

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



May 2017

# THE HIGHLANDER

## FROM THE EDITOR'S DESK

May Day.....Mother's  
Day....Memorial Day....May has  
some very special occasions.

Thanks to ex-staff member  
Janie Masur, the Highland Park  
"Girls on the Run" program will  
treat our mothers to a wonderful  
program on May 17th. The stu-  
dents are delightful and engage  
the residents in activities, poems  
and other interactive programs  
and then also provide the resi-  
dents with some delectable treats  
and refreshments! So please en-  
joy this program. Fathers are  
also welcome!

You will also have a Memorial  
Day BBQ hosted by the Resident  
Council so it is time to get the grill  
fired up!

Congratulations to Regis  
Methven who will be our new  
Resident Commissioner on the  
HPHA Board. Regis, we look  
forward to working with you.

Congratulations also to Pat Roth  
who will serve as the new  
Secretary and Hope Tomko as  
the new Treasurer on the  
Resident Council at Samuel  
Kronman.

Happy Memorial Day!  
**RUNI SRIWARDENA**

## HAPPY MEMORIAL DAY!



*Yes, we all look forward to memorial Day and the unoffi-  
cial start of the Summer season. But....do you know why we cele-  
brate Memorial Day? It certainly signifies much more than just a  
three-day weekend!*

*Memorial Day is a solemn day of remembrance for everyone who  
has died serving in the American Armed Forces. The holiday, origi-  
nally known as Decoration Day, started after the Civil War to honor  
the Union and Confederate dead.*

*It's unclear exactly where the holiday originated—Charleston, S.C.,  
Waterloo, N.Y., Columbus, G.A. and other towns all claim to be the  
birthplace of the holiday. The event in Charleston that may have  
precipitated the holiday offers poignant evidence of a country strug-  
gling to rebuild itself after a bloody war: 257 Union soldiers died in  
prison in Charleston during the Civil War and were buried in un-  
marked graves, and the town's black residents organized a May Day  
ceremony in which they landscaped a burial ground to properly  
honor the soldiers.*

*In the years following the Civil War, Memorial Day celebrations  
were scattered and, perhaps unsurprisingly, took root differently in  
the North and South. It wasn't until after World War II that the holi-  
day gained a strong following and national identity, and it wasn't  
officially named Memorial Day until 1967.*

*The final event that cemented the modern culture of Memorial  
Day in America was in 1968 when Congress passed the Uniform  
Holiday Act, designating Memorial Day as the last Monday in May  
rather than May 30, as it had previously been observed. This  
ensured a three-day weekend and gave the day it's current status as  
the unofficial beginning of summer, mixing serious reflection with  
more lighthearted fun.*

-Tessa Berenson



## RENT

Rent is due on the 1st.



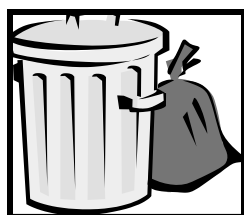
If you are using the rent box, your check must be in the box before 4 PM on **May 7th**.

**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 JUNE 14TH.**



## MAY IN HISTORY

May 1, 1707—Great Britain was formed from a union between England and Scotland.

May 4, 1494—During his 2nd journey of exploration in the New World, Christopher Columbus discovered Jamaica.

May 5th—Cinco de Mayo or the Batalla de Puebla is celebrated in Mexico. It is also celebrated widely in the United States.

May 5, 1961—Alan Shepard became the first American in space.

May 7, 1992—The 27th Amendment to the U.S. Constitution was ratified, prohibiting Congress from giving itself pay raises.

May 8—is VE (Victory in Europe Day).

May 10—is Golden Spike Day (1869) - Completion of the First Transcontinental Railroad.

May 10, 1994—Former political prisoner Nelson Mandela was inaugurated as president of South Africa.

May 14, 1796—Smallpox vaccine was developed by Dr. Edward Jenner, a physician in rural England.

May 14, 1942—During World War II, and Act of Congress allowed women to enlist for noncombat duties in the Women's Auxiliary Army Corps (WAAC).

May 17, 1792—Two dozen merchants and brokers established the New York Stock Exchange. In good weather they operated under a buttonwood tree on Wall Street. In bad weather they moved into a coffee house to conduct business.

May 18, 1804—Napoleon Bonaparte became Emperor of France.

May 20, 1862—President Abraham Lincoln signed the Homestead Act opening millions of acres of government owned land in the West to "homesteaders" who could acquire up to 160 acres by living on the land and cultivating it for 5 years, paying just \$1.25 per acre.

May 21, 1881—The American Red Cross was founded by Clara Barton.

May 24, 1844—Telegraph inventor Samuel Morse sent the first official telegraph message.

May 27, 1937—In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.

**-Submitted by: BONNIE BONANNO, 2-F**

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

**Act FAST for STROKE, know the signs**

**FACE:** Face is drooping on one side



**ARMS:** Arms drift downward when raised



**SPEECH:** Speech is slurred and may not make sense



**TIME:** Time to call 9-1-1. Time is critical so call immediately



**Activities Calendar**

**Coffee Klatch-** Friday, May 12<sup>th</sup>, 10:30 AM

Mother's Day Program with **Girls on the Run-**  
Wednesday May 17<sup>th</sup>, 4:15pm -6:00pm

## MARK YOUR CALENDAR

May 5th—Resident Council Cookie Fundraiser 11 am—2 pm

May 10th—Commissioner's Meeting 6:30 pm

May 12th—Coffee Klatch at 10:30 am –Kettly Gilles

May 17th—"Girls on the Run" Mother's Day Program 4:15 PM—Refreshments

May 18th—Resident Council BBQ 12 Noon

## WELCOME ABOARD!

- ♦ A warm welcome to Dimitri and Natasha Nizama who moved into 4-J. They are no strangers to Highland Park.
- ♦ Welcome to Gail Green who moved into 5-N. Gail is a frequent visitor at the Senior Center and is known by many of our residents already.
- ♦ Konstantin Kurkanakis transferred from 1-B to 6-Q. Hope you like your new apartment.
- ♦ A warm welcome also to Allison Baldwin who is moving into 1-B. Allison is a graduate of Columbia University and is presently doing a Fellowship at the Lincoln Center in NY.
- ♦ Welcome to Robert Howarth and his beautiful little daughter Neviyah who just moved into 211 South 6th at Park Terrace.



## TIME TO PLANT!

The Victory garden beds are all ready for planting. Here is our list of Victory Gardners for 2017:

Raymond Jones, Ronghua Xu, Xiquan Zhang, Maggie Ferber, Esther Way, Karin Jackson, Hope Rohan. Good luck, hope you reap a great harvest!

Many thanks to Chuck Lacaillade and Joanne Rogers who plant and maintain the beautiful gardens in the front of the Samuel Kronman building. It sure brings joy to many.



## CHEF'S CORNER EASY TACO SKILLET

- 1 pound ground beef
- 1 onion, chopped
- 1 (14.5 ounce) can diced tomatoes
- 2 cups water
- 1 cup converted rice
- 1 (1 ounce) pkg. taco seasoning
- 1 cup shredded Mexican cheese blend
- 1 cup shredded lettuce

Heat a large skillet over medium heat; cook and stir beef and onion until beef is browned, about 5 minutes. Drain. Stir tomatoes, water, rice and taco seasoning into beef mixture and bring to a boil. Reduce heat to medium low, cover and simmer until rice is tender, about 25 minutes. Top with Mexican cheese blend and lettuce before serving.



## SPECIAL DAYS OF MAY

- 1st—May Day
- 5th—Cinco de Mayo
- 14th—Mother's Day
- 29th—Memorial Day

### Quotable Quotes

"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend." - Albert Camus

"knowledge comes, but wisdom lingers."  
- Alfred Camus

May is National Pet, Guide Dog, Skin Care Awareness, Allergy and Asthma and ALS Month.

### How Much Did it Cost?

One pound of bacon;

1890	.12 cts
1910	.25 cts
1940	.27 cts
1970	.95 cts
2015	\$5.47

Full Moon: Known as the Flower Moon

How the Moon was Named: In most areas flowers are abundant everywhere. Other names for this moon are Corn Planting moon and Milk Moon.

## SMILE AWHILE.....IT'S MOTHER'S DAY!!

Son: "Mom, can I get twenty bucks"

Mom: Does it look like I am made of money?

Son: "Well, isn't that what M.O.M stands for?"

Q: What did the baby corn say to the mama corn?

A: "Where's Popcorn?"

Baby snake: Mommy, are we poisonous?

Mommy snake: Yes, son. Why?

Baby snake: I just bit my tongue!

Q: Why is a computer so smart?

A: Because it listens to its motherboard.

- All mothers have intuition. Great mothers have radar!

-The only time your mom smiled when you were crying.....is when you were born.

-My mom says it's her house but when it's time to clean it magically becomes my house too.



## MEET THE RESIDENTS.....



**MARTHA LEROY**

**SAMUEL KRONMAN, APT. 1-J**

Hi, my name is Martha LeRoy. I was born on February 3rd, 1936 in Barranquitas, Puerto Rico. I was one of 3 girls and 3 boys. All of my siblings live in Puerto Rico except for one sister who lives in Florida. My father drove a truck and travelled a lot so I went to school in many places.

In 1950 I moved to the lower East side of Manhattan. I got married and had one son, Carlos who lives now in Connecticut and a daughter, Maria who lives in Puerto Rico.

I worked as a manager in the Rainbow Clothing shop in Brooklyn and also as a manager in an arcade at Coney island. I took a course in bookkeeping and also a course for electro cardiogram technician.

I moved to Edison, NJ in 1999 and worked at the Popular Club, a large warehouse store. I then moved to Highland Park and lived on Magnolia Avenue until I moved to Samuel Kronman in 2014. I love Highland Park which is a very nice and quiet place to live in.

I used to do a lot of beading, needle point and crocheting. I also love to cook, the staff loves my empanadas!



**RAYMOND ROHAN**

**SAMUEL KRONMAN, APT. 1-K**

Hi, my name is Raymond Rohan. I was born on December 22nd, 1958 in Perth Amboy, NJ. I have 3 brothers and 3 sisters. We lived in Edison and Linden. I attended Linden High School first and after we moved to Highland Park, I graduated from Highland Park High School.

I went to work for the railroad. I got married when I was 27 years old. I have a son, Todd who now lives in Pennsylvania and a daughter, Lauren who lives in Orlando. I have one granddaughter, Briana. I also worked for Fort Motor Company in Edison.

I used to play softball and basketball. I now enjoy watching football with my friends. I am a Miami Dolphin fan!

I moved to Samuel Kronman in December 2015 and enjoy living here. My mom Huldah (Hope) lives here too. I am lucky to be able to eat all her food!

### **AN URGENT PLEA!**

Our electric bills are climbing. We are asking you to make a conscious effort to conserve electricity. Here's what you can do:

- Turn off lights, air conditioner, heater and TV when you leave the apartment or when not using them.
- Do not open the windows or patio door when you have either the air conditioner or heater on.
- When leaving the community room, please turn lights and TV off and make sure windows are closed.
- Do not tamper with the control settings of public area heaters and air conditioners.

These are all sensible, simple and very reasonable considerations!



### **Flower Power**



ASTER  
CROCUS  
DAFFODIL  
DAISY  
GERANIUM

HONEYSUCKLE  
LAVENDER  
LILAC  
LILY  
MARIGOLD

ORCHID  
PANSY  
SUNFLOWER  
TULIP  
VIOLET

## PHOTO GALLERY

### RESIDENT COUNCIL ITALIAN HOT DOGS!



### TGIF GROUP



### SK CAFÉ ARTS & CRAFTS



### SK CAFÉ MAKING CHOCOLATE KISSES ROSES!





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### WHAT'S HAPPENING AROUND US.....

- ◇ Friends of the Library Book Sale—May 7th 9:00 am—5:00 pm
- ◇ Wildlife Education Program—May 7th at 9:00 am
- ◇ Street Fair / 5K Sponsored by Main Street –May 7th 11:30 am—4:30 pm
- ◇ Volunteer Appreciation Ceremony—May 9th 7:00—9:00 pm
- ◇ High School Musical, Jr.—May 11th 6:30 pm / May 15th 6:30 pm
- ◇ Poetry Night with Wanda Praisner and Open Mic—May 16th 7:00—8:00 pm
- ◇ Health Fair with JFK Medical Center—May 18th 1:30—4:00 pm
- ◇ Life Story Workshop—May 18th 7:00—8:00 pm
- ◇ International Film Series –Illusionist—May 23rd 6:30—8:00 pm
- ◇ Memorial Day Parade—May 29th 11:00 am

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### HONORING OUR MOTHERS.....



- ◆ When it comes to love, Mom's the word—Unknown
- ◆ A mother understands what a child does not say –Jewish Proverb
- ◆ One of the oldest human needs is having someone to wonder where you are when you don't come home at night –Margaret Mead
- ◆ When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child –Sophia Loren
- ◆ The hand that rocks the cradle is the hand that rules the world –W.R. Wallace
- ◆ The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness –Honor' de Balzac
- ◆ A mother loves her children even when they least deserve to be loved –Kate Samperi
- ◆ A mother is one to whom you hurry when you are troubled –Emily Dickinson
- ◆ My mother had a slender, small body, but a large heart—a heart so large that everybody's joys found welcome in it, and hospitable accommodation –Mark Twain
- ◆ Mother love is the fuel that enables a normal human being to do the impossible –M. Garrety

## HEARING LOSS PREVENTION

Noise is one of the most common causes of hearing loss, and one of the most common occupational illnesses in the US. A single shot from a shotgun, experienced at close range, may permanently damage your hearing in an instant.

- Ten million Americans have already suffered irreversible hearing damage from noise; Thirty million are exposed to hazardous noise levels each day.
- The risk and harmful effects of noise on hearing are often underestimated because the damage takes place so gradually.

### HOW TO PREVENT HEARING LOSS

- Beware of recreational sources of hazardous noise like firearms, firecrackers, power tools, music concerts, dance clubs, NASCAR, sporting events, motorcycles, motorboats, snowmobiles, powerboats, and "boom cars".
- The risk of hearing noise due to exposure to noise is especially high among factory and heavy industry workers, transportation workers, military personnel, construction workers, miners, farmers, firefighters, police officers, musicians, and entertainment industry professionals.

### WARNING SIGNS

- You hear ringing or buzzing (tinnitus) in your ears after exposure to noise.
- You notice that you can hear people talking, but you have difficulty understanding them, after exposure to noise.
- You experience "fullness" in your ears after leaving a noisy area.

### WHAT YOU CAN DO TO PROTECT YOUR HEARING

- ♦ Wear hearing protection, such as earplugs or earmuffs consistently when using loud equipment at work or at home.
- ♦ Limit exposure to noisy activities at home. Monitor your listening level and how long you are listening to MP3 players, such as IPODS, etc.
- ♦ Buy quieter products and keep an eye on your hearing. Get routine hearing tests from year -to- year.

### QUOTES ABOUT HEARING

"Sometimes, the truths are those things you want to hear." -Aniekee Tochukwu

"During a conversation, listening is as powerful as loving." -Amit Kalantri, Wealth of Words

"Listen to your inner self, it knows you best." -C. Elizabeth

"Looking but not seeing is the hearing but not understanding of the eye." -Mokokoma Makhonoana

"The art of conversation is the art of hearing as well as of being heard." -William Hazlitt, Selected Essays

"What is important is not what you hear said, it's what you observe." -Michael Connelly, Trunk Music

"It may take many voices for people to hear the same message." -Rasheed Ogunlaru

**DONNA BRIGHTMAN**

