

Housing Authority of the  
Borough of Highland Park  
242 South 6th Avenue  
Highland Park, NJ 08901  
Phone: (732) 572-4420  
Fax: (732) 985-6485

## Housing Authority of the Borough of Highland Park



November 2018

# THE HIGHLANDER

Where and how did the time fly this year....seriously, I blinked and the year went by. They say the older you get, the faster time flies!! Downright scary!

October was a sad month for us, losing 3 residents. It is always hard to see the old familiar residents pass away but that is the sad inevitability of life.

The Halloween spirit was alive and well at the Samuel Kronman building. Please check out the picture page where I tried to capture the fun and creativity of some residents! I find it very heartening to see how you have not stopped being a "big kid"!

November is my favorite month of the year as it includes what I believe is one of the most meaningful holidays. Thanksgiving is a time when we can get together, devoid of any commercialism, devoid of frantic gift buying, just an opportunity to meet with one common purpose, giving thanks for so many blessings in our lives. Geoff, Shenelle and I are once again blessed to host a large Thanksgiving table, a lot of cooking and work but enormous joy and gratitude to be able to do it.

Thanks to all of you who give me the blessing to serve you.

**RUNI SRIWARDENA**

### Honoring our Veterans



#### THANK YOU

*They walk the line so that we can be free*

*Some stay on US soil, some go overseas*

*All to defend our freedom and everything that freedom means*

*They do it without hesitation and while giving up their dreams*

*When their time has come they leave to go far away*

*They do it to keep all of the "monsters" at bay*

*They give up their time, they give up their lives*

*They give up their families and say "goodbye" to their wives*

*We see them everyday and walk on by*

*Many without a "thank you", most without a "hi"*

*Many protest against what they do and all they fight for*

*Many hold up signs as the soldiers fall to the floor*

*You have the right to demonstrate because of all that they give*

*Due to all that they give up you have the right to live*

*The next time you walk by a soldier*

*and don't even give it a thought*

*Think of all that they did and all the battles they fought*

*Please make sure to say "thank you"*

*And make sure you are sincere*

*Because they don't give it a second thought*

*And they do it all without fear.*

*-By Colleen Davignon*

**Special recognition and our deep gratitude to our own current Kronman Veterans:**

**Barbara Davis 2-B, Robert Pacconi 3-A, Tom Nolan 3-H,  
Juan Abreu 3-T, Raymond Linares 4-Q, William Giacalone  
5-K, Robert McGall 5-T, John McNulty 6-K**

**We thank you and we salute you.**

## RENT

Rent is due on the 1st.



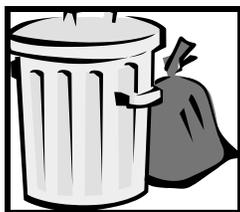
If you are using the rent box, your check must be in the box before 4 PM on November 7th.

**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 DECEMBER 12TH.**



## THIS MONTH IN HISTORY

1927—Ford Model A begins production  
 1969—Public Broadcasting Service (PBS established)  
 1929—The museum of Modern Art is opened in NY City  
 1921—Albert Einstein receives the Nobel Prize in Physics  
 1920—Air mail service opens between US and Canada  
 1989—The Berlin Wall comes down allowing East and West Berlin to visit  
 1946—First Drive-in banking service in America  
 1926—US Route 66 established  
 1927—The Holland Tunnel under the Hudson River opens  
 1978—The cult leader Jim Jones instructed 400 members of his church, “Peoples Temple” to commit suicide in Guyana  
 1863—Famous Gettysburg Address delivered by President Lincoln  
 1964—Staten Island and Brooklyn linked by the new Verrazano Narrows Bridge  
 1963—John F. Kennedy assassinated  
 1941—Thanksgiving Day established  
 1924—First Macy’s Thanksgiving Parade  
 1910—Penn Station opens in New York  
 1963—The Beatles release “I want to Hold Your Hand”

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

## THE HIGHLANDER NEWSLETTER

I strive to keep the monthly newsletters going and most importantly, to keep them interesting and centering around you, the residents. In order to achieve this, I need your cooperation. Please volunteer to be featured if you have not already been featured! Also, please contribute articles, poems, jokes, tid bits, photos from the past and anything else you would like to share. This applies to both Kronman and Park Terrace residents. If someone in your family has achieved something special, please let me know, I would love to publish it!

I like to particularly thank Bonnie Bonanno and Chuck Lacaillade for their monthly contributions.

**Runi / Editor**

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

## Diabetes Prevention Tips



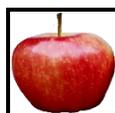
### Get Active!

Research shows that aerobic exercise and resistance training can help control diabetes. The greatest benefit comes from a fitness program that includes both.



### Get Plenty of Fiber

Besides helping reduce your risk of diabetes by improving your blood sugar control, fiber can also lower your risk of heart disease and promote weight loss by helping you feel full. Foods high in fiber include fruits, vegetables, beans, whole grains & nuts.



### Make Healthier Diet Decisions

Eat a variety of healthy meals and portion control part of your healthy-eating plan. Opt for homemade options instead of processed food or eating out.



### Quit Smoking

Besides the increased risk of cancer & heart disease (among other things), smoking also increases your risk of developing type 2 diabetes. If you're a smoker talk to your doctor about quitting.

**MARK YOUR CALENDAR!**

- ◆ **Thurs, November 8th—Highland Park Housing Authority Commissioner Meeting 6:30 pm**
- ◆ **Friday, November 30th—Kronman Birthday Club meets at 2:00 pm (Please sign up with Patty)**
- ◆ **Mondays/Wednesdays/Fridays—SK Café at 10:30 am**
- ◆ **Wednesdays—11:00 am - Seamstress Junglin takes your sewing orders**

**IN MEMORIAM.....**



-**Xiquan Zhang** (4-D) - Xiquan passed away after a brief illness. Our condolences to his wife Shugin and family.

-**Walter Maniappen** (4-G) - Walter passed away in re-hab after a long illness. Our condolences to his wife Kowsilia, daughter Aarthi and family.

**Jimmy Richter** (5-P) - Jimmy passed away very suddenly. Our condolences to his cousin Patty and family .

**Hello again fellow residents:**

Got a call from my son the other day. As we were talking about old times an incident came up in conversation. At the time it seemed to be a small thing, but the fact that he brought it up made me think it was bigger than I remembered.

We did not have a lot of rules in our house, but raised our children in a good, solid household, with church attendance and adherence to rules as a must. Our house was the local hangout for other kids in the area which lead to a very active household. I was a youth pastor and my wife a Christian pre-school director and teacher. A steady flow of young people in our home was just our lifestyle. I enjoyed as did our kids.

The incident my son brought up was one time when he broke the rules. We had decided, with the kids input, we would limit the kind of music they would listen to in the house. I know this seems to be a little strict in these times but served us well at the time. One day when I got home, I heard some music from a station that we did not agree with. When I went up to my daughter’s room, I knocked on the door. There was a group in the room including my 3 children and some others. I asked who was the one who changed the station to the objectionable one. All three of my kids denied doing this. I then reminded them of the rule and then asked them to change the radio station and promptly left the room.

That night as we sat down to dinner, I again asked my kids who had changed the radio. Again they denied they did it. I then told them that if they just told me who had done this that there would be no punishment. So my son then said, if there is no punishment that he did it.

I then said to him that we could now discuss his punishment. He protested that I had lied to him and it was not fair. To which I replied, why was it ok for him to lie to me and me not to lie to him. When he realized what had happened, a big smile came across his face. He said to me “Dad I get it, you are right”. Given the circumstances, mercy was shown and he got no punishment but did learn a real lesson.

I believe then and still do, that a man is never taller than when he kneels down to help a child. And time with them is the most precious gift.

This is kind of a long way to highlight the person here that has caught my attention to the good things happening in our building. There is a man who lives on the second floor. His name is Larry Howell. I have seen him over the last few years in the company of three young boys. I can tell by observing him that he is in a mentoring role with them. He spends time with them and they sometimes spend time here. I have noticed that once in awhile I see them sign the laundry book. So I can only assume that he does give them chores. I do not profess to know exactly what their relationship is, but do know that I can only admire and applaud his efforts to spend time with these young men. In these times I do believe that kids are starved of attention and it makes me smile to see that Larry is stepping up in an attempt to fill that void.

Congratulations Larry for changing young lives and our lives as well.

**CHUCK LACAILLADE, 2-Q**

## CHEF'S CORNER



## GRILLED HAM, MOZZARELLA &amp; PEAR

4 slices bread

1 tbs mustard

6 slices ham

1 pear, peeled and thinly sliced

2 dashes ground black pepper

1 cup shredded mozzarella cheese

1 tbs light margarine

Spread 2 slices of bread with the mustard. Layer each with 3 slices of ham, half of the pear slices, a dash of pepper, and 1/2 cup mozzarella cheese. Top with remaining bread. Lightly spread margarine on the outer sides of each sandwich.

Heat a skillet or griddle over medium heat. Grill the sandwiches until the cheese is melted and the bread is golden brown, about 3 minutes per side.

Cut each sandwich in half to serve.



## Special Days of November

1st—All Saints Day

4th—Daylight Savings Time ends—Clocks  
“fall” back.

6th—Election Day

11th—Veteran’s Day

17th—Great American Smoke Out Day

22nd—Thanksgiving

23rd—Black Friday

26th—Cyber Monday

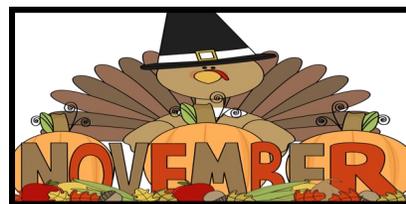
## Quotable Quotes:

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” - Marcel Proust

“In all the affairs of life, social as well as political, courtesies of a small and trivial character are the ones which strike deepest to the grateful and appreciating heart.” - Henry Clay

Full Moon: November 23rd

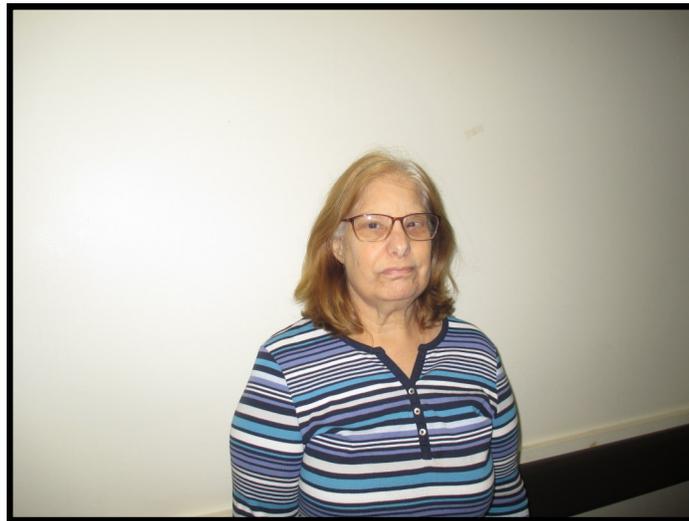
Known as the Beaver Moon



## SMILE AWHILE..... THANKSGIVING STYLE!!!



- ◆ A lady was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but couldn't find one big enough for her family. She asked a stock boy, “Do these turkeys get any bigger?”. He replied, “No ma'am, they are dead.”
- ◆ Nathan, a young boy, after hearing the story of Thanksgiving and how the Indians and the Pilgrims sat down together, climbed up on to his father's lap and said, “Daddy, did you know that if we were Indians, you would be a brave and Mommy would be a “Squawk?” “That is the best description of your mother I have ever heard, Nathan”, replied the dad as he ducked.

**THIS MONTH WE FEATURE.....**

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

Hi, my name is Angela Perone. I was born on June 1st, 1954 in Raritan, NJ. I am an only child. My mother was a homemaker and my dad worked for the Federal Government as a general maintenance super and he was also a plumber.

I graduated from Bridgewater Raritan High School and I have some college education. I worked at various jobs, including at a flower shop, a bus company a printer and a small financial company.

Most recently, I have been serving as an advocate for the blind and visually impaired.

I enjoy working out at the gym and I like to write when I have the time. I am also a good cook!

I previously lived at the AHEPA Housing in Highland Park right across from this building. I moved to Samuel Kronman in April 2018. I have met so many nice people here and have made many new friends.

I enjoy all of the many activities available here.

**RAD CONVERSION AND CLOSING LOOMING CLOSE!**

The much awaited and anticipated RAD closing is looking close now. The letters advising you about the conversion and the termination of your current public housing leases have been sent out. Very soon, you will be notified that you must meet with management to fill out the initial application questionnaire and provide the necessary documents and verifications. Please be advised that if you are currently employed, we will need several pay stubs and also employment verification from your employer. So please gather your pay stubs and obtain the phone and fax number for your employer. We will also require you to collect the past 6 statements for each and every account you have in the bank. These are the Tax Credit compliance regulations and they must be followed diligently. Please cooperate so that this process can go smoothly for you and us. Kathy Blaha and Elizabeth Noll of the WHA will be assisting me to get these applications done in the restricted time period.

Runi

**SNOW CLEARANCE HELP NEEDED**

Once again, we need residents willing to work with maintenance to clear the snow this winter season. Please see the office for details and terms of employment. If you know of someone outside that is looking for some part time work, please let us know.

**KRONMAN BIRTHDAY CLUB**

The birthday club got off to a good start last month. The next celebration will be on the last Friday of November which is November 30th at 2 pm. Please see Patty Nash to sign up. You must be a member before you can attend these gatherings.

**2.8% COLA INCREASE FOR SOCIAL SECURITY RECIPIENTS**

As you know by now, a 2.8% COLA increase will be included in your January Social Security checks. Please bring your new award letter to the office as soon as it arrives in the mail.

Just waiting for the day the elevator swallows my keys in the gap in between;

In the depths and darkness of the great ravine.

Run the video, catch the ghosts and goblins on the screen.

Crochetters and knitters, yarn in hand, many skein.

Trick or treating at the vending machine.

Darn peanut M&M's get stuck, plethora of curses, want to scream.

Overall, though, group effort, is obvious, great work, can easily be seen.

Submitted by: **Donna Haring, 6-H**

# PHOTO GALLERY

**SURPRISE 90TH BIRTHDAY THROWN BY NATASHA FOR HER HUSBAND DEMETRIO**



**1ST B'DAY CLUB GATHERING AND SK CAFÉ CELEBRATION OF NILI MIOT'S BIRTHDAY—DOUBLE CELEBRATION!  
HAPPY B'DAY NILI!**



**KRONMAN TRICK OR TREATERS!**

**CATHY, ANGELA, HOPE, TED**

**DONNA, PAT**

**REGIS**

**TOM**



**GUESS WHO?  
BABY NILI AND  
GLAMAROUS NILI!**

**CONGRATULATIONS TO JOSEF KOGAN ON  
HIS 1ST PLACE WIN IN THE STATE FOR HIS  
SCUPLTURE. PROUD OF YOU!**



**GUESS WHO?  
WOW, WOW WOW ....WANDA ZELENSKY LOOKS  
JUST FABULOUS!!**



## Happy Thanksgiving traditions from around the world!



### **China: "Chung Chiu" Moon Festival**

Families gather on the 15th day of the 8th lunar cycle to celebrate the autumn harvest. The Chinese reunite with family for a large three-day feast featuring mooncakes (sweet cakes) filled with sesame seeds, ground lotus seeds and duck eggs to represent the full moon.

### **Vietnam: Tet-Trung-Thu Festival**

Also celebrated on the 15th day of the 8th lunar cycle and with moon cakes Vietnamese people give thanks and celebrate their families during the Children's Festival and a candlelit procession at dawn with handmade lanterns.

### **Germany: Erntedankfest**

The German harvest celebration is observed in September or October. The day begins with a sermon, followed by a procession where a traditional crown is presented to the harvest queen, Ernteknigin.

### **Brazil: Day of Thanksgiving**

Inspired by the US and observed on the 4th Thursday of November, they have a celebration to express gratitude to the Lord for a good harvest throughout the year called Dia de Ao de Graas, a day of Thanksgiving.

### **Ghana: Yam Festival**

Like in the US, yam is a major crop in Ghana and important enough to get their own festival to ward against famine and to thank the spirits for a bountiful harvest. Ghanaians gather to celebrate the important tuber to be blessed by the chief.

### **Canada: Canadian Thanksgiving**

The first Canadian Thanksgiving was celebrated in 1872 in gratitude for King Edward VII's recovery from a serious illness, but it took until 1957 for Parliament to establish the 2nd Monday in October as the official Thanksgiving Day.

### **Barbados: Crop Over Festival**

Barbados' celebration is all about sugarcane. It begins with a ceremonial delivery of the last canes followed by the presentation of harvest crowns to the man and woman who produced the most sugarcane.

**Malaysia:** Rice is the main point of celebration. This holiday is observed in May, after a season in the rice patties, to honor the rice god, Semangat, to offer gratitude for the good harvest.