

COMMUNITY INSIDER

EDITOR'S WELCOME

Welcome to this issue!

Spring is finally here (we hope). The days are getting longer and the weather is getting warmer. Spring is also a time of rebirth and renewal. The Earth is refreshed and reawakened. Our spirits are renewed.

This is also the time when our Resident Council boards are revitalized.

Breathe in the fresh air. Bask in the sunshine. Think of all the possibilities that await.

It's just the beginning.

Melissa Pappas, Editor



"It's inevitable. One day Death wins. Until he does, why grant victory to him each day by going about your living like you are already dead?"

Make Death work hard to take you. While you are alive the days are for living, not dying.

Your choice.

Die once or die every day.

Always believe." - Ultimate Warrior

HI-RISE SPOTLIGHT



This month: Dunedin

By Ruby Steward

On our tour of hi-rises, next is Dunedin Terrace Hi-Rise. Dunedin Terrace hi-rise is located South of downtown St. Paul, at 469 Ada St, and It is in what is called the West Side neighborhood. Constructed in 1966, Dunedin Terrace is a ten story building of 143 one-bedroom units and it was renovated in 1991.

Dunedin Terrace is located near a major bus line, and near quite a few restaurants, banks, churches, shopping, and health care facilities. Adjacent to the hi-rise is the Paul and Sheila Wellstone Center for Community Building. If one day you feel like taking a walk or ride to enjoy the view, you may want to slip by and see the lovely view or enjoy the food and shopping in the area.

The food was so good at a local restaurant, I think I gained a couple of pounds I ate so much. I also bought a lovely scarf for my sister at one of the local shops, to make her feel better while in the hospital. It looks good on her too.

If there anyone that wants to join me for the next hi-rise tours, you are welcome to. As you can tell, I eat a lot! Email me, or call me at the President Council office. The number is 651-292-6058, and leave a message for me if no one answers, I will get back to you.

Information provided by the front office of the PHA

RECIPE BOOK

OVEN FRIED CHICKEN

BY: Ruby Steward

Hey, I think everyone that eats fried chicken has tried a type of oven-fried chicken and found that it was not as good as the commercial made it look. Well guess what. I got busy, and found it in the store and there are no corn flakes or crackers on it. Let me explain...I had to cook for my Mom & Sis, when they were ill, and one of the things they did not eat, because of my finicky sister was fried chicken. So I have been baking it and like many trying to get a crust that only frying gives you. I have a scratch recipe & a quick done for you so here we go.

Preheat Oven to 375 degrees

1 pound chicken parts

Chicken seasonings (boxed soup mixes work very well also they add flavor)

8 ounces mixed shredded cheese

Clean chicken parts, rise and lay on a paper towel. In a plastic bag, mix the seasoning and shredded cheese. Put chicken in bag and shake it up vigorously. Now place chicken on an oiled baking sheet and sprinkle the leftover cheese mix on the chicken. Bake until done, approximately 30 min. Timing may be different for parts of chicken. Here is the funny piece. (Quick Way) After I go through hell and high water to figure this recipe out, you can now buy this cheese and seasoning mix in the refrigerated section at the grocery store. And it is not expensive. GUESS what else? You can you use it on pork chops, fish, or make your own seasoned French fries. It is very good if you

just want some broiled vegetables, almost like grilling. Multiple uses, multiple meals.

IT'S THAT TIME AGAIN...ELECTIONS!

By Connie Lydon

Our Election process starts in March with High-rises choosing whether they want a Traditional or 5 Member Board. In April we will be going over the responsibilities and qualifications of the positions and start the search for candidates. In May we will finalize and close nominations. In June we will be voting on the slate of candidates. All qualified candidates will be elected by secret ballot and sworn in. Please give serious consideration to becoming an Officer and help guide your high-rise to a great year!



*"Nothing is impossible. Even the word itself says
"I'm possible." - Audrey Hepburn*



COMMUNITY EVENTS

Here are events and holidays coming up in the next three months

Holidays:

Passover- April 3 to April 11

Easter- April 5

Tax Day- April 15

Earth Day- April 22

Cinco de Mayo- May 5

Mother's Day- May 10

Memorial Day- May 25

Flag Day- June 14

Father's Day- June 21

Events

Festival of Nations: April 30- May 3

May Day Festival and Parade: May 3

Art in Bloom at MIA- April 30- May 3

Grand Old Day- June 7

By Roxanne Sands

IT'S SPRING!

And what better way to enjoy the outdoors than contacting visitsaintpaul.com/Events-Calendar to find out what's happening in our fair city . . . **every day!**

You can learn to tour the *Minnesota History Museum* library and its archives for free, every day from 9:15 to 10:15 am. Discover old addresses or ancestors. Satisfy your curiosity!

A bus trip to *Como Park Conservatory* for their annual *Spring Flower Show*, - daily, from 10:00 am to 6: pm is sure to bring delight to your senses.

St. Paul Cathedral tours are available

too. Check for days and dates.

Free on Tuesdays from 5:00 to 8:00 pm is the wonderful event of "*We are Hmong Minnesota* ", currently featured at the *Minnesota History Center*, near downtown at 345 Kellogg Blvd. W.

Find **Concerts, Summer Programs, Festivals, County Fairs, Cinco de Mayo**, and many other activities to please you.

When visiting the website, choose: **Things to do; Discover St. Paul; Food and Drink; or Events Calendar**. Go to visitsaintpaul.com **every day!** Have Fun!

COMMUNITY NOTICE BOARD

In this section you'll find information about things going on at the different hi-rises.

Please feel free to submit information about any events you think people would be interested in.

Here are some photos from recent hi-rise events.

Seal's Chinese New Year celebration:



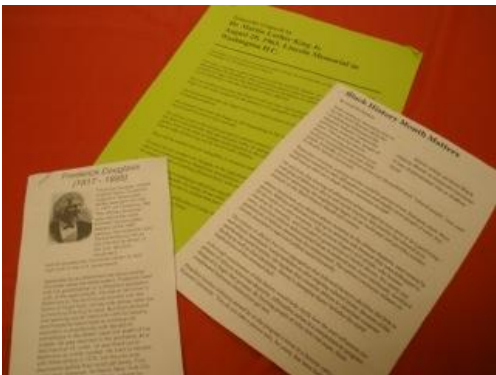


These pictures show some of the food, decorations, and people at the Chinese New Year event at Seal on February 27th.

Valley's Black History Month Party



Standing left to right are Angela Perez, Cathy Hicks, Malinda Chadwick. Harold Raven is seated. They all helped produce the Black History Month event.



Event information from Valley.

IT'S A MARKET ON A BUS

Have trouble getting to the grocery store? The Twin Cities Mobile Market may be just what you're looking for.

What is it?

The Mobile Market is a grocery market on a bus that brings affordable, healthy food into neighborhoods underserved by regular grocery stores. Food is purchased from Cub Foods and prices should be comparable to those in Cub stores.

Where does the Market bus go?

Right now the bus stops at Valley, Iowa, and Mt. Airy hi-rises and McDonough Homes. It's possible the program could be expanded in the future. Anyone can use the market, even if you don't live at one of those sites.

What kind of food is available?

The market has a variety of healthy foods such as: grocery store quality fresh fruits and vegetables, lean fish, chicken, beef, and pork, milk, cheese, eggs, other dairy products, rice, dried beans, cereal, canned goods, flour, and sugar. Users can request items too.

Where can I get more information?

You can get more information and a map and schedule for the market here:

<http://www.wilder.org/Programs-Services/tcmm/Pages/default.aspx>

Information is also available on the main page of the Presidents Council website.



STEP ONTO THE WEB

Have you checked out the Presidents Council website recently? If not, you might want to take a look.

The site has been completely redesigned to be more user friendly and make information easier to find. The latest meeting minutes and most used tutorials are now right on the front page.

Upcoming meetings are also featured there. The sidebar has SHIP grant information, helpful links, and the link for the help desk.

Take a look around the site and see the wealth of information there. You can find the site at <http://www.stphapresidentscouncil.org>

“Hello, IT...

Have you tried turning it off and back on again?”-Roy, “The IT Crowd”

MARK YOUR CALENDAR

Here are the upcoming meeting dates

Presidents Council: April 27, May 26th

RPC: April 17th

Community Building: April 3rd, May 1st

Peer Team: April 10th, May 8th

Executive Committee: April 17th, May 15th

Computer Team: April 16th, May 21st, June 19th

*“If you are depressed, you are living in the past.
If you are anxious, you are living in the future.
If you are at peace, you are living in the present.”-
Lao Tzu*

COMMISSIONER'S CORNER

Today we start introducing other commissioners on the board of commissioners. I'd like to start with Marty Strub. I like to think his extensive experience with the trades qualifies him as a very good representative of this housing sector. Remember housing is comprised of many different groups. Enjoy learning more about Marty.

Background - Schooling and work experience
After Graduating Johnson High School I attended

St. Paul Vocational School, now St. Paul Technical College, and graduated from their Sheet Metal Workers training program. I served a four year apprenticeship and became a Sheet Metal Journey-person. I worked with the tools in the sheet metal construction industry for various contractors for fifteen years. I then was hired by the City of St. Paul as a City Sheet Metal Inspector, a position I held for seventeen years. I was also an evening Sheet Metal Apprenticeship Instructor for the Union Apprenticeship Program for twenty years. In 2002, the Union and the Sheet Metal Contractors Association formed a Labor-Management Fund and jointly hired me as a Lobbyist and Code Consultant to serve both memberships. In 2007 I was asked to seek the position of President / Business Manager for the Union. I was elected to that position and held it until retiring in 2012.

Becoming a Commissioner

In 2004 there was an opening on the Board of Commissioners due to the resignation of a former commissioner. I filed a request to be considered for the position and was then appointed. This particular position has traditionally been held by a member of the St. Paul Building and Construction Trades of which I am a member.

A couple of proud moments I have been a part of Aside from my family and my personal life I would say that having successfully held each of the positions I've had within the Sheet Metal industry are each proud moments for me.

My Vision for the PHA's Future

In addition to carrying on the month to month Business at the PHA, I think helping to prepare for the inevitable retirement of the Executive Director and helping to set a course for the PHA to continue its success for many years to come. It will be very difficult for anyone to continue with the success Jon has brought to this PHA but I do believe that Louise is up to the task and I am hoping to remain on the Board to help her and the PHA in whatever way I can.

Marty Strub

shit...they're up." - Dwayne Johnson

NUMBERS TO KNOW

Presidents Council

555 Wabasha St. N. Suite 400

St. Paul, MN 55102

Phone: 651-292-6058

Email:

presidentscouncil@stphapresidentscouncil.org

Website:

http://www.stphapresidentscouncil.org

Maintenance: 298-4413

Emergency Maintenance: 227-9919

Police Non-Emergency: 292-1111

COMMUNITY INSIDER TEAM

Editor: *Melissa Pappas*

Proofreader: *Connie Lydon*

Proofreader: *Ruby Steward*

Photographer: *Roxanne Sands*

Contributor: *Mary Puente*

Contributor: *Cathy Hicks*

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



HAPPY SPRING!

"Be the type of person that when your feet touch the floor in the morning the devil says, "Aww

