

Housing Authority of the
Borough of Highland Park

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

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October 2018

THE HIGHLANDER

Back to school.....back to home-work and back to real life! Isn't it just amazing how these cycles come and go... it is just scary how this year is whizzing by. Yes, we had a primarily wet summer but there were exquisite days in between. Hailing from Sri Lanka, a single weather season climate, I have grown to appreciate the different seasons and the charm and activities and moods each season brings to our life. I marvel at the power and dominance of nature and try not to complain about the weather. Actually, we in the Tri-State region are enormously lucky compared to the weather events in most other regions of this country.

Our activities calendar is hopping! We have several events and regular activities on tap so it is up to you to take advantage of them...SK Café, arts & crafts, birthday club, Yoga classes, Bingo...there is no reason to be lonely or complain you have nothing to do, grab a friend or neighbor and try out these activities. You may very well be surprised as to how well you will gel with others and make new friends. Let's get busy folks!

RUNI SRIWARDENA

OOMPAH PAH....OOMPAH PAH PAH...

Happy Oktoberfest!

The Oktoberfest tradition started in 1810 to celebrate the October 12th marriage of Bavarian Crown Prince Ludwig to the Saxton-Hildburghausen Princess Therese. The citizens of Munich, Germany were invited to join in the festivities which were held over five days on the fields in front of the city gates. The main event of the original Oktoberfest was a horse race.

Thereafter, anniversary celebrations were held annually, becoming larger and more elaborate. An agricultural show was added during the 2nd year. Party-goers were kept entertained by tree-climbing competitions, wheel barrow and sack races, mush eating contests, barrel rolling races and goose chases. In 1908, the festival added Germany's first roller coaster. When the city began allowing the consumption of beer on fairgrounds, makeshift beer stands began cropping up and their number increased steadily until they became beer halls in 1896. These beer halls were sponsored by the local breweries. Today in Munich Germany, the 16-day party attracts over 6 million people every year, who consume 1.5 million gallons of beer, 200,000 links of pork sausage and 480,000 spit-roasted chickens! Visitors to the annual event come from all over the world and is one of Munich's largest and most profitable tourist attractions. It brings over 450 million euros to the city's coffers each year!

The festival was eventually lengthened and started ahead in September to allow for better weather conditions. Today, the last day of the festival is the first Sunday in October. During the past 200 years, Oktoberfest was cancelled 24 times due to cholera epidemics and the war.

The largest Oktoberfest held outside of Germany takes place each year in the twin cities of Kitchener-Waterloo in Canada. The largest event in the US is Oktoberfest-Zinzinnati in Ohio which attracts half a million visitors each year.

-Vista.com

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 October 7th.**

After 4 PM it is late—No exceptions!

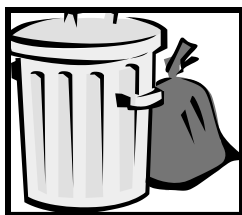
*** **Important*****

- ♦ 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

- Oct. 1, 1908—Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- Oct. 1, 1979—After 70 years of American control, the Panama Canal Zone was formerly handed over to Panama.
- Oct. 3, 1863—President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.
- Oct. 4, 1965—Pope Paul VI became the first Pope to visit the U.S. and the first to address the United Nations.
- Oct. 6, 1981—Egyptian President Anwar Sadat (1918—1981) was assassinated.
- Oct. 8, 1871—The great fire of Chicago erupted.
- Oct. 12, 1492— After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas.
- Oct. 13, 1775—The United States Navy was born.
- Oct. 14, 1964—Civil Rights leader Martin Luther King, Jr. became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights Movement.
- Oct. 16, 1916—The first birth control clinic in America was opened in Brooklyn, New York.
- Oct. 19, 1987—"Black Monday" occurred on Wall Street as stocks plunged a record 508 points or 22.6%, the largest one-day drop in stock market history.
- Oct. 21, 1879—Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament at his laboratory in Menlo Park, New Jersey, keeping it lit for over 13 hours.
- Oct. 21, 1915—The first transatlantic radio voice message was made by the American Telephone and Telegraph Company from Virginia to Paris.
- Oct. 24, 1945—The United Nations was founded.
- Oct. 26, 1825—The Erie Canal opened as the first major man-made waterway in America.
- Oct. 27, 1904—The New York City subway began operating, running from City Hall to West 145th street, the first underground and underwater rail system in the world.
- Oct. 28, 1886—The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor.
- Oct. 29, 1929—The stock market crashed as over 16 million shares were dumped amid tumbling prices.
- Oct. 31, 1941—Mount Rushmore National Memorial was completed after 14 years of work.

Submitted by: Bonnie Bonanno, 2-F

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

Limit These Foods for Healthy Teeth



Candy

This may come as no surprise. Candy contains sugar that can cause tooth decay. Softer candies have a tendency to stick to your teeth, increasing the chance for decay.



Citrus

Oranges, grapefruits and lemons may be tasty and packed with vitamin C, but they also have a high acid content that can erode enamel. Eat & drink in moderation & rinse with water afterwards.



Soda

Drinking soda enables plaque to produce more acid to attack tooth enamel. It also dries out your mouth, meaning you'll have less saliva that we need to keep our teeth healthy. Finally, dark colored sodas can stain or discolor your teeth.



Bread

When we eat bread, our saliva breaks down the starch into sugars. This bread paste easily sticks to our teeth & between crevices, causing cavities.

Activities Calendar: Flu shot **TBA**

Please continue to schedule your appointments with the office. Thank you.

MARK YOUR CALENDAR!

- ◆ Friday, October 5th—The first Birthday Club meeting at 2:00 pm (Paid members only)
- ◆ Thursday, October 11th—HPHA Commissioner Meeting 6:30 pm
- ◆ Sundays Bingo at 4 pm—All are welcome
- ◆ Mondays/Wednesdays/Fridays—SK Café 10:30 am—All are welcome
- ◆ Mondays—12 noon arts & crafts

RESIDENT NEWS

- Michelle Dewhirst is still smiling after a getaway to Pennsylvania. Nothing like some good family time.
- Barbara Davis has offered her services to teach crocheting to her neighbors. That is really nice of you.
- Many thanks to Beleria Tatum who regularly goes above and beyond, helping the staff keep things neat!
- Congratulations to Tanya Middleton of Park Terrace on her new job. Good luck!

Dear Residents:

I get around the building a lot. And one of the things that is obvious to me is the amount of people that come and go all the time. I am truly impressed with the amount of families, friends and assistants who come on a daily basis.

I can only tell you how comforting this is to me.

To know how well we are cared for as elderly and disabled people is mind boggling. I can tell you this does not occur in too many places I have visited or been involved with.

But there is one group that stands out for me. The caregivers. I know we hold them accountable for so many things here, like going to different floors to do laundry, putting trash in wrong containers and some other small infractions. I am sure the benefits surely outweigh the infractions. I am reminded of the saying that "any good culture is judged by the way they treat their elderly and animals."

I have to admit here that I would like to focus on one caregiver in particular. She is here very often and must have many clients. Whenever I see her she is either walking with a client or on her way to one. I see her many times and at many hours of the day. Whenever I see her she always has a smile on her face and never fails to ask how things are with me.

She improves my day with her presence and I think she is a prime example of how the caregivers are in this building.

I know she may not want this but I will identify her as **Darlene**.

I do celebrate your never ending energy and love of your job. Believe me, it is contagious!

Most of all thanks to all the caregivers here.

CHUCK LACAILLADE, 2-Q



CHEF'S CORNER**Parmesan Crusted Port Chops**

1 serving cooking spray

1 egg

1/4 cup grated parmesan cheese

1 tsp Cajun seasoning

2 boneless pork chops, trimmed

Preheat oven to 350 degrees F or (175 degrees C.). Spray a baking dish with cooking spray.

Whisk egg in a shallow bowl.

Mix Parmesan cheese and Cajun seasoning together on a plate.

Dip each pork chop into egg. Press into parmesan mixture until coated on both sides.

Place in the prepared baking dish.

Bake in pre-heated oven for 35—40 minutes until golden and an instant-read thermometer inserted into the center reads at least 145 degrees F (63 degrees C).

**Special Days of October**

1st—International Elderly Day

12th—Columbus Day

13th—Navy's Birthday

16th—Boss's Day

31st—Halloween

Quotable Quotes:

"Sometimes the mind, for reasons we don't necessarily understand, just decides to go to the store for a quart of milk."

- Diane Frolov & Andrew Schneider

"I think that I shall never see a poem lovely as a tree." - Joyce Kilmer

Full Moon: October 24th

Known as the Hunter's Moon

**SMILE AWHILE..... SENIOR CITIZEN STYLE!!!**

-Two elderly women were out driving in a large car, both could barely see over the dashboard. As they were cruising along they came to an intersection. The stoplight was red but they just went through. The woman in the passenger seat thought to herself, "I must be losing it, I could have sworn we just went through a red light."

After a few more minutes they came to another intersection and the light was red again and again they went right through. This time the woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, sure enough, the light was definitely red and they went right through. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row! You could have killed us!"

Mildred turned to her and said "Oh, am I driving?"

THIS MONTH WE FEATURE.....

**HPHA COMMISSIONER
DIANE REH**

I have been a commissioner for the Highland Park Housing Authority since 2008 and the Highland Park Affordable Housing Corp. I have had the good fortune to serve with some of the founders of the Authority as well as the newer commissioners who are leading the way to the future through the Rental Assistance Demonstration (RAD) Program.

My husband Steve and I have lived in Highland Park since 1980 and our daughters Karla and Ariana grew up here attending the Highland Park Public Schools.

I began my work life as a social worker, and after moving to Highland Park volunteered for several Boards and Commissions. Eventually I began working for the town as a code official and later as a Land Use Administrator. I retired from the borough in January 2016.

After I retired from the borough I began a new career in real estate and currently work for Century 21, JJ Laufer located in Highland Park. My real estate career is almost an extension of my work life; I get to meet people and look at houses!

I enjoy seeing friends, doing art projects, walking my dog Lulu, caring for a very grouchy black cat named Pepper-Bob and visiting with my grandson Ike who lives in Boston. I consider being a part of the Housing Authority and knowing my fellow commissioners, the staff and residents a privilege and joy.

LAUNDRY ISSUES

- Please use liquid detergent and not powder. Use just a little bit of detergent as these are high energy efficient machines that require less detergent.
- You must log in the book each and every time you use the machines.
- When you are finished, please clean up after yourselves and the leave the washer door open and the dryer door closed.

EXTRA OUTSIDE SPACE FOR THE SMOKERS

You Will soon see a 2nd smoking bench on the far side of the back parking lot, closer to Mansfield Avenue. Again, please remember, no smoking less than 25 feet away from any entranceway.

RAD CLOSING INCHING CLOSER

You will soon be notified about coming to the office to get income certified for the RAD transfer under the Tax Credit guidelines. It will be more tedious and exacting than you are used to, but it will be well worthwhile when you see all the RAD improvements taking place!

BIRTHDAY CLUB

Patty Nash is all ready to have the first Birthday Club celebration on Friday, October 5th. Sign up has been slow, so hurry up and get in on the action, it will be fun to have your birthday celebrated! The sign up sheet is on the bulletin board across from the elevator.

When All is Said and Done Until the Morning Sun

Cat's been fed , prayers have been said
Nurse rhymes have been read
Long day, legs feel like lead
Plants have been weeded, dead leaves shed
Ruminating thoughts of day spiral in my head
On other's toe's lightly, I tread, finally getting into bed
Recharging myself, innocent I pled

DONN

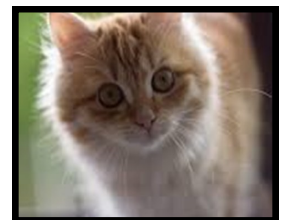


PHOTO GALLERY

HOORAY....PARK TERRACE GETS THEIR NEW RAD WINDOWS!



THE SK CAFÉ ENJOYING BAGELS!



CHARLENE GROVES JUST LOVES HER BABY PET GUINEA PIG JUBAL!





**CAN YOU GUESS WHO THIS
ADORABLE LITTLE BABY
IS?..... YEP, YOU GUESSED
IT, BONNIE BONANNO!**

**DEBBIE BRADLEY AT HER
GRANDDAUGHTER ALICIA'S SWEET 16
YOU BOTH LOOK BEAUTIFUL!**



**GOOD FRIENDS OF 15 YEARS, BABRBARA
DAVIS & BELERIA TATUM HANGING OUT
AND SOLVING A PUZZLE!**



**FIRST BINGO GAME GETS OFF
THE GROUND. DROP IN ON SUN-
DAY AFTERNOONS OR SEE KARIN**



THINGS TO LOVE ABOUT FALL!

While you may be mourning the end of the summer months, here are 20 things to get excited about the crisp weather!

Apples and apple picking

Snuggling up with an extra blanket

A hot cup of tea

Lighting candles

Hot apple cider

Oatmeal breakfasts

Soups and stews

Squash & other roasted vegetables

Pumpkin patches

Farmer's market fall produce

Cooking in the crock pot

Leaves crunching under your feet—(my favorite)

Jogging outside in the crisp air

Fireplaces

Fairs, bake sales, fall festivals

Pumpkin flavored everything!

The beautiful colors

Fall spices—cinnamon, nutmeg, cloves

Candy corn

Donna Brightman



*What I Love about
the Fall Season*

FitnessandUnstuck.Blogspot.Com