

COMMUNITY INSIDER

Volume 1 Issue 6

Winter 2023

Editor's Welcome

Beginnings

A New Year dawns
Bright
Fresh
A blank piece of paper waiting to be filled
What will you dream?
What will you create?
Life is a story that you get to write
What do you hope?
What are you thankful for?
Count your blessings
Consider
How can I improve the world around me?
How can I make my mark?
A new adventure beckons
Where do you want to go?

Melissa Pappas
Editor

"If you give me a fish you have fed me for a day.

*If you teach me to fish, then you have fed me
until the river is contaminated or the shoreline is
seized for development.*

*But if you teach me to organize, then whatever
the challenge I can join together with my peers,
and we will fashion our own solution."*



Let's hear it for Winter!

Mark Your Calendar

Computer Team: February 23rd, March 23rd, April 27th at 1:00PM

Executive Board: February 17th, March 17th, April 14th at 11:00AM

Let's hear it for Winter!

Presidents Council: February 27th, March 27th, April 24th, at 10:00AM

President Council Contact Information

*Presidents Council, 555 Wabasha Street
North Suite 400, St. Paul, MN 55102*

Email:

presidentscouncil@stphapresidentscouncil.org

Website:

<http://www.stphapresidentscouncil.org>

Important Numbers

Maintenance Work Order: 298-4413

Emergency Maintenance: 227-9919



Police Non-Emergency: 292-111

Artist's Corner

Words are also art.

This month we have a poem written by Camille Gunderson.

SOULS IN THE WIND

Bright beacon
Drawing in all souls to the column
Marching upon broken seas
Fields and fields of crimson rose
Loosening, leaving, bereaving
Souls sifted in the wind
Sprinkled through crystal moonbeams
Majestic mixes of ethereal essence
Easing and lifting
Drifting upon a thousand spheres
Dust into the universe
Reformed, renewed, reborn

Here also, is a profile of a published author who lives at Cleveland Hi-Rise.

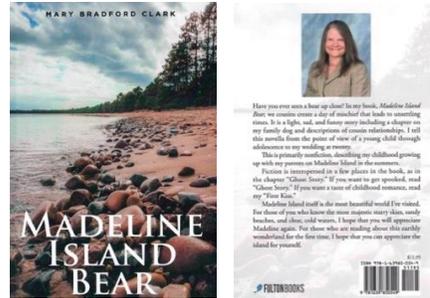
By John Cardoza:

I would like to introduce you to Mary Bradford Clark. Cleveland resident, former Chairperson and author.

Mary's latest book, *Madeline Island Bear* is, a "Wonderous of a Life Brightened by Madeline's Island sun." (Fulton books)

"This is my third book," Mary says. "The other two were serious and this time, I wanted to write something upbeat and share stories that are a celebration of my days while visiting Madeline Island with family and its beauty."

You can find Mary's book on Amazon and at Barnes and Noble.



Also, by John Cardoza:

Though I lived and grew up in The OC with my father, I spent most of my summers in the San Jose/Watsonville area with my mother and family.

My mother would take us all over N Cal, driving us in her first-generation VW T1 13-Window 'Kombi' Bus to places like Point Reyes National Seashore, Golden Gate Park, Yosemite, Lake Tahoe and of course the Santa Cruz/Monterey Bay/Big Sur coast.

I usually came home with a few postcards, this one of the "famous wind-blown Cypress Tree is on the 17-mile drive overlooking Carmel Bay." I did this sketch back in 1978 in the sketch book my art teacher at the time required us to have and draw in.

The inspiration:



The artwork:



Hi-Rise Happenings

Here are a few pictures of the aftermath of the historic snowfall from Neill and Seal Hi-Rises.



Snow at Neill



Snow at Seal



Making the most of the situation, at Seal

Health Improvement Program Notes

Winter of Gratitude - We all can experience different challenges and struggles in our daily lives. Reflecting on the good things in our lives - no matter how small or simple you think they are - can help us get through those tough days.

We're bringing back the Thank You cards and Kindness Posters to help promote gratitude and kindness. Each site should have received your poster and thank you card - please ask your Manager or HSC.

2023 Garden Mentor Program - Ramsey County Master Gardeners will offer up to 2 garden classes at each Hi Rise. Each class will include hands on learning activities and prizes!

- Class #1 'Get Growing Vegetables and Herbs' will be offered at every site. Class #1 has been scheduled for March.
- Class #2 - This class topic will be selected by participants in Class #1. Class #2 will be scheduled April - June.

Hi Rise Garden Bed Replacement Allina

Charitable Funds - We received funding from Allina Health to replace old and broken garden beds this spring. As you know - many of the existing raised garden beds are in rough shape or have fallen apart. We will do our best to replace as many garden beds as possible with the limited funding available. Please note, we will likely not be able to replace all garden beds this year, but will make good progress!

Resident Council Coordinator

Hi Everyone!

I want to congratulate the councils for successfully passing the first audit and receiving your first funding for the year! I want to give a big thank you to our hard working officers for the time and dedication that they take to coordinate and plan out the activities at the hi-rises. If you have any questions regarding the councils, I can be reached at 651-228-3205. I encourage everyone to attend the Council meetings at your hi-rise and bring your ideas for activities and improvement to share with your council. – Youa Thao, Resident Council Coordinator

Just For Laughs:

Winter jokes

What do you call a snowman with abs? An abdominal snowman.

What do you call an old snowman? Water.

What do mountains wear to stay warm?
Snow caps.

How does a snowman get to work? By icicle.

What did one snowman say to the other snowman? Do you smell carrots?

What did the icy road say to the car? Want to go for a spin?

Why did the husband pour warm water on his computer? He had asked his wife what to do if windows froze.

*Noses are red
Fingers are blue
I'm sick of winter
How about you?*

