

Community Insider

Editor's Welcome

Welcome to this special issue!
It's that festive time of year again. Whether you like shopping, or music, or just looking at the colorful lights and decorations there is plenty to see and do around the Twin Cities. Walk around one of the downtowns, go to the Como Conservatory, go to the Mall of America. There are many ways to get your Holiday on for little or no money. That being said, I also want to acknowledge that this can be a difficult and possibly lonely or stressful time for some people. Don't forget to be extra good to yourself and do what gives you joy. (Even if that's staying in and watching a good movie or a TV show marathon.)

Happy Holidays! Here's to a great, healthy 2016.

Melissa Pappas, Editor

Raising my mug of steaming Gluhwein in a holiday toast



"Anachronistic electricity, Keep Out signs, Aggressive Stares. Has someone been peeking at my Christmas list?" - The Doctor, "Doctor Who"



Mark Your Calendar

Here are some holiday events around the Cities.

[Macy's Downtown Santaland Display: Opens November 21st at 9am | Hours vary](#)

[European Christmas Market \(Union Depot, St. Paul\): December 4th-6th & December 11th-13th | Times Vary](#)

A Nordic Christmas: Myths, Legends, and Fairytales
Nov 14th - Jan 10th
American Swedish Institute

[Sunken Gardens Holiday Flower Show \(Como Zoo & Conservatory\): December 5th – January 3rd](#)

Flower show is free to visit. (A donation is requested but not required.)

[Santa's Workshop \(Landmark Center, St.](#)

Paul): December 13th | 1pm

Landmark Center also has free concerts during the holiday season. While there you can also go across the street and see the lights in Rice Park.

Winter Solstice Celebration (American Swedish Institute): December 22nd | 3-8pm

Holidazzle Village: Thursdays-Sundays November 27th – December 20th, Loring Park

Holiday Lights in the Park (Lake Phalen, St. Paul): November 24th – January 1st | 5:30-10PM nightly

Tickets are \$10 per vehicle.



Minneapolis Holiday Market 2014

Holiday Recipe Book

Here are some holiday recipes submitted by various residents.

Mary Morrisette's Canadian meat pie

From the kitchen of Melissa Pappas

This is my Great Aunt's recipe. The pie is traditionally served on New Year's Day.

- 3 pounds of lean pork (shoulder)
- 1 pound of lean beef
- 1 onion

Place in large pan.

Season to taste with salt, pepper, cinnamon, and/or cloves.

Stir meat with enough water to cover.

Cook for one hour

When meat is cooked, skim off top fat.

Add ½ cup to 1-cup bread crumbs.

Stir and place in pie shell

Cover with top crust

This pie is served hot.

Partly cook it if intending to freeze it or eat at a later time

Buche De Noel (Yule log cake)

From the kitchen of Melissa Pappas

This is a traditional French dessert that is often served at Christmas or on Epiphany.

Note: This recipe is from Cooks.com since I couldn't find mine.)

5 eggs, separated

2/3 c. sugar

3 tbsp. cocoa

2 tbsp. flour

1 tub milk chocolate frosting

1 c. heavy cream, whipped

2 tbsp. pistachio nuts

Grease a 15"x10"x1" jelly roll pan; line bottom with wax paper; grease and flour paper. Beat egg yolks in large bowl until fluffy. Gradually beat in sugar until light and thick. Beat in cocoa and flour at low speed. Beat egg whites until soft peaks form; fold into yolk mixture until smooth. Spoon batter evenly into prepared pan. Bake at 350 degrees for 15 minutes or until top springs back when lightly pressed.

Turn out onto cloth sprinkled with powdered sugar. Cut a 1/4" strip from one short side. Roll up cake and towel together; cool on wire rack. Unroll cooled cake. Spread with 3 tablespoons frost then spread with whipped cream; re-roll. Frost roll with remaining frosting. Roll up trimmed edge; press into log to form a "knot". Draw fork down frosting for a bark effect. Sprinkle with pistachio nuts.

Garnish as desired.

Holiday Mushroom Appetizers

From the kitchen of Laurie DeWell

4 ounces fresh mushrooms, finely chopped
¼ C butter, softened, divided
1 jar (5 ounces) sharp American cheese spread
1 ½ teaspoons mayonnaise
½ teaspoon seasoned salt
½ teaspoon Italian seasoning
¼ teaspoon garlic salt
6 English muffins, split

In a skillet, saute mushrooms in 1 tablespoon butter. Drain and cool. In a bowl, combine the cheese spread, mayonnaise, seasoned salt, Italian seasoning, garlic salt, mushroom mixture, and remaining butter. Spread onto muffins. Cut each into 8 wedges. Place on a baking sheet. Broil 4 minutes or until golden brown.
Makes about 4 dozen.

Eggnog Dip

From the kitchen of Laurie Dewell

1 ½ cups eggnog
2 tablespoons cornstarch
1/2 cup sour cream
1/2 cup heavy whipping cream
1 tablespoon sugar
½ tsp rum extract (optional)
Assorted fruit and poundcake cubes

In a saucepan, combine the eggnog and cornstarch until smooth. Bring to a boil and stir for two minutes. Remove from heat. Stir in sour cream. Cool completely.

In a mixing bowl, beat whipping cream and sugar until stiff peaks form. Fold into eggnog mixture with extract if desired. Cover and refrigerate overnight. Serve with fruit and poundcake cubes.
Makes about 2-2 ½ cups



Surviving the Holidays

By Melissa Pappas

As I mentioned in my welcome, the holidays aren't a joyous time for everyone. For some people they can be very sad, lonely, or stressful. For others, they just end with weight gain and feeling like you overdid things.

The holidays don't have to be that way though. Here are some tips on surviving the season. Hopefully they will help make it more pleasant.

- Be sure to make time for yourself.

This is especially important if you will be staying with/spending a lot of time with family. Take a walk (weather permitting), read a book, watch a favorite TV show or movie. Do whatever recharges or refreshes you. This doesn't have to cost money either. A walk, or some exercise, or a nap will give you a fresh perspective and leave you feeling refreshed for free.

- Just say no.

This can be hard if there are expectations that you do certain things but sometimes it is the best thing for you. If being around family is too stressful or doing something is overwhelming it might be better for your physical and emotional health to say no and do what you can handle/ what would make you happier. You are no good to anyone if you're upset, a bundle of nerves, on overload.

- Indulge responsibly.

You can still enjoy your favorite treats at the holidays. Just have a reasonable amount. Another thing to do is think of what your absolute favorite, can't miss holiday foods and drinks are and just

have some of those. You don't need to eat everything that is available. Savor the seasonal bounty in moderation. This also ties in with the next suggestion.

- Stay active.

Just because it's the holidays doesn't mean you should forgo fitness. Try to do something active most days, be it walking, calisthenics, aerobics, etc. There are many exercises you can do for free in your apartment. Walking the stairways or halls is a great exercise when it's too cold to walk outside. If your building has exercise equipment, make use of it. Staying active isn't just good for your body. It also helps manage stress and improves mood through the release of endorphins. *I have to add that if you haven't been exercising it is a good idea to check with your doctor before beginning a fitness program. You want to be sure you will be safe and won't aggravate any conditions you might have.*

- Do your own thing.

There is nothing wrong with not celebrating the holidays or not being cheerful. If you don't like all the holiday hoopla or it's painful for you you should not feel bad about opting out. Do what gives you joy and makes the season meaningful. Everyone is different and everyone sees this time of year differently. Do what's right for you and don't let the turkeys get you down.

Doing a fun activity is another way to relax and reduce stress over the holidays. Here is one you might try.

The Coloring Craze

By Laurie DeWell

Photo by Melissa Pappas



Coloring has been around since I was a kid, and

probably long before. Coloring was often thought of as a child's activity. But not no more.

Adults of all ages are into it. There are numerous books from beginners to challenging. You can find these more 'adultlike' coloring books at craft stores and local stores like Target and Walmart. Coloring is a great stress reliever. What's more, there's no right or wrong way to color.

There are so many mediums. Crayons, glitter crayons, twistable crayons, twistable markers, broad tip markers, fine tip markers, gel pens, and colored pens, paints, chalk, and my favorite, colored pencils.

Coloring has helped me through boring times and depressing times.

Put your finished picture in a cheap frame and you have an inexpensive gift that people of all ages will enjoy. You can even add stickers to embellish the frames.

So with winter fast approaching, you might want to add coloring to your list of hobbies.

Happy scribbling!

From the Residents Council Coordinator

By Julia Hupperts



Greetings! I am the new Hi-Rise Resident Council Coordinator. I am located in the Presidents Council office, Room 247, at 555 Wabasha. My telephone number is 651-228-3205. I will be working with your Residents Council and with the Presidents Council to make your Hi-Rise the best place for you! If you see me in your building... please stop and introduce yourself. I am truly delighted to be working with your Council!

Julia Hupperts

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All submissions are welcome. Items may be edited for length or clarity. Publication is subject to approval of the committee and Residents Council Coordinator. We have a policy of non-discrimination and non-censorship. Questions and comments can be sent to
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Holidays, Holidays. Holidays

Hanukkah- December 6th to December 14th

Winter Solstice- December 21st

Festivus- December 23rd

Christmas- December 25th

Boxing Day- December 26th

Kwanzaa- December 26th

New Year's Eve- December 31st

New Year's Day- January 1st

