

COMMUNITY INSIDER

Volume 1 Issue 10

Summer 2016

Editor's Welcome

Happy Summer!

Carpe Diem... This is a great season to get out and enjoy the warm weather and the many activities going on around town. Break out the shorts and sandals or a cool cotton dress. Try something different like a toe ring or a flower crown. Live it up. Summer only lasts for 100 days. Try to make the most of them.

Melissa Pappas, Editor



There is another other
in the other of every another.
-Ed Bok Lee-

Mark Your Calendar

Upcoming meetings:

Computer Team: July 21st, August 18th,
September 15th at 1:30PM

Community Building: September 2nd at
9:30AM

Community Insider: September 2nd at
11:00AM

Executive Board: September 16th at 11:00AM

Presidents Council: September 26th at
10:00AM

Hi-Rise Spotlight

Compiled by Ruby Steward

This month: Ravoux

Ravoux Hi-Rise has 220 one bedroom apartments and was constructed in 1970. It also features 11 fully handicapped accessible units. Ravoux was completely renovated in 1995.

Ravoux is located between the I94 freeway and the light rail transit system near downtown. And the bus is still running too. Sears is across the street, and McDonald's is a couple blocks away across the street from a bank. There are churches and health care facilities as well as many small businesses in the area lending great diversity and opportunities to the neighborhood.

Though it seems that the hustle and rush of the city have surrounded Ravoux, it is nice to know that a few blocks away are the state capitol grounds. They are a great place to take a walk, and appreciate the outdoors and Minnesota history. You might even get to see a famous politician like former President Bill Clinton. We did, when the statue of the late Vice President Hubert H. Humphrey was dedicated. If you get a chance, go by and take a look. You may even want to take a walk, eat a snack, sit and enjoy the view anyway. Now that lawns are green again, and flowers are being planted, and beginning to awaken for summer you may enjoy some time of self-leisure. YEA SUMMER!



Community Building

St. Paul in the summertime

This year the Community Building Committee has searched high and low for an all hi-rise event and instead, found a plethora of events throughout the city all summer long. As a result, we decided to come back to you with a list of different events which you might consider visiting and hopefully enjoying.

Padelford Riverboats: June – August
Monday Madness – 2 hr cruise, \$8
Everyone, Additional info and other available cruises at www.riverides.com OR call 651-227-1100.

Wabasha Street Caves: May-October \$6
cash reservations not needed for cave tours.
Mondays at 4 pm. Check out Minnesota history on the Gangster Tour. Call 651-292-1220 for info.

St. Paul Saints: The second season at CHS Field and the 24th season of the St. Paul Saints. Call 651-644-6659 or online at groups@saintsbaseball.com

Music in Mears Park: June –August Free
Concerts of varieties of music styles will begin June 9th. Check out the schedule at music@mears.com.

Rice Park: June – August Free Music in the Park. This is another spot for free entertainment, sponsored by the City of St. Paul. To find special events and fun, go to parksandrecreation@stpaul.gov.

For the many parks and islands in the city and events upcoming on or alongside the river, know that you can get the information on the individual parks or any park by going online to parksandrecreation@stpaul.gov.

The Fitzgerald Theatre in downtown is the oldest active theatre in St. Paul. You can check out their upcoming events by calling 651-290-1200.

The Landmark Center, a former post office and court house, hosts many events all year round. Many are free. From concerts to poetry slams, it is never boring. Check out their calendar and upcoming events at landmarkcenter.org.

The Ramsey County Historical Society offers the Gibbs Farm which will be running through October 30th, from 10 am-4 pm. Call 651-646-8629 or [email gibbs@rchs.com](mailto:gibbs@rchs.com).

2016 marks the 33rd year of celebration of **Rondo Days**. The celebration will be from July 12 thru July 16. For more information check rondoavenueinc.org.

The Great Minnesota Get Together, the State Fair runs from August 25th thru Labor Day, September 5th. There will be traffic jams throughout the city, day to night. Go enjoy! Eat a Tom Thumb donut for me.

And of course let us not forget what used to be **National Night Out is now Annual Night to Unite**. It is on August 2nd this year. People are being asked to get to know your neighbors. Fear and hiding will not build the strong community we know we can be.



Grand Old Day 2016

Healthy Summer Fun

By: Betsy Christensen & Ann Tranvik,
Statewide Health Improvement Program (SHIP)

That time of year we have all been waiting for - Minnesota summer is upon us! Here are some ideas to keep your summer picnics tasty as ever, 'eating in season' and upcoming events with SHIP.

Healthy Food Picnic Ideas (adapted from WebMD)

Picnic Idea #1: Use Nature's Bounty

Take advantage of all the fresh fruits and vegetables available during the summer.

- Add broccoli into your coleslaw
- Add shredded or chopped carrots
- Add peppers or zucchini to the grill

Picnic Idea #2: Light and crunchy appetizers

-Pack your cooler with variety of crisp, raw veggies like cucumbers, carrots, celery, cherry tomatoes and radishes.

- Bring along a nutritious dip such as hummus, salsa, bean dip, or yogurt with herbs and spices.
- Try wholegrain chips instead of high-fat chips.

Picnic Idea #3: **Add some Whole-Grain Goodness.** Choose wholegrain bread, pita bread and wraps.

Picnic Idea #4: Better Beverages

It's easy to get dehydrated in the summer when you are outdoors in the sun, especially children since they don't want to interrupt their fun to quench their thirst.

- Beat the heat with ice water, sparkling water, unsweetened iced tea, frozen fruit pops, lemonade with a splash of cranberry juice, and fruit juices mixed and half and half with water
- Freeze water bottles the night before and use as cold packs to keep food and drinks cold

To make the most of your picnic:
Be Safe. Make sure your picnic food arrives safely by tightly packing cold food into one cooler and drinks in a separate cooler. Keep both coolers in the shade.
Be Active. Enjoy the fresh air. Being outdoors is

a great chance to include physical activity and burn calories. Take a walk or hike, toss a Frisbee or football, play baseball, canoe, or set up a scavenger hunt.

Source: WebMD www.webmd.com/food-recipes/healthy-picnic-food-idea

Find Fresh Produce

St Paul Farmers Market has been operating for more than 150 years! You will find great prices and fresh produce. SNAP/EBT participants can earn up to \$10 Market Bucks at many location. Look for the EBT booth. Find a market near you: www.stpaulfarmersmarket.com

Twin Cities Mobile Market stops at 19 locations each week in St Paul. Check out their great prices and seasonal produce as well as other staples. www.twincitiesmobilemarket.com

SHIP Summer Events

Walk with a Doc – join for a walk and great prizes.

- July 20 12pm at Neill Hi Rise
- Aug 9 12pm at Hamline Hi Rise
- Sept 21 4pm at Mt Airy Community Center (91 E Arch St)
- Oct 12 12pm at Neill Hi Rise

Nice Ride Bike Tour – Learn how to use the green bikes and free one year membership.

- Tues, July 5 1pm Valley
- Thurs, July 21 2pm Ravoux



Valley Hi-Rise NiceRide tour 2015

Recipe Book

This month we have a delicious and healthy black bean salad.

Recipe submitted by Eileen Mackin

Black Bean Salad

- 2 cans black beans, drained
- 1 can mandarin oranges, drained
- 1 red onion, chopped
- 1 green pepper, chopped
- 1 red pepper chopped
- 1 can corn, drained
- 1/4 c. olive oil
- 1/4 c. red wine vinegar
- 1/3 c. orange juice

Combine beans, fruit, and vegetables in a large bowl. Combine oil, vinegar and juice, pour over bean mixture. Mix well, and serve.

Notes: You can use many other fruits like pineapple, mango, or even raisins. I use balsamic vinegar and EVO. I let the salad sit in the fridge overnight to infuse the flavors.



Numbers To Know

Presidents Council

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Police Non-Emergency: 292-1111

Book Nook

Book: One Hundred Years of Solitude

Author: Gabriel Garcia Marquez

Translated by: Gregory Rabassa

This novel tells the story of a fictional town in South America through the history of one of its founding families. The town is called Macondo and it lies in the inbetween as the story begins. But as the world develops, so does the town and the country.

The author is a Nobel winning writer and it is evident in this novel. Cleverly written, rich and colorful in all details. The novel follows members of a family through the founding of the town, the excitement of travelers visiting the town and the changes they bring, the onset of what seems like a never-ending war and the world encroaching on the town and the family. A bit of a tragicomedy with some breathtaking magic at pivotal moments. It makes for a delightful read and a need for it to never end but as all good books must, it does. As does the town itself. I highly recommend this book to lovers of literature and its' words.

Eileen Mackin



*"You want weapons? We're in a library! Books!
The best weapons in the world!"*

— The Doctor, Season 2, Episode 2

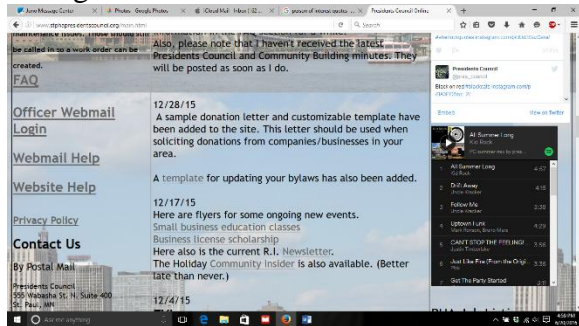
On The Net



What do you think of the Presidents Council website? What do you like? What should be changed? If you see survey forms by the computers in your hi-rise we would appreciate you filling one out and returning it to your computer administrator.

We want to make the site as user friendly and helpful as possible. (Keeping in mind there are limits to what we can do and some things are not in our control such as the security of the online rent payment system.)

We also want the site to be fun. To that end we have added some social media links to the right sidebar.



The site is also a great source of information. Find out about upcoming meetings and events, see pictures in our photo gallery, find out about current PHA job openings, read the Residents Council guide and computer tutorials, and much more. Content is updated regularly. You can find the site at

www.stphapresidentscouncil.org.

Hello, IT. Have you tried turning it off and on again?— Roy Trenneman, "The IT Crowd"

Commissioner's Corner

Important points from the last Board meeting.

A Wells Fargo grant opportunity was discussed. It was voted to apply for this grant. If accepted, this grant will provide music classes at one of the community centers.

It was also voted to apply for a grant with Allina Health for yoga and Tai Chi classes.

Partnering with Cycles for Change in a Learn to Ride class for adults was also discussed and voted on.

The Board also voted on having staff apply for a Mayo Clinic Health system grant opportunity. This grant will provide Artful Aging classes at the hi-rises and family sites. It is found that music and art stimulate the brain in areas Alzheimer's can't touch.

Other approvals:

Applying for a two year grant through the Busch system's Eqqus program.

Applying to Minnesota Housing for a grant for converting the existing breezeway at Seal hi-rise to apartments. Application has been made to HUD as well. This is also being done for Valley hi-rise. The plan is to build six new apartments at Seal and four at Valley.

Let's Get Physical



This month I'd like to talk about music for working out.

A good playlist can inspire you and encourage you to work out harder or longer. It can also help you set or keep your pace and keep your heart rate at the correct level. A study published in a 2006 issue of "Journal of Sports Medicine and Physical Fitness" found that music can be a helpful distraction when exercising, reducing the stress you may feel from fatigue.

What type of music should be on your workout playlist? That depends on the type of music you like and the type of exercise you are doing. Different beats work best for different workouts.

Walking:

- Stroll walking: 115 to 118 BPM
- Fitness walking: 124 to 126 BPM
- Power walking: 137 to 139 BPM

Running:

- Jogging: 147 to 150 BPM
- Running: 147 to 160 BPM

Yoga:

- 85 to 95 BPM

Weight Lifting: 130 to 140 BPM

Here is a sample walking playlist. (Thanks to "Fitness" magazine)

- "Dreamin' of You" - Bob Dylan
- "Come On Over" - Jessica Simpson
- "Not Now but Soon" - Imogen Heap
- "Lights Out" - Santigold
- "Ooh Yeah" - Moby
- "It's Amazing" - Jem
- "Mercy" - Duffy
- "Burnin' Up" - Jonas Brothers
- "100 Yard Dash" - Raphael Saadiq
- "Pocketful of Sunshine" - Natasha Bedingfield
- "Crush" - David Archuleta
- "Shut Up and Let Me Go" - The Ting Tings
- "Take You There" (feat. P. Diddy) - Donnie Klang
- "We Break the Dawn" - Michelle Williams
- "Keeps Gettin' Better" - Christina Aguilera
- "Strange Overtones" - David Byrne and Brian Eno

Community Insider Team

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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