

COMMUNITY INSIDER

Volume 1 Issue 16

Spring 2018

Editor's Welcome

Happy Spring!

Winter is finally releasing its hold on us and warmer days are on the horizon. Days are getting longer and flowers will soon be blooming.

Spring is a time of new life and rebirth, and a great time for new beginnings. Maybe try learning a new skill or starting a new project. Explore. Dream. Create. Celebrate the new season and the fact that you are alive and able to experience it.

Carpe diem!

Melissa Pappas, Editor



"I am on a curiosity voyage and I need my paddles to travel. These books—these books are my paddles. I need my paddles!"
-Dustin Henderson, *Stranger Things*

Mark Your Calendar

- Computer Team: April 19th, May 17th, June 21st at 1:30PM
- Community Building: May 4th, June 1st at 10:00AM
- Executive Board: April 13th, May 18th at 11:00AM
- Presidents Council: April 23rd, June 4th 10:00AM

Hi-Rise Spotlight

Compiled by Mindy Johnson



"Nothing is IMPOSSIBLE; the word itself says, 'I'm Possible.'- Audrey Hepburn

Seal Hi-Rise, located at 825 Seal Street, is in close proximity to the University of Minnesota. It is situated in a quiet neighborhood that allows easy access to both downtown Saint Paul and downtown Minneapolis. It is also close to the St. Paul Midway YMCA and the Hamline Midway Library. Seal houses 144 one-bedroom units and was built in 1976. The building was designed specifically to be handicapped accessible and was the last of the tower-style hi-rises to be built in Saint Paul.

Seal apartments feature large storage closets and walk-in showers, and there are two different floor plans available. The hi-rise offers on-site laundry facilities, free parking, holiday parties, monthly Resident Council meetings, and voting on site. Residents can also take advantage of the Twin Cities Mobile Market available for grocery shopping, a postal van, and bi-weekly Bookmobile provided by the Saint Paul Public Library. Seal is also currently working on updating their selection of books for their Community Room library.

Seal is home to a diverse population of individuals of all ages, ethnicities, and backgrounds. It has a strong sense of community and is a pleasant place to live.

Remembering...

Do not stand at my grave and weep
I am not there, I do not sleep
I am a thousand winds that blow
I am the softly falling snow
I am the gentle showers of rain
I am the fields of ripening grain
I am in the morning hush
I am in the graceful rush
of beautiful birds in circling flight
I am the starshine of the night
I am in the flowers that bloom
I am in a quiet room
I am in the birds that sing
I am in each lovely thing
Do not stand at my grave and cry
I am not there- I do not die

Community Insider Team

Editor: *Melissa Pappas*

Contributor: *Mindy Johnson*

Photographer: *Roxanne Sands*

Editorial Policy

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 editor@stphapresidentscouncil.org
Article submissions can be sent to insider@stphapresidentscouncil.org

Numbers to Know

Presidents Council
555 Wabasha St. N. Suite 400
St. Paul, MN 55102

Email:

presidentscouncil@stphapresidentscouncil.org

Presidents Council Website:

<http://www.stphapresidentscouncil.org>

Maintenance: 651-298-4413
Emergency Maintenance: 651-227-9919
Police Non-Emergency: 651-291-1111

Ravoux's 5th annual Pool Tournament,

by Bob Knutson

Five years ago, while in Ravoux's Pool Room area in the building, I ran into a group of residents playing pool. I overheard some of them talking about how they wished they could have a pool tournament. It was clear to me then, that they weren't aware they could bring that idea to a resident council meeting, submit a motion and have a vote taken to have a pool tournament. I asked them: "Why *couldn't* we have a pool tournament here"? I explained what the resident council is there for, along with the types of activities the council could sponsor for residents. That small conversation lit the spark that became the *Ravoux First Annual Pool Tournament*.

At the time it was assumed that it would be just a one-time event, but because there was such an outpouring of interest, it blossomed into the yearly event it still is today. And as long as there's an interest in having a tournament, and we can get a minimum number of players together, the tournament will live on.

Let me tell you a little bit about the tournament. The event spans two-days -- always Saturday and Sunday -- and is overseen by an independent Judge. Snacks are ordered and served along with beverages, and all players have a great time!

That's what it's all about; getting residents together to share a fun and enjoyable event. It's all about the camaraderie, and there's no lack of it at the Tournaments.

After the tournament is complete, awards are ordered and 1st, 2nd and 3rd place trophies, along with participation trophies, are handed out at a very solemn ceremony in the Pool Room. Just kidding; it's not very solemn at all, just a lot of presentations, cheers and smiles! It's also a nice touch to have all of the trophies personally engraved with the name and date of the event and the players' names -- a little something to preserve an enjoyable moment in time for all players.



Section 3 Notes

By Beth Pacunas, PHA Section 3 Coordinator

If you recently suffered the loss of a job, are having difficulty gaining employment due to injury, disability or outdated skills, want to learn a new trade, seek higher education, or simply need a change, there is good news if you are a resident of St. Paul Public Housing. It is called Section 3.

Anyone who has been unemployed or under-employed knows that the road to success can be painstakingly slow.

PHA is here to help by working in several distinct ways to provide residents with the best options: direct hires for employment with the PHA, sub-contracting work on PHA construction projects, on-site job skills training and education, and links to outside resources such as paid apprenticeships, or a college education.

Trainings and/or resources that the PHA provides fall on a wide spectrum of need such as: English language proficiency, US citizenship classes, GED classes, and continuing education, both academic and in trades. For example, the St. Paul College *Make it Count* program offers free tuition for adult learners. Numerous apprenticeships pay a living wage to learn a new trade, many of which guarantee a well-paying job when finished.

PHA offers classes at various PHA locations in computer skills, money management and financial literacy, QuickBooks, work readiness, and small business development; provides counseling on how to choose and pay for college, as well as life-skills training for youth to help prepare them for entering the job market after high school or college.

Currently, the PHA is wrapping up a 12-week small business development course through African Economic Development Solutions. 15 Residents have passed through this course and several have moved on to begin operating businesses of their own. Beginning on April 9,

Avivo is offering a two-week Work Readiness class for anyone who needs a brush-up and is interested in gaining employment now. Through-out the year, Avivo will also offer job counseling, resume help, interview training and more each Thursday at 11am at the Mt. Airy Community Center or by appointment.

PHA also awards scholarships up to \$200 for qualified residents to acquire business licenses or professional certificates and sit for license earning exams. Several residents have benefited from this scholarship and advanced into employment as an EMT, Day Care Provider, Pharmacy Technician, CNA, and Cosmetologist.

PHA also provides a wealth of on-line resources, links to employment websites and more. One great place to look and add your name to is www.tcsection3.org. Twin Cities Section 3 Collaborative is a centralized database for both job seekers and contractors developed by a cohort of state and local agencies, including PHA, making it easier to find Section 3 opportunities in the entire 7-county area.

Section 3 is both race and gender neutral. The preferences provided under this regulation are based on income level and location only. Look for news of Section 3 programming in the Resident Initiatives Department monthly newsletter. In addition, flyers with upcoming programs are often posted in management offices, community rooms, and near elevators.

The PHA's Section 3 program is here to help unlock your potential for employment, and eliminate some of the barriers you encounter. Taken one step at a time, and with the support of resources available both inside and outside the PHA, realizing new goals can be made a little bit easier.

For more information contact your HSC or Beth Pacunas, PHA Program Coordinator, Section 3 at Elizabeth.pacunas@stpha.org or 651-228-3204.



Krazy Kat Korner

This issue's column features our feline editor, Sherlock who lives with our human editor, Melissa.

Sherlock is a very intelligent cat who certainly lives up to his name. Several days after moving into his new home he taught himself how to open the kitchen cabinet. (And how to get out of it from the inside.) He also figured out how to open the folding storeroom door and get in there.

It's amazing how easily impressed you hoomans are; and how easily swayed by cuteness. -S.

I also sometimes think Sherlock is a dog in a cat suit. He usually is waiting at the door when I get home and he likes to follow me around; especially when I go anywhere near the kitchen.



Black (house) Panther

"Women and cats will do as they please, and men and dogs should relax and get used to the idea." - Robert A. Heinlein

Doggy Dining: Blueberry Mini Pupcakes

By Mindy Johnson

(Pupcakes? Where are the Catcakes?- S.)

I have made these for my own French Bulldog and she LOVES them! We've given them to doggy friends and they're always a big hit.

Ingredients for 24 mini pupcakes:

- 1 Box blueberry (or apple cinnamon) Jiffy Muffin mix
- 1 egg
- Milk
- 1 banana
- $\frac{3}{4}$ cup ground dry dog food (any flavor)
- Whipped Cream Cheese (plain)
- Small dog treats (optional)

Also needed:

- Mini cupcake tin
- Mini cupcake liners

Prepare the muffin mix per the instructions on the box. Peel and mash 1 banana and add and stir into the muffin batter. Grind dry dog food in a food processor. You want about $\frac{3}{4}$ a cup ground dry dog food. Add and stir $\frac{1}{2}$ a cup of the ground dog food to the batter. (The rest will be used to garnish the top of the baked and cooled pupcake later.) If the batter gets too dry, add a little milk to the batter until the consistency is smooth, not too dry, not too runny.

Line the mini-muffin tin with the liners. Fill each about $\frac{2}{3}$ full with batter. Preheat oven & follow the bake time instructions on the Jiffy Muffin Mix box. You can test to see if they're thoroughly baked by taking a toothpick and poking one. If the toothpick has batter on it if, they need more time. If it comes out clean, they're done.

Cool the pupcakes once they're out of the oven. When cool, frost them with whipped cream cheese, sprinkle a pinch of ground dog food on top, and garnish with a mini dog treat. Store them in the fridge in a sealed container to keep them fresh.

Getting Ready for Spring

By Ann Tranvik, Public Health Nurse
Saint Paul-Ramsey County Public Health



Spring is a time in nature for new beginnings, trees budding, flowers blooming and birds singing. It's also a hopeful time for those of us who aren't **Bold North** people to celebrate surviving another cold and dark winter. We can now safely open the windows again or go for an ice-free walk and breathe in the fresh warming air. This spring may also be a time when you're considering quitting smoking. If you are please read on about resources, you can use.

How can you get help if you're ready to quit smoking?

For the past 18 months, PHA has been working with community partners to prepare for the start of the HUD Tobacco Rule on July 30, 2018. This rule affects all 1.2 million HUD public housing units in the US. The Rule prohibits smoking of lit tobacco products (cigarettes, cigars, pipes) inside and within 25 feet of the property and includes the Saint Paul Public Housing Agency. The primary reasons for the new Rule are to reduce the harmful effects of second hand smoke and reduce the risk of accidental fires. The Rule does not require residents to quit smoking but if you're thinking about quitting there are many cessation resources available. If you would like more information about any of the following please contact the Human Services Coordinator in your Hi-Rise.

- **NAMI Smoking Cessation Workshops** – PHA residents may attend any free workshop regardless of where they live. A Walgreens pharmacist is present at each workshop and can provide 1:1 counseling on choosing cessation medications. You can also have a quick carbon monoxide (CO) level breath test

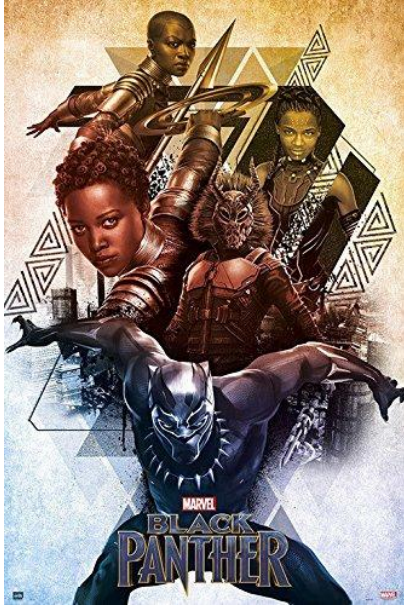
which shows you the level of CO in your lungs.

- April 12, 2018 2-3P Ravoux, 290 Ravoux St.
- April 26, 2018 2-3P Iowa, 1743 E. Iowa Av.
- May 23, 2018 1-2P Exchange, 10 W. Exchange
- **Freedom From Smoking Tobacco Support Groups** – the free 8 session American Lung Association (ALA) support groups are being considered as an option for sites with at least five residents interested in quitting smoking.
- **ALA and Public Health Law Center** have been meeting with PHA staff, the President Council and Citywide Council educating them about the new HUD Rule and supportive resources.
- **Your Body After You Quit Smoking** poster created by ALA and the public health department showing the healthy changes in your body after quitting is posted in the lobbies of each of the PHA 20 buildings.
- **QUITPLAN** statewide cessation services include free cessation medication and provide support with text messages, website and no pressure phone counseling. For information about their free cessation services contact- www.QUITPLAN.Com OR| call 1-888-354-7526
- **American Lung Helpline and Tobacco QuitLine** provides experts to help you with lung health questions including COPD, asthma and quitting tobacco. www.lung.org | 1-800-586-4827.



Where oh where is spring?

Cinema Corner, By Melissa Pappas



“In times of crisis, the wise build bridges, while the foolish build barriers. We must find a way to look after one another as if we were one single tribe.” – T’Challa

I saw *Black Panther* and I would have to say it was excellent. I may be biased because I am a big Marvel fan but I enjoyed seeing a superhero movie that was different from the usual.

Spoiler alert if you haven’t seen the movie yet (and if you haven’t, what are you waiting for?) The movie begins with a brief history of the African nation of Wakanda. In outward appearance Wakanda is an agrarian third world country. In actuality, they are very technologically advanced thanks to an ore called Vibranium. (This element is also the source of Black Panther’s power.)

After a brief flashback to California in 1992, we are taken to present day Wakanda where the king (and current Black Panther) T’Chaka has recently been killed. His son, T’Challa (Chadwick Bozeman) is preparing to become the new king.

The main villains are Ulysses Klaue, (played by Andy Serkis) a notorious arms dealer who is

trying to sell a Vibranium artifact, and Erik Killmonger (Michael B. Jordan), a former US military operative who turns out to be Wakandan royalty himself.

Aside from apprehending Klaue the main conflict in the movie is between Killmonger and T’Challa over who is rightful king of Wakanda. I thought the cinematography and costumes were beautiful and the special effects were cool. I found it refreshing to see a movie where the cast was mainly people of color and the white characters were in secondary roles instead of the reverse which is much more common. I also liked the women warriors and other strong female characters. (It was cool to see a society where women were the protectors and scientists and were equal to the men.)

Black Panther had a very positive message of putting aside differences and working together, and that violence and war aren’t the answer. (Also, coming together to fight a common enemy.) It also had some good “what if” moments such as what would happen if Wakanda shared its technology with oppressed people around the world and in doing so helped those people become the ones in power. (Killmonger wanted to share Vibranium tech with minorities around the world so they could retaliate for the wrongs that have been done to them and subjugate the majority.) Or what if we work together and build bridges rather than waging war?



Notes from your Coordinator...

What if.... you volunteered for your council?

“when you volunteer, you vote every day about the kind of community you want to live in.”

Election season is beginning. Consider volunteering to be an officer for your Resident Council. You can make your Hi-Rise a better place for all residents!