

Seal Chit-Chat

Issue #14

April 2012

The View From The Fourteenth Floor

Happy April!

Since council elections are almost upon us I thought it would be good to talk a little about what the Resident Council does.

We plan events and parties for all residents to enjoy.

We plan for the use of all monies received. Every resident has a say in how these funds are used.

We give residents a voice with management. At monthly meetings you can bring issues and concerns to the building manager. You also can talk to the council officers and have concerns brought to the Presidents Council and upper PHA management.

The Residents Council is your voice. I encourage everyone to make use of it.

Remember, the world is run by those who show up.

Melissa Pappas

You Can Get There From Here

By Linda Mainquist

The Minnesota History Center charges no admission from 5-8 pm on Tuesday nights. The normal adult admission is \$11, and the

senior admission is \$9.

Take the 16 bus east toward downtown St. Paul. Transfer to the 21. When you go around the curve by the St. Paul Cathedral, the museum will come up quickly. You have to watch. If you get off a stop later, you will be at the bottom of a steep hill. I have climbed that hill, and I will never climb it again.

The museum less than a block from the bus stop. Since it is a newer building, I would assume that the handicapped bathrooms are good.

There isn't a bench at the bus stop for the 21 to return to University Avenue. I have never been afraid to wait there in the dark due to the amount of traffic.



Our Home Sweet Home

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The Minnesota' Greatest Generation exhibit on

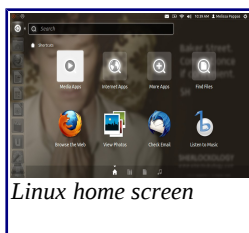
the Depression and World War II generation is continuing. If you look carefully, you will find my father, Evert Mainquist

A group of string players jam bluegrass music at **The Edge coffeehouse** on University near Raymond on Saturday and Sunday mornings. If you go, be sure to buy a pastry or beverage. Businesses need business to stay in business.

The bathroom is tiny. If you have a wheelchair, you know what to do before you leave your apartment.

Computer Corner

Information about the changes to the computers.



First of all, the biggest change. The computer on the left is now running Linux.

Operation is similar to Windows with a few

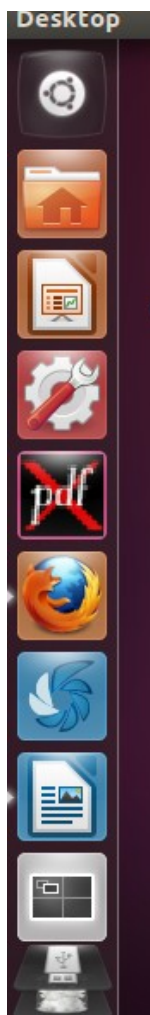
minor changes.

The account to use on that computer is 'seal resident'

The password is the same as on the Windows computer. Once you enter the password you need to press the enter key.

There are desktop icons for commonly used programs just like in Windows.

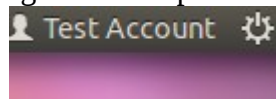
There is also a sidebar



with other shortcuts. Desktop icons are

double clicked. Sidebar ones are single clicked.

You log off by clicking on the icon at the very right of the top bar.



If you have questions about Linux or Windows or other computer things like email or printing you can check in the Seal Computer book. (Located next to the printer.)

Please look in the book when you have a computer problem.

You also can talk to the computer administrator, Melissa Pappas during her scheduled office hours. They are:

Mondays: 6:30-8:00PM

Thursdays: 2:00-4:00PM

Saturdays: 3:30-5:00PM

Upcoming changes:

In the next few months we will be getting another computer.

Basic computer classes will be available. At the moment they are being held at Wabasha hi-rise but they will be expanding to other

buildings.

Information will be posted when we get it.

Recipe of the Month

This month's recipe is a nice lunch option.

Microwave Melted Cheese Sandwich

Preparation Time: 5 minutes

Ingredients

2 slices toast
2 slices (1 1/2 ounces) cheese

Equipment

Paper towel

1. Toast the bread.
2. Layer the toast and cheese as a sandwich and wrap loosely in the paper towel.
3. Microwave on MEDIUM HIGH for 20-30 seconds.
4. Let sandwich rest for a minute while cheese continues to melt. Enjoy with a salad, soup, or hot chocolate.

Use 'natural' cheeses like Cheddar, Colby, or Swiss which tend to have less sodium than processed cheeses like American. Many natural cheeses are also available in lower

fat versions.
Use spicy mustard to
give your sandwich
added kick.

Calories: 269
Fat: 13g
Sodium: 771mg
Calcium: 297mg

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

All rights reserved.

Save The Date

Upcoming events and
holidays.

April 3- Executive
Board meeting.
6:30PM

April 8- Easter

April 10- Residents
Council meeting.
6:30PM

April 21- Volunteer
Appreciation

April 24- Winter
Carnival Senior
Royalty entertain.
2:00PM

April 30- Presidents
Council meeting.
10:00AM. 555
Wabasha

Just For Laughs

**Wonderful English
from around the
world**

**Cocktail lounge ,
Norway :**

LADIES ARE
REQUESTED NOT
TO HAVE
CHILDREN IN THE
BAR.

Doctors office, Rome :

SPECIALIST IN
WOMEN AND
OTHER DISEASES.

In a City restaurant:

OPEN SEVEN DAYS
A WEEK AND
WEEKENDS.

Tokyo hotel's rules and
regulations:

GUESTS ARE
REQUESTED NOT
TO SMOKE OR DO
OTHER
DISGUSTING
BEHAVIORS IN
BED.

In a Tokyo bar:

SPECIAL
COCKTAILS FOR
THE LADIES WITH
NUTS.

Advertisement for

donkey rides,
Thailand :

WOULD YOU LIKE
TO RIDE ON YOUR
OWN ASS?

Word of the Month

paginate

[paj-uh-neyt]

pag-i-nate

[paj-uh-neyt] Show
IPA verb, -nat-ed,

-nat-ing.

verb (used with object)

1.

to indicate the
sequence of pages in
(a book, manuscript,
etc.) by placing

numbers or other

characters on each leaf;
to number the pages
of.

verb (used without
object)

2.

Computers . to create
pages, as with a word-
processing program.

Origin:

1880–85; < Latin
pāgin (a) page1 +
-ate1

Related forms

re-pag-i-nate, verb

(used with object),

-nat-ed, -nat-ing.

un-pag-i-nat-ed,

adjective

From

dictionary.reference.co

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Quote of the Month

“There's no point in
being grown up if you
can't be childish
sometimes.”

-The Doctor, “Robot”,
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: April 21**

This is your newsletter.
Help make it great.

Submissions can be left
in the suggestion box
or emailed to
[newsletter@sealhirise.c
om](mailto:newsletter@sealhirise.com). They also can be
slipped under the door
of apt. 1405



Your Company Name
Address
City, ST 01234-0000

RECIPIENT NAME
RECIPIENT ADDRESS
CITY, ST 01234-0000

