

Seal Chit-Chat

Issue #13

March 2012

The View From The Fourteenth Floor

Happy March!

This month you can really tell that Spring is in the air. The days are getting longer and it's warmer out. Not to mention that Daylight Savings Time is almost here again.



Our Home Sweet Home

This month is also a good time to think about gardening and the upcoming Council elections.

2012 is really off and running so far. I hope we can all work together in the coming months to make this building even more of a community.

Here's to a wonderful Spring.

Melissa Pappas

New Shopping Carts Are Here



You've likely used one or noticed them in the cart corral. (I must say it's nice to have a number of working carts there again.)



A big thank you and a round of applause goes to Ed Eubanks, Linda Mainquist, and Ed's

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nephew Robert for getting them for us.

Now that we have carts, let's keep them around.

Please be considerate of your neighbors and return carts promptly after you are finished with them. (Just leaving a cart in the elevator is not returning it.)

Everyone who relies on those carts thanks you.

Elections Are Coming!

It's that time of year again.

Time to elect a new Executive Board.

There was some difficulty filling positions last year and it is hoped that this year will be better.

The five positions are President, Vice-President, Secretary, Treasurer, and 5th Officer. If we vote to amend the bylaws and have a five member board the positions will all be member at large ones except for the Treasurer. (That is the only position that can't be shared.)

In a five member board all officers take turns leading meetings and acting as secretary.

Regardless of which type of board we have, the positions are not that difficult and they can be shared by more than one person. (Except for Treasurer as mentioned above.)

Those sharing a position would need to work out who is responsible for what and would need to be able to work together.

This month we need to appoint a nominating committee and start looking for people interested in getting involved.

Information about the different positions will be posted on the bulletin board and in upcoming issues of the Chit-Chat.

Recipe of the Month

Starting this month, the Chit-Chat will be featuring a healthy, easy to prepare recipe for one or two in each issue.

Submissions of recipes are always welcome.

Vegetable Stir Fry

Preparation time: 17 minutes

Cooking time: 7 minutes

Ingredients

1 teaspoon vegetable oil
1 large carrot, sliced
1/4 broccoli, cut up
1 or 2 cloves garlic, diced
Curry powder (optional)
1 stalk celery, sliced
1/4 bok choy or Chinese cabbage, cut up
1/4 medium onion, diced
1/4 teaspoon ginger
Chopped green onion, sesame seed (optional)
1 cup cooked rice (about 1/4 cup uncooked)

Equipment:

Large fry pan or wok
Sharp knife
Cutting board
Large saucepan
Large spoon

1. Heat oil in fry pan over medium-high heat. Put carrot, broccoli, and garlic into fry pan. Stir constantly for 3-5 minutes. Add curry powder (optional)

2. Add celery, Chinese cabbage, onion, and ginger. Cook for an additional 2 minutes, or until vegetables are tender but firm.

3. Serve over rice. Garnish with green onion, sesame seed (optional). Refrigerate leftovers.

Nutrition

Information:

1 cup vegetable and 1 cup rice contain:
Calories: 308
Fat: 2.5 g
Sodium: 146 mg
Calcium: 207 mg

Courtesy of the University of Minnesota Extension. Recipe is from the Simply Good Eating For Seniors recipe cards (2006).

All rights reserved.

The original recipe served four. I adjusted the ingredient amounts so it would work for one person. I made no other changes. -mp

Save The Date

Upcoming events and holidays.

March 6- Executive Board meeting.
6:30PM

March 8- RAB meeting. 2PM. 555 Wabasha

March 10- Turn clocks forward an hour. Daylight Savings Time begins.

March 13- Residents Council meeting. 6:30PM

March 17- St. Patrick's Day

March 20- Spring begins

March 26- Presidents Council meeting. 10:00AM. 555 Wabasha



Daffodils. A sure sign of Spring.

Just For Laughs

Laws of Computing

Submitted by Bonnie Reynolds

When computing, whatever happens, behave as though you meant it to happen.

When you get to the point where you really understand your computer, it's probably obsolete.

When the going gets tough, upgrade.

For every action, there is an equal and opposite malfunction.

To err is human...To blame your computer for your mistakes is even more human, it is downright natural.

If at first you do not succeed, blame your computer.

The best line I have heard when trying to explain to new computer users why something is happening that you don't understand is: " I think you have a problem with the interface between the chair and the keyboard."

Word of the month

intransigent

[in-tran-si-juhnt]

Origin

in·tran·si·gent

[in-tran-si-juhnt]

Show IPA

adjective

1.

refusing to agree or compromise; uncompromising;

inflexible.

noun

2.

a person who refuses to agree or compromise, as in politics

Quote of the month

"There's something here that doesn't make sense. Let's go and poke it with a stick." -The Doctor, "Amy's Choice", Doctor Who

Editorial Statement

The Seal Chit-Chat is the newsletter of the Seal hi-rise residents by the Seal hi-rise residents.

All submissions of content are welcome.

Deadline for submissions: March 21

This is your newsletter. Help make it great.

Submissions can be left in the suggestion box or emailed to newsletter@sealhirise.com. They also can be slipped under the door of apt. 1405

Reminders And Information

Please bring your own paper if you need to use the printer.

Please also limit the number of pages you print out.

The computer on the right is reserved for Resident Council use from 7:30-9:30PM on Tuesdays.

The Computer Team and the Ross Grant Team are in the process of organizing some basic computer classes.

These will take place at several different hi-rises. Information will be posted when the details are finalized.

What kind of activities would you like to see around here? Do you even want events and activities? I'd be interested to hear your thoughts on that.

Welcome to new manager Blia Jurewitsch! (Thanks and good luck to Ana, too.)

Your Company Name
Address
City, ST 01234-0000

RECIPIENT NAME
RECIPIENT ADDRESS
CITY, ST 01234-0000

