

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



March, 2017

THE HIGHLANDER

FROM THE EDITOR'S DESK

Beware the Ides of March! March is such an unpredictable month. Comes in like a lion and goes out like a lamb! Hey, let's not complain, I can actually see Spring at the end of the tunnel! We have all in all had a relatively mild Winter. Do you know that February 2017 was the warmest February in history?

The very unfortunate abduction and assault that took place in Highland Park shook and rattled us all and we were all on edge. But congratulations to the brilliant detective work, the person has been apprehended and you can all breathe easy. Highland Park is such a quiet, intellectual and pedestrian friendly town that it is hard to imagine that something like this could happen but it teaches us all a lesson that even in the best and quietest localities, horrific crimes can take place. We have many residents who walk to the stores. Please be conscious, attentive and alert. Carry a phone and always be aware of your surroundings. Always try to use routes where there are other pedestrians around. Be safe.

RUNI SRIWARDENA

HAPPY ST. PATTY'S DAY! WHY CORNED BEEF AND CABBAGE.....?

In every Irish establishment, and many others, especially around St. Patrick's Day, corned beef and cabbage will make its way onto the menu, marking a 'tip of the cap' to the Irish around March 17. Another annual occurrence is Irish people complaining that this is not, in fact, an Irish dish at all, but is this true?

Beef was not readily available in Ireland and was considered a luxury and that's why the traditional Irish meal centered around ham and bacon. But when the Irish got off the boats in America it was quite the opposite. Corned beef was the meat that they could easily and more cheaply get their hands on and, so, this became the meal of choice for generations of Irish Americans to come.

In New England, a tradition formed of having a boiled dinner. For this dish, the corned beef, cabbage, and root vegetables such as carrots, turnips, and potatoes were boiled.

Many maintain that the dish is simply not Irish at all. The close proximity of the Irish and Jewish communities at the time is said to be largely responsible for the popularity of corned beef among the Irish immigrants. According to kitchenproject.com, when the Irish arrived in America, they couldn't find a bacon joint like they had in Ireland so they gravitated toward the Jewish corned beef, which was very similar in texture.

Francis Lam on Salon.com reports that, years ago, the bars of early 20th century New York would offer a free dinner of corned beef and cabbage to the Irish workers who would crowd in after working all day on the building sites.

The Irish builders would still have to buy a few drinks in order to get their supposedly free dinner, but the main reason that the corned beef and cabbage dinner is thought to be of Irish origin is not because they were enticed by a traditional meal so much as a cheap meal.



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 **March 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 order.



ATTENTION
ALL RESIDENTS!
**THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON APRIL 19TH.**

*Date listed on February newsletter was incorrect.



MARCH IN HISTORY

March 1, 1932: The 20 month old son of aviation pioneer Charles Lindberg was kidnapped from his home in Hopewell, NJ.

March 4, 1789: The first meeting of the new Congress under the new U.S Constitution took place in New York City.

March 5, 1933: Amidst a steadily worsening economic situation, newly elected President Franklin D. Roosevelt proclaimed a four-day "Bank Holiday" to stop panic withdrawals by the public and the possible collapse of the American banking system.

March 10, 1880: The Salvation Army was founded in the United States. The social service organization was first founded in England by William Booth and operates today in 90 countries.

March 12, 1888: The Great Blizzard of '88 struck the Northeastern U.S. The storm lasted 36 hours with snowfall totaling over 40 inches in New York City, where over 400 persons died from the surprise storm.

March 16, 1968: New York Senator Robert Kennedy announced his intention to run for the Democratic Presidential nomination.

March 22, 1972: The Equal Rights Amendment to the U.S. Constitution was passed by the U.S. Senate and then sent to the states for ratification.

March 23, 1775: Patrick Henry ignited the American Revolution with a speech before the Virginia Convention in Richmond stating "I know not what course others may take; but as for me, give me liberty, or give me death!"

March 24, 1934: The Philippine Islands in the South Pacific were granted independence by President Franklin D. Roosevelt after nearly 50 years of American control.

March 26, 1992: Soviet Cosmonaut Serge Krikalev returned to a new country (Russia) after spending 313 days on board the Mir Space Station. During his stay in space, the Soviet Union (USSR) collapsed and became the Commonwealth of Independent States.

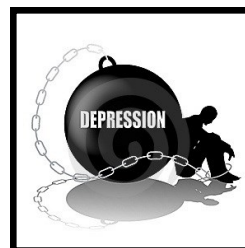
March 28, 1979: Near Harrisburg, Pennsylvania, the Three Mile Island nuclear power plant accident occurred in which uranium in the reactor core overheated due to the failure of a cooling valve.

March 31, 1968: President Lyndon Johnson made a surprise announcement that he would not seek re-election as a result of the Vietnam conflict.

Submitted by: Bonnie Bonnano

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

GRIEF AND DEPRESSION



When you lose someone or something dear to you it's natural to feel pain and grief. The grief process is normal and most people go through it. But when grief takes over your life and you begin to feel hopeless, helpless, and worthless, then it's time to talk to your doctor about telling the difference between normal grief and depression.

What is Grief?

Grief is a natural response to death or loss. The grieving process is an opportunity to appropriately mourn a loss and then heal. The process is helped when you acknowledge grief, find support, and allow time for grief to work.

Depression: In this stage, we begin to realize and feel the true extent of the death or loss. Common signs of depression include trouble sleeping, poor appetite, fatigue, lack of energy, and crying spells. We may also have self-pity and feel lonely, isolated, empty, lost, and anxious.

Anger: This stage is common. It usually happens when we feel helpless and powerless. Anger can stem from a feeling of abandonment because of a death or a loss. Sometimes we're angry at a higher power, at the doctors who cared for a lost loved one, or toward life in general.

Activities Calendar

Coffee Klatch – Monday , Friday, March 17, 2017 @ 10:30 AM

Birthday Bash & Women's History Program – Friday, March 31st, 2017 @ 2:00PM

MARK YOUR CALENDAR

Monday, March 6th—Cookie Fundraiser 11 am—2 pm—Resident Council
Wednesday, March 8th—1st quarter Tenant meeting at 2:30 pm
Wednesday, March 8th—Highland Park Commissioner's meeting at 6:30 pm
Tuesday, March 14th—Spaghetti lunch fundraiser at 11:00 am—Resident Council
Friday, March 17th—Coffee Klatch at 10:30 AM—Kettly
Wednesday, March 29th—Resident Council Meeting at 4:00 pm
Friday, March 31st—Women's History Program 2 :00 pm—Kettly
Friday, March 31st—Birthday Bash 2:00 pm—Kettly



IN MEMORIAM

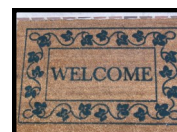
We mourn the loss of longtime resident Anna Thompson, loving wife of resident Warren Thompson who passed away after a long illness. Our deepest condolences to Warren and the family.



We warmly welcome.....

- ♦ Este de la Cruz who just moved into 3-S. Estela was a resident here before so she is no stranger to Samuel Kronman!
- ♦ Gail Green is moving into 5-N. Gail is a regular visitor of the senior center and already has many friends including the popular Jimmy Richter!
- ♦ Baleria Tatum is moving into 3-B. Baleria is also from Highland Park.

Please give these three lovely ladies a warm welcome!



CHEF'S CORNER**BBQ Beef Casserole**

2 lb lean (at least 80%) ground beef
 1/4 tsp fine sea salt
 1/2 medium onion, chopped
 1 jar (18 oz.) barbeque sauce
 2 cups shredded sharp cheddar cheese (8 oz.)
 1 8 oz. Pillsbury refrigerated crescent rolls

Place oven rack in lower third of oven, heat oven to 350 degrees F. In 10 inch skillet cook ground beef and salt over medium heat for 3 minutes, stirring frequently. Add 1/2 of the onions and cook 3 to 5 minutes longer or until onion has softened and beef is thoroughly cooked, stirring occasionally. Remove from heat. Add 1 jar (18 oz.) barbeque sauce and stir until well combined. Spoon beef mixture into ungreased 2-quart baking dish. Stir in 2 cups shredded cheese (8 oz.) Unroll 1 can crescent dinner rolls. Place sheet of dough over beef mixture to cover, tucking in sides of dough. Place baking dish on sheet pan or cookie sheet. Bake on lower rack 30 to 35 minutes or until top is golden brown. Cool 5 minutes before serving.

**SPECIAL DAYS OF FEBRUARY**

11th—Purim begins at sundown
 12th—Daylight Savings Time begins
 17th St. Patrick's Day
 20th—Spring (Vernal) Equinox
 20th—International Earth Day

March is National Month of: Musical Education, American Red Cross, Diabetic Awareness, Colorectal, Epilepsy and Nutrition.

Quotable Quotes

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade" -Charles Dickens

Full Moon: Sunday, March 12th
 known as the Worm Moon

How Much did it cost for a gallon of milk:

In 1913	.18 cts
In 1955	.46 cts
In 1970	.66 cts
In 2011	1.86 cts

**SMILE AWHILE.....Happy St. Patrick's Day!**

Q: How can you tell if an Irishmen is having a good time?

A: He's Dublin over with laughter!

Q: Why can't you borrow money from a leprechaun?

A: Because they're always a little short.

Q: Why would you never iron a four-leaf clover?

A: Because you shouldn't press your luck!



MEET THE RESIDENTS..... MOTHER & DAUGHTER DUO!!



ERNESTINE BAILEY (Mother)
SAMUEL KRONMAN, APT. 3-N

Hi, my name is Ernestine Bailey. I was born in Newark, New Jersey in 1952. I was the only daughter with 3 brothers of whom I have two left, one living in Roselle, NJ and the other in Ohio. I graduated from Colonia High School in 1969 and became a chef. I worked in several places including TGIF's, Wendy's for 12 years and finally at the East Brunswick Shoprite for 4 years.

I have 1 son Omar who lives in Florida and 3 daughters, Vivian in Fords, NJ, Lena in North Carolina and my youngest, Melissa, who lives right here at Park Terrace! I have 13 grand children who I enjoy very much.

I lived on South 3rd Avenue in Highland Park first before I moved into Samuel Kronman in June of 2016. I like living in Highland Park and I find the people living in this building nice and respectful.

I have difficulty with my eyes but I enjoy sewing and cooking, especially for my family!



MELISSA BAILEY (Daughter)
PARK TERRACE, 212 SOUTH 7TH

Hi, my name is Melissa Bailey and I was born in Rahway, New Jersey on December 17th 1976. I am the youngest of 3 siblings, 2 sisters and 1 brother.

When I was 14 we moved to South River and I graduated from South River High School. I then attended De Vry Institute where I studied Telecommunications. I worked at a Telecommunications company for many years and I now work at Rutgers University, dining services.

I have 4 beautiful children that keep me very busy! Deontae and Denair are twins just turned 18 years, Donovan 13 years and Demarcus 9 years old.

I moved to Park Terrace in 2012. I really like Highland Park which is a great place to raise a family.

I work hard to support my family. In my free time I like to listen to music.

We have our little pet Maltese Buddy who is a joy to us all.

FROM THE RESIDENT COUNCIL

- ♦ Don't forget about the Chocolate Chip Cookie Sale at the SK Café on Monday, March 6th from 11:00 am—2:00 pm. Five homemade cookies for just \$1.00!
- ♦ Be sure to sign up for the Spaghetti and Meatball Luncheon on Tuesday, March 14th at 11:00 am in the community room.

Both of these events are sponsored by the Resident Council.

Please support and patronize these events!

HAPPY ST. PATRICK'S DAY WORDFIND

Compiled & submitted by Christina Smolder, WHA

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

CABBAGE, CLOVER, EMERALDS, FEAST, GAELIC, GHRA, GREEN, HAPPY, JOY, LEPRECHAUN, LIMERICK, LUCKY, ORANGE, PARADES, PINT, PIPES, POT OF GOLD, POTATOES, RAINBOW, RITUALS, SCONES, SHAMROCK, ST PATRICKS, STEW.

PHOTO GALLERY

HOLIDAY PARTY HOSTED BY THE RESIDENT COUNCIL



KARIN TAKES LAURA TO THE VET!



THE HAPPY S.K CAFÉ BUNCH!



LEPRECHAUNS AND HORSE SHOES.....LUCK OF THE IRISH!



**FOUND 3 HANDSOME GUYS JUST CHILLING!
JIMMY, JUAN & CHUCK.**

NOTICES.....NOTICES.....NOTICES**TENANT MEETING—SAMUEL J. KRONMAN**

Our first quarter tenant meeting will be held on Wednesday, March 8th at 2:30 pm. These meetings are very important as it is your opportunity to discuss, complain and trouble shoot ideas and suggestions with management and maintenance and be a part of the plans going forward. It is a friendly and effective forum with plenty of opportunity to ask questions. Although we are happy with the turnout at these meetings, we would really like to see 100% attendance! Please make a new year resolution to attend our tenant meetings held just 4 times per year.

TENANT MEETING - PARK TERRACE

All Park Terrace residents please attend our tenant meeting on Monday, March 13th at 5:00 pm in the community room at Samuel Kronman senior building. This meeting is being held at 5 pm to especially accommodate our working families. Please make sure you attend as many important issues will be discussed with the opportunity for you to contribute your ideas and suggestions.

WINDOW GUARD BRIEFINGS

Required annual window guard orientation will be held at 2:30 pm on March 8th for Sameul Kronamn and at 5:00 pm on march 13th for Park Terrace residents..

EMERGENCY INFORMATION & PHONE NUMBERS

It is every resident's responsibility to provide your current phone numbers and emergency numbers to management. If your phone number changes, you must report it immediately. We are finding too many discrepancies in our records.

Please fill out the new emergency and contact forms which will be coming out and return them to the office without delay. As you know, we have a call multiplier system which we use to call you in case of an important announcement or emergency. We need to always have your current and updated information in our data base. Please cooperate!

March is Women's History Month

Quotes by women and for women

- ♣ Cautious, careful people, always casting about to preserve their reputation and social standing, never can bring about a reform. Those who are really in earnest must be willing to be anything or nothing in the world's estimation.
- Susan B. Anthony
- ♣ We can do no great things, only small things with great love - Mother Theresa
- ♣ You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along"you must do the thing you think you cannot do -Eleanor Roosevelt, First Lady of the USA
- ♣ We hold these truths to be self-evident, that all men and women are created equal. -Elizabeth Cody Stanton, Activist
- ♣ Nothing in life is to be feared. It is only to be understood.
-Marie Curie, Scientist
- ♣ How important it is for us to recognize and celebrate our heroes and she-roes!
-Maya Angelou, Poet
- ♣ Don't compromise yourself. You are all you've got.
-Janis Joplin, American Singer
- ♣ One is not born a woman, one becomes one.
-Simone de Beauvoir, Existentialist Philosopher
- ♣ The thing women have yet to learn is nobody gives you power. You just take it.
-Roseanne Barr, Actress
- ♣ Toughness does not have to come in a pinstripe suit.
-Diane Feinstein, Politician

Sincerely,

Donna Brightman

