MARK YOUR CALENDAR

- Wednesday, June 8th—Free educational seminar on Final Expenses and Burial Insurance—Look for flyer to sign up
- Tuesday, June 14th—Flag Day Hot Dog Cook Out.—Please sign up & see Bonnie for payment and further details.
- Coffee Klatch—TBA
- Birthday Bash—TBA
- SK Café—Mondays, Wednesdays and Thursdays 10 am—3 pm
- Sharing Group—Every Thursday 11:30 am—2:30 pm

SPECIAL THANKS GO OUT TO.....

- The Highland Park “Girls on the Run” Group for putting on a lovely program for Mother’s Day and for bringing all those delicious goodies!
- Our former nurse and employee Jani Masur for bringing the girls over.
- Bonnie Bonanno for patiently and artistically putting together so many posters for our Mother’s Day Poster Exhibition.

Our Condolences to resident Paul Gwaldis (6-R) on the sudden and unexpected death of his son Paul Gwaldis Jr.



CONGRATULATIONS!

Our heartiest congratulations to Dolores Vanliew’s granddaughter, Lauren Van Liew who recently won the famous Food Network Cooking Competition named “Chopped”. Wow, we are so impressed and so very proud of Lauren. That is certainly a tough competition!



THE VICTORY GARDEN IS COMING!



Joe is hard at work, making your Victory Garden beds! Very soon you will be planting your vegetables!

CHEF'S CORNER**Warm Crockpot
Peach Cobbler****Ingredients:**

4 cups peaches, peeled and sliced
 3/4 cup sugar, divided
 1 cup Bisquick
 1 cup milk

Directions:

Grease a Crockpot. In a large bowl, toss the peaches and 1/4 cup sugar. Mix gently and pour into the Crockpot. In another bowl, beat the Bisquick, rest of the sugar and milk with a whisk. Pour the mixture over the peaches in the Crockpot. Cover and cook on low for 3 hours, or until cobbler is set in the center. (Serving size 8.)
 Serve this warm dessert topped with ice cream or whipped cream. It's sweet and perfect for a summer night's dessert!

-Bonnie**Special Days of June**

3rd- National Doughnut Day
 6th- Ramadan
 14th- Flag Day
 19th- Father's Day
 20th- First Day of Summer

June is Candy Month and National Rose Month. How it was named: It is believed that the month is named after the Roman goddess Juno, who is the wife of Jupiter.

Full Moon: June 20th at 7:02 a.m.

Known as the: Strawberry Moon

Birth flower: Rose

Birthstone: Pearl

More facts about this month:

June 1, 1792, the state of Kentucky became the 15th state of the United States. Also on June 1st 1796 Tennessee became the 16th state of the United States.

June 5, 1968—Robert F. Kennedy was shot and mortally wounded.

June 6, 1944—D-Day, the largest amphibious landing in history began in Normandy, France.

June 14, 1777—the flag of the United States was adopted by the Continental Congress.

June 14, 1922—Warren G. Harding became the first U.S. President to broadcast a message over the radio.

June 15, 1836—Arkansas became the 25th state of the United States.

-Bonnie**SMILE AWHILE.....**

"Sugar, why don't you sit down by the table and we'll start supper," said Dorothy to her husband of 50 years. "Sure thing," said her husband setting himself down.

"Now darling, would you like the soup first or the salad?" questioned Dorothy.

"Ummm I guess I'll take the soup," the husband responded.

After a whole meal of one endearing term after the other, their guest Bob couldn't contain his curiosity any longer. Bob snuck in to the kitchen and asked, "Dorothy, do you always talk to your husband like that?"

"Bob, I'll be honest with you," Dorothy replied. "It's been five years now, I just can't remember his name, and I am just too embarrassed to ask him!"

-Bonnie

Meet the Residents

THIS MONTH WE FEATURE.....



MICHELLE VALLEE
SAMUEL KRONMAN, APT. 2-M

Hi, my name is Michelle Vallee. I was born on December 13, 1963 in Jersey City, NJ. My mom was from Scotland and I have many relatives there. I have one brother and 2 sisters, one of whom lives in Scotland.

We moved to Sayreville when I was 13 years old and I graduated from Sayreville High School. I then took a secretarial course at Kathrine Gibbs School. I worked at many places including AT&T, Merck and the NJ State Police.

I have a daughter Emily Rose who is studying at Rutgers University and a son, Jake who is a senior at Woodbridge High School.

I lived in Old Bridge for awhile and then in Highland Park on South Adelaide.

I moved to Samuel Kronman in August 2015 and quickly made friends with many nice people. I have a pet cat named Skittles who is great company. I cannot imagine life without Skittles!

I like the beach, nature, exercising and listening to music. Most of all, I love being with my children. I also love animals.

I love my little studio apartment and am so happy I moved here. I enjoy the peacefulness of this neighborhood.



GEORGENE WARFIELD
SAMUEL KRONMAN, APT. 5-E

Hi my name is Georgene Warfield. I was born on May 17, 1944 in Chicago, Illinois. I was one of 3 girls but I just have my sister Mandolyn left. My dad worked for the Chicago Police Department and the Post Office. I graduated from Hirsh High School in Chicago and then worked for Sears Roebuck & Company in downtown Chicago.

After my parents passed away, I moved to New Jersey and stayed with my sister Mandolyn and her husband Edward who were both so good to me and looked after me very well. Sadly, my brother in law passed away recently. We all miss him very much.

I moved to Samuel Kronman in 2011. I enjoy participating in all the activities and attend church with my sister.

I like to watch TV, dress up, sit on my balcony and to fix myself a good meal!

I like living in Highland Park. It is a nice community.

GOOD NEWS....EXCITING HAPPENINGS!!**FLAG DAY PICNIC FOR SAMUEL KRONMAN RESIDENTS!**

You are welcome to attend our first "Flag Day Picnic" on Tuesday, June 14th from 11:00 am onwards. There will be hotdogs, potato salad, soda or water. Please see Bonnie for payment and sign up on the main activities bulletin board on the 1st floor.

Wear red, white and blue to show your patriotism!



**"DADDIES" WORDSEARCH COMPILED & SUBMITTED
BY CHRISTINA SMOLDER, WHA**

B	A	L	D	B	D	N	A	B	S	U	H
E	L	O	H	E	M	I	Y	E	N	O	M
A	C	O	N	R	B	C	A	R	V	E	R
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D	O	E	N	A	M	R	E	H	S	I	F
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B	E	L	T	L	R	Y	Y	E	E	N	K
R	E	T	S	A	M	L	L	I	R	G	P
A	O	L	A	W	N	B	A	G	G	E	R
B	E	L	L	Y	P	O	P	A	O	L	N

BALD, BARBER, BASEBALL, BEARD, BELLY, BELT, CARVER,
CHARM, DENS, FISHERMAN, GREATEST, GRILLMASTER,
HUSBAND, KNEE, LAP, LATE, LAWNBAGGER, LOOSE, MONEY,
NICE, NOSEHAIR, POP, SWEET, TIE, TREEHOUSE, WALLET

PHOTO GALLERY
MOTHER'S DAY EXHIBITION AND "GIRL'S ON THE RUN" TEA





LIVE EACH DAY THIS WAY

“Will someone else’s life be brighter tomorrow because of what you have done today”
-William Arthur Ward

What if

What if everyday our focus was to make someone else’s life a bit brighter? What if we had to give an account each night before we went to sleep of the one thing that we did to make life brighter for someone else?

Simple Acts of Kindness

It doesn’t have to be something big. It could be as simple as holding a door open for someone. Or thanking someone for something they did. Or a phone call to a person who may be lonely. Or an email to someone saying I was thinking about you.

Write it Down

Keep a journal for one month. At the end of each day write in your journal that one thing (or more) that you did that day for someone. If we each just make a focused effort to show a little bit of kindness it could change the world we live in.

Benefit To You

But more importantly, you will find it could change you! You will start developing the habit of looking for opportunities to help others, to brighten someone’s day. And the old saying, “what goes around comes around” may start happening to you. You will notice the kind things people do for you.

Change the World

We should live each day with a focus of helping others. You can change the world and change yourself for the better.

**Sincerely,
Donna Brightman**

