

Presidents Council

Community Insider

Special points of interest:

- The Stew Pot Project is now underway.
- Having a MLK Day event? Ruby Steward has information you might be interested in.
- Help is needed in writing and producing the Community Insider. Interested? Contact a member of the committee.

Editor's Welcome

Happy 2015!

A new year is like a blank canvas; empty and fresh, waiting for you to bring it to life. How will you make your mark this year?

This issue is full of lots of information and entertainment. Hopefully you'll find it enjoyable and informative.

"We don't read and write poetry because it's cute. We read and write poetry because we are members of

the human race. And the human race is filled with passion. And medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for. To quote from Whitman, "O me! O life!... of the questions of these recurring; of the endless trains of the faithless... of cities filled with the foolish; what good amid these, O me, O life?" Answer. That you are here - that life exists, and identity; that the



powerful play goes on and you may contribute a verse. That the powerful play *goes on* and you may contribute a verse. What will your verse be? " - John Keating, *Dead Poets Society*

Carpe Diem!

Melissa Pappas, Editor

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Hi-Rise Spotlight

This month: Central by Ruby Steward
 Next on our hi-rise tour is the fourth oldest in the city, Central Hi-Rise. Located in the Summit-University neighborhood

at 554 W. Central Avenue, it is a thirteen story building built in 1964 and renovated in 1989. Central Hi-Rise features 144 units, both efficiency

and one bedroom apartments with private balconies, free parking, laundry facilities, a large Community room, and an outdoor patio.



Central Hi-Rise on a winter day.

Hi-Rise Spotlight Cont'd

Located between downtown St. Paul and Midway shopping center, Central Hi-Rise is also a few blocks from the train, and bus. If you don't want to wait for either, don't worry because there are local stores and vendors in the Uni-Dale mall, just a couple of blocks away.

The new Rondo Library, restaurants and stores really make a great community environment, and Central is right there in it,

growing and showing its stuff.

Information provided by the front office of the PHA

"It is even harder for the average ape to believe that he has descended from man." - H. L. Mencken

By Eileen Tittle

Thanks Editor Melissa and **Insider** staff for inviting me to contribute. We need to find a way to slow time down! So much yet to accomplish this year and it is already December! I would like to take this opportunity to do an overview of some important team projects.

With a generous grant from PHA we are upgrading the WiFi in all the community rooms.

This will improve the signal and allow many more users to be online without losing the quality of reception. The Presidents Council's Computer Team is taking the lead on this project with Aaron Smothers (former ROSS Coordinator) leading the project.

The Peer Team has a long pound history working with our Councils at PHA. The Team is regrouping this year, undergoing some worthwhile valuable training to prepare the Team to embark on several major projects.

Here are the three major projects: Updating our Resident Council Guide.... Designing trainings that the Peers will do with all the officers... Developing workshops to assist Councils to reevaluate their by-laws.

Cont'd

I would be remiss not to give a shout-out to the Peers who have continued their dedicated work with the treasures at the Councils. We would never have had great audits without them. I am very apprecia-

tive of their hard work.

The Computer Team is in its second year. I am delighted to report that almost every Council has a Computer Administrator. The administrators do the back-ups, trouble shoot and generally keep computers running.

In addition to being part of the Wifi project they will be advising on the best way to use our "computer grant" at each of their Hi-Rises. Each Administrator has a binder with all the tutorials that Melissa Pappas (our website & QuickBooks guru) has written.

See your Administrator and check this Guide out. It is amazing. Hopefully residents are visiting our website www.stphapresidentscouncil.org. It is packed with important information.

Any resident reading this newsletter feel free to stop in the Resident Initiatives office, 2nd floor at 555 Wabasha, where the Presidents Council is now housed. It has been wonderful to have this amazing workspace. (Thanks PHA). While you are there say hi to our tried and true Jesse Thomas (treasurer) and Ruby Steward (financial document manager).

On a personal note, it has been so wonderful working with the Resident Councils and Presidents Council. I am thrilled to be part of the hard work that many of you do for your Councils. While there is no end in sight of the work that needs to be done with the Peers, Computer Administrators, Officers, and volunteers we will just keep at it! Thanks for all you do.

Eileen Tittle, Resident Council Coordinator

The Stew Pot Project Begins

“Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read.”- Groucho Marx

The Stew Pot Project is now live.

FAQs

What do we need to do?

Create a board of some type showcasing all the different ethnicities and

types of people

in your hi-rise. The board can include things like photos, national flags, quotes. You are free to personalize it how you want.

What do we need to make a board?

Start with a piece of foam board or poster board.

You can pick up either at office supply stores and stores like Wal-Mart and Target. It shouldn't cost more than a few bucks for a piece of board.

Cont'd



You also need glue or tape and things like markers or paint for decorating it. It is up to you. Have fun and be creative.

Photos can be taken with digital or film cameras. Digital photos can be in color or black and white. Flags can be printed pic-

tures or an actual mini flag.

Anything else we should know?

If you are taking pictures you should get the subject's permission first and let them know the pictures will only be used for this project.

Get a committee together to work on this. It shouldn't all be left to one person to make happen.

Any other questions can be addressed to your Community Building officer or the Community Building team.

The Lighter Side

“Did you hear about the agnostic dyslexic insomniac? He lays awake nights wondering if there really is a dog.”

“What did the alien say to the book? *Take me to your reader.*”

“If there is H2O on the inside of a fire hy-

drant, what is on the outside? Answer: K9P.”

Jokes are from “A Prairie Home Companion.”

“*My mind is my weapon. And a mind needs books as a sword needs a whetstone, if it is to keep it's edge.*” - Tyrion Lannister

“We meet as strangers, each carrying a mystery within us. I cannot say who you are. I may never know you completely. But I trust that you are a person in your own right, possessed of a beauty and value that are the Earth's richest treasures. So I make this promise to you. I will impose no identities upon you but I will invite you to become yourself without shame or fear. I will hold open a space for you in the world and allow your right to fill it with an authentic vocation and purpose. For as long as your search takes you have my loyalty.”

Submitted by Eileen Mackin



Some beautiful winter lights

Express Yourself

Heaven know our Mother's

Mother's are real, grand, and great...

A mother love flows like a never ending lake...

A mother's destiny is to die yet,

Her precious love will forever flow in our heaven blue sky's...

A mother's is ambitious, for her children she sets a path...

So thee love between her

children can last,

Mother's...Mother's...And more Mother's...

Our Mother's are humble for us to see,

For then...for now..for eternity...

Our mother's are due respect...

A mother is someone that you will grow up to be,

Forever loved...forever free...

Cont'd

Mother's are family unity,

Mother's are full of love,

Mother's guides us from up above...

Mother's Mother's Moth-

er's

We are a overly blessed love...

Heaven know our mother's me

I salute and honor all

mother's

By Mrs. Madge Lorraine Goodrich

Recipe Book

This issue's recipe was submitted by Ruby Steward

Sweet Potato Pie

Many may not realize or know that the Sweet Potato as a dessert has strong roots for Native American and African American history in North America.

Wild sweet potatoes

were a staple for many and became a dessert when sugar started being produced for western Europeans. Though much like a pumpkin pie in the making, the flavor is distinct and when you taste it you know why children and adults still just say "Ummm".

Boil, peel and mash the sweet potatoes. Beat all the other ingredients together and mix in the sweet potatoes. Pour into pie crusts and bake (45-55 minutes) until knife inserted in pie comes out clear. Now comes the good

stuff...This pie can be made as sweet as you prefer. To assure my friends at church do not get too much sugar, I use the artificial sweetener for making this pie and it is sugar free. I use rice flour for the crust with olive oil and it is

Preheat oven to 350 degrees

- 3 deep dish piecrusts
- 3 large sweet potatoes
- ½ cup butter or margarine
- 3 large eggs
- 1 can (12oz) condensed milk
- 1 cup skim milk
- ½ cup sugarmash
- ½ cup brown sugar
- 1 tsp each cinnamon and nutmeg (Other spices you like can be added as well.)

gluten free. If you use skim milk instead of condensed milk, the pie will not be as rich or fattening but you will get the flavor of the potato. If you do not use butter in this recipe, the baking time is less too.

Yes, so as you see, this recipe can be changed in so many ways that everyone can enjoy and they usually ask for more.

Mark Your Calendar

Here are the upcoming meeting dates

Presidents Council:
January 26th, February 23rd, March 23rd

RPC: March 13th

Community Building:
January 2nd, February 6th, March 6th

Peer Team: January 9th, February 20th, March 20th

Executive Committee:

January 16th, February 13th, March 20th

Community Events

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

Holidays:

January 15- Martin Luther King Day

February 14- Valentines Day

February 16- Presidents Day

February 17- Mardi Gras

February 19- Chinese New Year

March 17- St. Patrick's Day

April 3 to April 11- Passover

April 5- Easter

Events:

St. Paul Winter Carnival-
January 27th to February 6th

Show Your Holiday Spirit

Seal



Ravoux



Iowa



Edgerton



Hamline



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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

Organization

Building Community

Article submissions can be sent to insider@stphapresidentscouncil.org

www.stphapresidentscouncil.org

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.

Submitted by Chastity Sabanjo
Resume highrise committee will be getting together to plan a New Years Eve party to celebrate the new year with former and new Ravoux highrise

residence that had just moved in to the building last four to five months. Happy holidays from Ravoux high rise

Submitted by Jerline Clark
On Oct. 30th 2014 the president council held a meeting with some of St. Paul elected officers. The proud Hamline walkers pass out over 1,000 flyers in the neighborhood.

We are asking for a bus to run down Hamline Ave North of University for transportation to the Light Rail and accessibility to the stores for shopping for the seniors citizens and the people of the neighborhood.



Hamline Walkers meet with St. Paul officials

Submitted by Melissa Pappas

Seal Hi-Rise is beating the winter blues by having a holiday party on January 24th. The theme is “An afternoon in Italy” and the party will feature a pasta buffet and a playlist of Italian/Italian style music for listening during the meal.

Any High-rise seeking a visit from St. Paul Winter Carnival Senior Royalty must apply by email to wcsraa@gmail.com (they do not have a phone #) You will be instructed to fill out a form for your request.

The Winter Carnival will begin Jan 22nd and end Feb 1st.

Wilson High-rise had their Holiday Party on December 20th @ 1:00 pm.

Valley High-rise will be celebrating Black History month in February. Any other high-rise that wishes to celebrate Black History month and is in need of speakers, please contact Ruby Steward @ Exchange, 612-860-0614.

Help Wanted

The Community Insider needs **you**.

Our committee is getting smaller and we need an infusion of new blood to help make this newsletter great.

Writers and reporters are especially needed. The stories are out there at our hi-rises. We just need to write about them.

The commitment wouldn't be very much time and you would be provid-

ing a good service to your neighbors and fellow PHA residents.

Interested persons should contact a committee member. You also can write to the contact address or send an email to insider@stphapresidentscouncil.org.

