

Seal Chit-Chat

Issue #15

May 2012

The View From The Fourteenth Floor

Happy May!

This month I'd like to talk about the bulletin boards in the lobby.

Have an item you'd like to sell? Know of an interesting upcoming event? Got a problem with something? All these and other things can be posted on the Resident Board.



Our Home Sweet Home



This is the board located nearest to the community room. It is requested that anything

posted on this board be dated and items should not be left up for more than 30 days. (It's possible exceptions can be made.)

The job and Ross Grant information has been moved to the bulletin board next to the vending machines.



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Hopefully this will make the information more accessible and clear up some of the overcrowding on the other boards.

Have a great month.

Melissa Pappas



Recipe of the Month

This month's recipe is a nice dinner option.

Recipe by Linda Mainquist

Mac and Cheesey Tuna Casserole

Ingredients:

1 package macaroni and cheese dinner
1 can cheddar cheese soup
1 & ½ cans milk
1 can peas (frozen can also be used)
12 ounces drained canned tuna
1 cup chopped or grated fresh carrots (frozen can also be used)

Prepare boxed macaroni and cheese according to directions.

Add soup and other ingredients.

Heat through until the casserole is hot.

If using fresh carrots it is a good idea to cook them somewhat first on the stove or in the microwave.

You can also substitute cream of mushroom soup and grated cheese for the cheddar cheese soup.

This recipe makes two or three servings. Uneated portion can be refrigerated and kept for two or three days or frozen to be used at another time.

Save The Date

Upcoming events and holidays.

May 1- Executive Board meeting.
6:30PM

May 8- Residents Council meeting.
6:30PM

May 21- Presidents Council meeting.
10:00AM. 555 Wabasha (This is a special meeting dealing mainly with the various free cell phone services available.)

May 25- Presentation and demonstration by

the Power Chairs and Scooter Store. 1:00PM

May 28th- Memorial Day

May 29th- Presidents Council meeting and luncheon. 10:00AM. Wellstone Center

Just For Laughs

Butt Dust:

What, you ask, is 'Butt dust'? Read on and you'll discover the joy in it! These have to be original and genuine. No adult is this creative!!

JACK (age 3) was watching his Mom breast-feeding his new baby sister.

After a while he asked: 'Mom why have you got two? Is one for hot and one for cold milk?'

MELANIE (age 5) asked her Granny how old she was. Granny replied she was so old she didn't remember any more. Melanie said, 'If you don't remember you must look in the back of your panties. Mine say five to six.'

DJ (age 4) stepped onto the bathroom scale and asked: 'How much do I cost?'

JAMES (age 4) was listening to a Bible story. His dad read: 'The man

named Lot was warned to take his wife and flee out of the city but his wife looked back and was turned to salt.' Concerned, James asked: 'What happened to the flea?'

The Sermon I think this Mom will never forget . This particular Sunday sermon...'Dear Lord,' the minister began, with arms extended toward heaven and a rapturous look on his upturned face. 'Without you, we are but dust...' He would have continued but at that moment my very obedient daughter who was listening leaned over to me and asked quite audibly in her shrill little four year old girl voice, 'Mom, what is butt dust

2012 Officer Nominees

Here are this year's nominees. Good luck to all of them.

President:

Pat Kramer

Vice President:

Bill McAndrews

Bonnie Reynolds

Tiem Nguyen

Secretary

Melissa Pappas

Treasurer

Vacant

5th Officer

Rosie Leisze

Community Building Officer

Elena Gregorio

Quote of the Month

“Brainy's the new sexy”

-Irene Adler, “A Scandal in Belgravia”, *Sherlock*

Spring Events Recap and Upcoming



Volunteer Appreciation was held on April 21st. Cake and coffee were served, along with fruit and other treats. Certificates and notebook/pen sets were handed out.



On April 24th, the Winter Carnival Senior Royalty were here. The turnout was small but those who attended seemed to have a good time.



Upcoming events:

There will be a nutrition class here in June. The class is put on by the U of M and is part of their Simply Good Eating program.

The class runs for three weeks. Dates are June 5, 12, and 19. The classes will run from 2-3:30PM

Information will be posted.

There will be a rootbeer float party on May 19th at 2:00PM.

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: May 25

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

Birthdays This Month

Ahwed Fuad
Abdukerime

Sheri Guse

Teshome
Habtemichael
Woldeyes

Richard Everson

Gabriel Remy Jean

De Shao Qu

Ibsa Tilahun

Beverly Peters

Jocelyn Hollerbach

June Phipps

Melat Gashaw Dereje

Elena Gregorio



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