

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



June 2018

THE HIGHLANDER

HAPPY FLAG DAY!



It's going to be officially Summer soon, can't wait! However hot it gets, I believe it is far better than the winter, the snow, the ice, the slippery roads and all those heavy clothes we have to wear! But then again, I have those stubborn tropical genes!!

We invite our Victory Gardeners to get their rakes and spades out and start planting your gardens. The extended spell of rain delayed everything including the delivery of mulch which we are still waiting for! Joe is devising a better protection from the deer in the form of a taller fence surrounding the garden beds. However, sorry, no guarantees folks, those deer will be relentless if they desire a taste of your garden produce!

Renewed thanks to Bonnie Bonanno on spearheading the SK Café. She did a phenomenal job. We now welcome Patty Nash who just had her first SK Café session which went off very well. Patty is a long standing resident here and is a familiar face to many. Please come down and patronize the café on Mondays, Wednesdays and Fridays from 10:30 am onwards.

Have a safe and great Summer!
RUNI SRIWARDENA

Did you know that June 14th is Flag Day?

Let's learn a little about the origin of Flag Day.

"That the flag of the United States shall be of thirteen stripes of alternate red and white, with a union of thirteen stars of white in a blue field, representing the new constellation"

According to the U.S. Dept. of Veterans Affairs, this resolution was adopted by the Continental Congress on June 14, 1777.

A flag of this design was first carried into battle on September 11, 1777, in the Battle of the Brandywine. The American flag was first saluted by foreign naval vessels on February 14, 1778 when the Ranger, bearing the Stars and Stripes arrived in a French port..

Observance of the adoption of the flag however took a long time coming with many making the claim of official adoption of the flag. The most recognized claim comes from New York. On June 14, 1889 Professor George Bolch, principal of a free kindergarten for the poor in New York City had his school hold patriotic ceremonies to observe the flag day resolution. Soon, the state legislature passed a law making it the responsibility of public schools to ensure that schools hold observances for Lincoln's Birthday, Washington's Birthday, Memorial Day and Flag Day. In 1897, the governor of New York ordered the displaying of the flag over all public buildings in the state. There were other strong claims from Philadelphia and Wisconsin as well.

Both President Wilson, in 1916 and President Coolidge, in 1927, issued proclamations asking for June 14th to be observed as the National Flag Day but it wasn't until August 3, 1949, that Congress approved the national observance and President Truman signed it into law.

LONG LIVE THE FLAG OF THE USA!

RENT

Rent is due on the 1st.



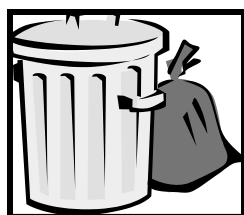
If you are using the rent box, your check must be in the box before 4 PM on June 7th.

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 order.

ATTENTION
ALL RESIDENTS!
**THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON June 13th**



THIS MONTH IN HISTORY

June 3, 1972—Sally Jan Priesand was ordained a Rabbi thus becoming the first woman Rabbi in the U.S.

June 5, 1968—Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in LA.

June 6, 1944—D-Day, the largest amphibious landing in history, began in the early -morning hours as Allied Forces landed in Normandy on the northern coast of France.

June 11, 1991—Mount Pinatubo in the Philippines erupted, spewing ash into the air, visible over 60 miles.

June 14, 1951—Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia. It was installed at the Census Bureau and utilized a magnetic tape unit as a buffer memory.

June 18, 1983 - Dr. Sally Ride, a 32 year old physicist and pilot, became the first American woman in space, beginning a six-day mission aboard the space shuttle Challenger, launched from Cape Canaveral, Florida.

June 23, 1865—The last formal surrender of Confederate Troops occurred as Cherokee leader and Confederate Brigadier General Watie surrendered his battalion comprised of American Indians in the Oklahoma Territory.

June 24, 2010—Labor Party deputy Julia Gillard became Australia's first female Prime Minister.

June 25, 1950—The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel and launched a full scale invasion of South Korea.

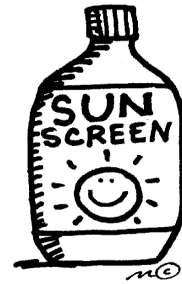
June 26, 1945—The United Nations Charter was signed in San Francisco by 50 nations.

June 28, 1919—The signing of the Treaty of Versailles formally ended World War I

Submitted by: BONNIE BONANNO, 2-F

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

4 Summer Safety Tips



Protect against Ticks and Bugs: Don't forget to bring your bug spray! Use bug spray with DEET. The chemical wards off ticks (which carry Lyme Disease) and mosquitoes (which can spread West Nile & Zika Virus).

Drink Plenty of Water: Prevent heat stress and heat stroke by staying hydrated. On very hot days, drink water, at least 8 ounces every 20 minutes.

Look Out for Bad Plants: Learn to recognize poison ivy and poison oak, and steer clear! Save photos of these plants in your phone to reference when hiking, camping or gardening.

Don't Forget the Sunscreen: If you know you are going to be outside, protect yourself from the sun's harmful UV rays by applying sunscreen. Opt for SPF 30 or higher.

Thank you for continuing to schedule your appointment.

Have a Great Summer!!!

MARK YOUR CALENDAR

- ♦ Mon. June 4th—S.K Café re-opens under the leadership of Patty Nash
- ♦ Wed. June 6th—Tastee Sub Sandwich luncheon at 12 noon—Hosted by the Resident Council
- ♦ Wed. June 13th—HPHA Commissioner Meeting at 6:30 PM
- ♦ Wed. June 20th—Tenant Meeting at 2:00 PM
- ♦ Every Wednesday—Seamstress Junglin to take your sewing orders 10:30—11:30 am

RESIDENT NEWS

- Our Condolences to Terry Barnes on the death of her mother Fannie Rios.
- Congratulations to Michelle Vallee on her daughter's graduation from Rutgers University.
- Amie Jost is enjoying a grand family trip to Bermuda....we envy you, have fun!
- Debbie Johnson is battling some serious health issues, we wish her all the best.
- So proud of Louis Middleton, son of Sandra Craddock on his career path to becoming a Corrections Officer and on moving into his beautiful new apartment in East Brunswick.

Dear Fellow Residents:

There are so many things I like about living in the Samuel Kronman apartments . But, I do have to share with you about one thing that drives me crazy! I am sure that most of the residents will agree with me in this area. Here it is folks: I do not like the fire alarm system with the sound, lights and repeating message. I realize the importance of this very necessary system. I also believe it has saved damage and in some cases physical harm to some people here. So it's worthiness is not my gripe.

The reason I bring this up is because recently when the alarm was sounding, as usual I retreated to my balcony in the front of the building. As I saw the approaching fire truck I noticed that there was not the usual one man on the truck. Upon arrival the driver bolted out of the truck and headed for the front entrance. But then my attention turned to the passenger who also left the truck. I looked close because I was surprised to see that the passenger was someone I happened to know. He was none other than a resident of the family units at Park Terrace.

The man I saw was Robert Howarth who I believe is a single father of a very beautiful young daughter. Here was someone who was unselfishly giving his time and efforts for the good of the town. Somehow this made me feel safer that a fellow resident was giving something back, not only to the town in general but also to the residents here.

Although this didn't stop my dislike of the alarm, it did go a way towards making it tolerable.

As I write this, we have just observed Memorial Day and am hoping our thoughts do turn to the people who have given their service and lives to keep us safe. But I also would like us to think of the first responders who tirelessly give of themselves for our protection.

I want to take this time to thank Robert for all you do and will do in keeping us safe. Your efforts are not going unnoticed.

CHUCK LACAILLADE, 2-Q

CHEF'S CORNER**TOMATO AND OLIVE TARTS**

6 1/2 oz. cherry tomatoes
 Extra virgin olive oil
 4 sheets filo pastry
 2 tbsp. pesto
 8 pitted black olives
 1 tbsp. fresh basil, roughly chopped

Heat oven to 400 degrees F. Halve the tomatoes and place in a bowl with 2 tbsp. olive oil and 1 tsp balsamic vinegar. Season the tomatoes well with salt and black pepper. Set aside.

Line a baking sheet with greaseproof paper. Place a sheet of filo pastry on it and brush with olive oil. Repeat, layering each with three more sheets of pastry. Cut the layers into two rectangles of 6" X 4" and discard any excess pastry.

Set a similarly sized baking tray on top (to weigh down with pastry) and place in the oven. Cook for 12 minutes, or until the pastry is golden and crisp. Remove from the oven and allow to cool.

Spread both pieces of pastry with pesto, leaving a 1/2" border. Place the tomatoes in a single layer on the pesto, being careful not to overlap the border.

Bake for 10 minutes. Remove and top each tart with the olives. Return to the oven for another 5 minutes. Sprinkle with basil, drizzle with a little olive oil and serve hot.

**Special Days of June**

1st—Atlantic Hurricane Season begins
 2nd—National Doughnut Day
 14th—Flag Day
 17th—Father's Day
 21st—Summer begins

Quotable Quotes

"Dost thou love life? Then do not squander time, for that's the stuff life is made of."

-Benjamin Franklin

"I have found that among its other benefits, giving liberates the soul of the giver."

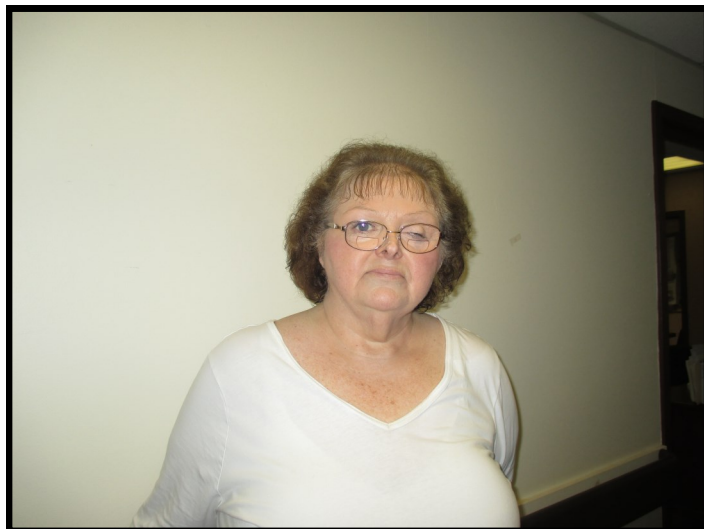
-Maya Angelou

Full Moon: June 28th

Known as the Full Strawberry Moon

**SMILE AWHILE.....Father's Day Style.....**

- For Father's Day we got my dad a t-shirt that says "Do Not Resuscitate." He wears it whenever mom takes him to the ballet.—Greg Tamblyn
- Father's Day, when you get that lethal combination of alcohol and power tools.
 - David Letterman
- At the very least, Father's Day should mean unlimited channel surfing.—Dave Barry
- I got my dad a GPS for Father's Day. Now someone other than my mom can tell him where to go.

MEET THE RESIDENTS.....

**PATRICIA NASH
SAMUEL KRONMAN, APT. 2-G**

Hi, my name is Patti Salles Nash. I was born in Neptune, NJ on August 1, 1951. I did all my schooling in Wall Township, NJ.

Then I went to Brookdale College to get a CNA and then on to get my L.P.N. I did nursing work for years before I retired. I was married for 15 years and I have a daughter, Shelli who I love more than life!

I came here to Samuel Kronman years ago. I first lived here as a live in private nurse for different residents who needed help. I moved in here to my own apartment upon my retirement about 20 years ago.

I am now so happy to say that the S.K Café has re-started on June 4th and that I will be leading it under my Easter Seals Training assignment. We are all sad to see Bonnie leave. She did an outstanding job. I intend to try to be as good as she was! I invite all of you to come down on Mondays, Wednesdays and Fridays for a cup of coffee and a snack or two.

I thank you so much Bonnie for showing me the way to go!

WON'T YOU JOIN OUR YOGA CLASSES?

What can Yoga and meditation do for you?

- * Produce a calm and positive outlook
- * Improve memory
- * Reduce stress
- Lessen inflammation
- Improve flexibility
- Give you more energy and more.....

WHO CAN DO YOGA?

If you can breathe, you can do Yoga. This is not pretzel yoga, this is yoga in a chair. I have taught in rehabilitative centers with people in wheel chairs. Or, you can do the set on the floor on a mat, if you prefer.

Do come by and try it at least once. Classes are held on Thursdays at 10 am.

Ellen Rosner, Apt. 1-G

LUNCH AROUND THE WORLD!

The Resident Council announces a great event, an international lunch on Tuesday, July 10th starting 12 noon. Admission is a small tray of food (preferably ethnic) for you and to share with a few more people. Please see Bonnie for more details and please sign up on the master sheet placed on the bulletin board across from the elevator.

TENANT MEETING

Our 3rd quarter tenant meeting will be held on Wednesday, June 20th at 2:00 pm. Please make a better effort to attend these meetings which covers a large scope of items. It is an open forum, there is lots of discussion and great suggestions and ideas come out of these meetings. It is disappointing to see that many of you choose not to attend our tenant meetings. We value your attendance and your input. So hoping to see many more faces at our June 20th meeting!

Management

SUMMER BBQ CHEF

We are looking for a volunteer Summer BBQ chef to continue the good work Chuck did for us. This person will be available for a couple of hours every other week to cook on the grill for his or her neighbors. People will bring down their own meat or fish pre-thawed and seasoned and the chef will simply cook it for them. The residents then can either opt to eat together outside or in the community room or take the food up to their own apartments. This is a great way to allow our residents to taste and experience the sizzling taste off a BBQ grill right through the summer! Please see Runi if you are interested.

PHOTO GALLERY

A heart warming breakfast farewell and thank you to Bonnie Bonanno hosted by Joanne Rogers in recognition of Bonnie's service to the S.K Café.



Karin Jackson looking striking in her long summer dress!

Ex- staff member Jani Masur brings the “Girls on the Run” for a special Mother’s day program and treat for the residents.



Father's Day Quotations

- ♦ "You know how it is with fathers, you never escape the idea that maybe after all they're right." - John Updike
- ♦ "I am indebted to my father for living, but to my teacher for living well."
- Alexander the Great
- ♦ "My father gave me the greatest gift anyone could give another person; he believed in me." Jim Valvano
- ♦ "My father always told me, 'Find a job you love and you'll never have to work a day in your life.' " - Jim Fox
- ♦ "A father is a banker provided by nature." - French Proverb
- ♦ "Any man can be a father, but it takes someone special to be a dad." - Anne Geddes
- ♦ "A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society." - Billy Graham
- ♦ "The most important thing a father can do for his children is to love their mother." - Henry Ward
- ♦ "When my father didn't have my hand...he had my back." - Linda Poindexter
- ♦ "Sometimes the poorest man leaves his children the richest inheritance." - Ruth E. Renkel
- ♦ "A father is a guy who has snapshots in his wallet where his money used to be." - Unknown
- ♦ "By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong." - Charles Wadsworth

HAPPY FATHER'S DAY!

DONNA BRIGHTMAN

