

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



September 2017

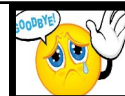
THE HIGHLANDER

Back to schooooo! Did you ever stop and think about how it would feel if you were going back to school? Are you happy you are done or is there ever a time when you wish you were still going to school? While they say "you never stop learning", formal schooling is an establishment, a discipline, a whole heap of rules and regulations but boy, wasn't it fun as well?! Personally speaking, my school years were remarkably interesting and enjoyable. The innocent mischief, the tuck shop as we called it and the rush to get there to have our mid day snack, the morning march to the assembly hall where we had our daily briefing by the principal, the sports period when we had all these wonderful games to play, the school plays, debates, sports festivals, we had it all. University was a whole lot different, suddenly more mature, suddenly more freedom (!), goals and dreams in sight.....I guess I just got carried away reminiscing about those wonderful days!! But let me be very honest, I have no desire to go back to school now!

Enjoy the rest of the Summer and get those last beach trips and yummy cookouts in!

RUNI SRIWARDENA

Goodbye Summer, Hello Work!



It's the beginning of September, which means we are now saying goodbye to summer and looking forward to more responsibilities. Family vacations are ending, students are going back to school, business owners are preparing for busy seasons as Halloween, Thanksgiving, Christmas, and Hanukah are just around the corner. So many people are working, more people than ever before, and some are working two or three jobs just to make ends meet. As a result, businesses and corporations have adopted extended schedules, adding weekend and evening hours.

While necessary, work schedules can be draining on both the mind and body. A variety of workers, particularly those in service industries such as teaching, mental health, and food preparation go unnoticed and underappreciated. The jobs are thankless, often requiring those in these positions to work on personal time, and are often looked down upon because they don't fit society's standard of success.

Despite this fact, workers should still be recognized. So, how do we do it? By celebrating Labor Day. While most people use the first Monday in September as an opportunity to get in one last barbeque, it's important to note that the day is actually reserved to acknowledge achievements of American workers and the ratification of Labor Laws in the United States.

According to The History Channel, Labor Day was instituted in the 1800s, during the Industrial Revolution, when children and their families would often work twelve-hour days and weekends in factories. While working, they often faced unsanitary conditions, like improper air control and no breaks. In the late 18th Century, workers unions began to fight back against these unfair conditions, organizing strikes and insisting on meetings with supervisors to negotiate better hours and pay.

In 1887, Oregon became the first state to recognize Labor Day as a legal holiday. President Grover Cleveland followed up seven years later and declared Labor Day a national holiday in 1894.

While workers still celebrate Labor Day every year, the current cost of living, plus our increasing need to work to meet that cost, makes me wonder, did the law actually accomplish what it set out to do?

- Allison Baldwin, 1-B

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 **September 7th**.

After 4 PM it is late—No exceptions!

*** **Important*****

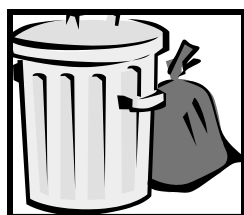
- ♦ Do not post-date your checks. When a check is received by the Housing Authority, it must be deposited within 48 hours. We cannot deposit checks that are post-dated and cannot hold them until the following month. If you have a third party paying your rent please make sure your name & apartment number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



ATTENTION

ALL RESIDENTS!

**THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON SEPTEMBER 27TH**



THIS MONTH IN HISTORY

Sept 2, 1666—The Great Fire of London began in a bakery in Pudding Lane near the Tower. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed lost.

Sept 2, 1864—During the American Civil War, Atlanta was captured by Sherman's Army. "Atlanta is ours, and fairly won," General William T. Sherman telegraphed President Lincoln.

Sept 3, 1838—Anti-slavery leader Frederick Douglass began his escape from slavery by boarding a train in Baltimore dressed as a sailor.

Sept 4, 1609—The island of Manhattan was discovered by navigator Henry Hudson.

Sept 5, 1997—Mother Theresa died in Calcutta at age 87.

Sept 8, 1883—The Northern Pacific Railroad across the U.S. was completed.

Sept 8, 1900—A hurricane with winds of 120 mph struck Galveston, Texas, killing over 8,1000 persons, making it the worst natural disaster in U.S. history. The hurricane and tidal wave that followed destroyed 2,500 buildings.

Sept 12, 1953—Joh F. Kennedy, 36, married Jacqueline Bouvier, 24.

Sept 14, 1741—Composer George Frederick Handel finished Messiah after working on it nonstop for 23 days.

Sept 16, 1908—General Motors was founded by entrepreneur William Crapo "Billy" Durant in Flint, Michigan.

Sept 18, 1947—The U.S. Air Force was established as a separate military service.

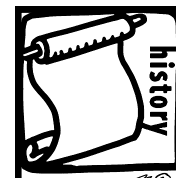
Sept 22, 1862—President Abraham Lincoln issued a preliminary Emancipation Proclamation freeing the slaves in territories held by Confederates as of January 1, 1863.

Sept 25, 1789—The first U.S. Congress proposed 12 Amendments to the Constitution, ten of which, comprising of the Bill of Rights, were ratified.

Sept 29, 1789—Congress created the United States Army, consisting of 1,000 enlisted men and officers.

Sept 30, 1955—Actor James Dean was killed in a car crash in California at the age of 24.

- Submitted by: **Bonnie Bonanno, 2-F**



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



4 Ways to Prevent Falls

Stay Active: Chances of falling can be reduced by improving strength, balance and flexibility. Consider jogging, brisk walks or yoga and look into community centers that often times offer free exercise and wellness programs.

Fall-Proof Your Home : Prevent falls by keeping floors and stairs clutter free; tape cords and wires to the wall; maintain good lighting on walkways and in bathrooms; use non-skid rugs and ensure handrails are sturdy and secure.

Review Medication: Ask your doctor or visiting nurse to explain any side-effects or prescriptions, realizing that some medicines or combinations of medications can make you drowsy or light-headed.

Dress to Prevent Falls: Avoid wearing long nightgowns or “flowy” clothes that may easily cause a trip. Wear comfortable fitting shoes that have good grip. When home, consider wearing secure slippers with a rubber sole that “grips the floor” rather than walking around in socks.

Activities Calendar

Flu Shot - Thursday, September 14, 2017 from 10:00 Am to 1:00 PM
(Community Room)

Coffee Klatch – Thursday, September 14, 2017 @ 10:30 AM

MARK YOUR CALENDAR

- ♦ Friday, Sept 8th—Resident Council Luncheon
- ♦ Wednesday, Sept 13th—Tenant Meeting (by Management) at 2:30 pm
- ♦ Wednesday, Sept 13th—HPHA Commissioner Meeting at 6:30 PM
- ♦ Thursday, Sept 14th—Flu Shots 10 am—1:00 pm
- ♦ Thursday, Sept 14th—Coffee Klatch 10:30 am
- ♦ Sept 16th / 17th—Town wide yard sale in Highland Park
- ♦ Wednesday, Sept 27th—Resident Council Meeting at 4:30 PM



RESIDENT NEWS

- Congratulations to Pat Roth on her 80th birthday. Many, many more Pat!
- Congratulations also to Karin Jackson who had her birthday celebration!
- We welcome Linda DeGenova's pet cat Annie to the building. Linda is overjoyed with her new feline friend!
- We also welcome Rhonda Haskins' adorable dog Scottie. He belonged to Rhonda's mother who passed away recently. Scottie is a handsome little dog!
- We also welcome beautiful Snowflake, Donna Haring's new pet cat.
- Please keep Martha LeRoy and Bobby Gates in your prayers. They are both in Re-hab.
- Kowski Maniappen gave us a scare recently when she had to be hospitalized. She is back. Be careful please.

SOLAR ECLIPSE!

It was just amazing to view the magnificent solar eclipse on August 21st. Many of us gathered outside by the gazebo, passed the solar eclipse glasses around and viewed this once in a lifetime phenomenon!



Town wide Garage Sale!

Again this year, the borough of Highland Park will have its town wide yard sale on Saturday September 16th and Sunday September 17th. Joanne Rogers has kindly registered Samuel Kronman for this sale which means that you are welcome to have a table outside and sell your nick nacks! Please remember that you cannot block sidewalks, ramps or parking lots. You can use the grassy areas on south 6th or on Mansfield.

Please clean up completely after yourself when the sale is over. Have fun, be safe!



CHEF'S CORNER**BROWN SUGAR BANANA MUFFINS**

1/2 cup butter, softened
 1 cup firmly packed brown sugar
 2 large eggs
 1 cup mashed ripe bananas (about 2 large)
 1/4 cup buttermilk (or stir 3/4 tsp lemon juice or
 Vinegar into 1/4 cup milk
 1 tsp vanilla extract
 2 1/4 cups all purpose flour
 3/4 tsp baking soda
 1/2 tsp baking powder
 1/2 tsp salt
 1/2 cup toasted, chopped pecans

Beat butter at medium speed with an electric mixer until creamy. Gradually add brown sugar, beating until light and fluffy. Add eggs, one at a time, beating just until blended after each addition.

Stir together mashed bananas, buttermilk and vanilla. Stir together flour and next 3 ingredients.; add to butter mixture alternately with banana mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. (Do not over-beat). Spoon batter into 12 lightly greased muffin cups., filling two-thirds full. Sprinkle evenly with pecans.

Bake at 350 for 20-25 minutes. Cool on a wire rack.

**Special Days of September**

4th Labor Day
 10th Grandparents Day
 11th Patriot Day
 21st Rosh Hashanah
 22nd Autumn Begins
 30th Yom Kippur

Quotable Quotes

"It is easier to go down a hill than up, but the view is from the top" - Arnold Bennett
 "Well done is better than well said."
 - Benjamin Franklin

National Month of: Apples, Potatoes, Cable TV, Sewing, Emergency Care, American Heritage, Little League and Children's Eye Health Care.

How Much Did it Cost?

1 pound loaf of bread

In 1915	.07 cts.	In 1935	.08 cts.
In 1970	.25 cts.	In 2015	\$1.44

Full Moon: September 6th, known as the Harvest Moon. How the moon was named: It falls close to the farmers harvesting fruits and vegetables.

SMILE AWHILE.....

- ♦ Little Michael watched, fascinated, as his mother smoothed cold cream on her face. "Why do you do that mommy?" he asked. "To make myself beautiful", said his mother who then began removing the cream with a tissue. "What's the matter?" asked little Michael, "Giving up?"
- ♦ Nicola, eight years old, told her parents that David Parsons had kissed her after lessons. "How did that happen?" asked her mother. "It wasn't easy", admitted the young lady, "but three girls helped me catch him."

MEET THE RESIDENTS.....



ROBERT MCGALL Samuel Kronman, Apt. 5-T

Hi, my name is Robert McGall. I was born on February 15, 1942 in Scotch Plains, NJ. I have 2 brothers and one sister. My father was a water meter repair man. I graduated from Scotch Plains High School. I worked with my uncle doing mason work and also did lawn maintenance work. I then worked as a cashier at Two Guys in Watchung. It was there that I met my first wife Laura. We had 2 sons, Michael who lives in South Plainfield and Robert who lives in Milltown. I next worked for Kentile Floors in South Plainfield.

I then joined the National Guard in Westfield, 5th Recon, 117th Calvary. I was stationed in Newark during the riots in the 1960's. I left as a Sergeant after 6 years of service, with the National Guard. Our marriage ended. I met my present wife Mary while we were both working as cleaning contractors for AT&T in Piscataway.

I like listening to music. We also travel often to my wife's country Nicaragua in Central America. Mary & I moved into Samuel Kronman about 2 years ago. This is a nice place to live with good maintenance. The people here are very nice too.



SO PROUD OF BILL GIACALONE, 5-K

On Saturday September 16th Highland Park will host the "Window Art Crawl" from 4—7 pm.

30 store windows on Raritan Avenue in Highland Park will be decorated with art dedicated to Bill Giacalone.

The display begins at Tiger Arts 427 Raritan Avenue. There will be a reception at Pino's 13 North 4th Avenue from 7—9 pm.

Flu shots! (& Bagels)!!!



Unite Pharmacy will be here to administer flu vaccinations on Thursday, September 14th from 10 am—1:00 pm. Please bring your Medicare / Insurance information with you. If you do not have insurance, they will still provide free flu shots!

To make it even better, Kettly will have her coffee klatch that morning so you can have a bagel and a shot (flu...we mean)!!!

TENANT MEETING!

Please attend the next quarterly tenant meeting on Wednesday, September 13th starting at 2:30 pm. This is a wonderful opportunity for residents to air their views, complaints and suggestions to Management and to hear about the new policies, rules and regulations as we continue to work together.

-Management

FROM YOUR RESIDENT COUNCIL.....

- LUNCHEON

Don't miss the Resident Council luncheon on Friday, September 8th at 12 noon. The menu will consist of Spaghetti & meatballs with Italian bread, soda and water!

-MEETING

Our monthly Resident Council meeting will be held on Wednesday, September 27th at 4:30 PM. We need more attendance at these meetings. We are here to hear your ideas, suggestions gripes and complaints. Please be a part of it!

SMOKING BENCHES FOR PARK TERRACE!

We have 2 long and beautiful garden benches for the upper and lower courtyards at Park Terrace. You will see the words "Smoking Area" stenciled on the back of both benches. This means that they are designated smoking area benches. Smokers will, and must get preference to use these benches. Smokers must dispense of their cigarette butts in the urn shaped cigarette butt dispensers placed next to each bench.

PHOTO GALLERY

WE WELCOME OUR NEW 4 - LEGGED FRIENDS TO SAMUEL KRONMAN!!



Scottie, Rhonda Haskins' dog



Annie, Linda DeGenova's cat



Snowflake, Donna Haring's cat



Happy birthday to Karin Jackson!



Happy birthday to Pat Roth! -



A beautiful family picture -
Kowsi Maniappen with her
mother and niece.



My family and I just celebrated 50 years in America. I personally wanted to celebrate because I feel very proud and grateful to be an American and live in the best country in the world. So I made some signs showing 50 years with the American flag on it and I was walking in New York City not like a tourist but a very proud U.S. citizen.

We spent a few days going places like the Jewish museum, saw a Broadway musical and walked around central park and most important, spending quality time with my Mom, sisters and brother. We even played a game that was all about America . questions about (Presidents, what museum is visited the most in the U.S, which is the smallest state and the largest, which president received 100% of the vote? etc..) We had so much fun and we learned a lot.

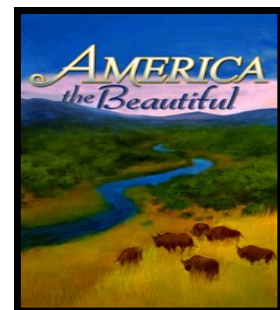
What I want to add is God Bless America, the land of the free and the brave, the land of opportunities.

My family and I worked hard, accomplished a lot, met amazing people along the way but never took anything for granted.

And thank you to our soldiers who are serving overseas away from their loved ones, sacrificing their lives so we can enjoy the freedom that we have.

Thank you AMERICA THE BEAUTIFUL.

Maggie Ferber, 5-C



END OF SUMMER!

- ♦ When summer gathers up her robes of glory and like a dream,
glides away.

—Sarah Helen Whitman

- ♦ Gone are the birds that were our summer guests.

—Longfellow

- ♦ A perfect summer day is when the sun is shining, the breeze is blowing,
the birds are singing, and the lawn mower is broken.

—James Dent

- ♦ In the depth of winter, I finally learned that within me
lay an invincible summer.

- Albert Camus

- ♦ There shall be eternal summer in the grateful heart.

—Celia Thaxter

- ♦ In summer, the song sings itself.

— William Carlos Williams

- ♦ Deep summer is when laziness finds respectability.

— Sam Keen

- ♦ A life without love is like a year without summer.

—Swedish Proverb

- ♦ Love is to the heart what the summer is to the farmer's year—it brings
to harvest all the loveliest flowers of the soul.

—Author Unknown

-Donna Brightman

