

# Scattered Sites News



Spring 2013

## Staying Current with Monies Owed to the GBHA

The GBHA recently found out that in addition to being scored based on the physical condition of its units (the homes in which you live), it is also scored based on the total amount of money paid in rent and other tenant charges compared to the total amount due to the GBHA for those charges. Currently, the Scattered Sites are not scoring very well :(

Therefore, I NEED YOUR HELP! Not only is it beneficial in general for you and your household to stay current with rent and other charges owed to the Housing Authority, but it is also beneficial to you in the long run. The better our score is as a Housing Authority (better score meaning both the physical condition of the units as well as the financial status of the GBHA), the more money the GBHA receives and can put back into your homes as improvements or luxury items! In the end, EVERYONE WINS!

With that said I simply want to remind all households that it is very important to pay your rent and on time every month. For those of us that may have gotten behind, that's ok—but it is time to budget a way to become current with your account. The GBHA has until May 31, 2013, to receive all monies it is due from tenants. SO, if you owe the GBHA any amount of money, please contact me in the very near future to sit down and discuss a repayment plan and agreement so that we can meet this goal and get all of our points as a Housing Authority!

I understand some may not have the financial capacity to be able to fully repay what is due in one payment; I am more than willing to get you set up in a payment plan! But in order to do that, you need to contact me as soon as possible. As always, I can be reached at (920) 448-3416.

I look forward to hearing from you....together we can make the Housing Authority's program the best it can be!

# April

## National Humor Month

### April Fool's - April 1<sup>st</sup>

#### *History of April Fool's Day*

The April fool's tradition began in 1582, in France. April 1st used to be the day that New Year's Day was celebrated using the old calendar. When the Gregorian calendar was introduced, New Year's Day was moved to January 1st. There were some people who refused to accept the Gregorian calendar and continued to celebrate New Year's on April 1st. These people were labeled "fools" by others and were subjected to some ridicule. This is what started the prank playing tradition and overtime it evolved into a permanent tradition on every first of April. This tradition was passed on to England and Scotland in the eighteenth century and then later on to the American colonies. Pranks would usually consist of a person tricking another person into doing something and followed by an "April Fools." For example, a person might say to another "Your zipper is unzipped," (when it really isn't). The second person would fall for the trick and look at his or her zipper. The trickster would then shout out, "April Fools!"

## Spring Cleaning

### *Kitchen*

1. Wipe down the freezer. Clear out the contents inside and clean it with hot soapy water.
2. Soak all oven knobs, burners, burner covers and spill catchers in hot water with dish soap. Clean the oven and stove then rinse the soaking items and replace them.
3. If possible, pull out the stove and refrigerator and sweep and mop behind them.
4. Clean all small appliances like toasters, blenders and coffee makers.
5. Wipe down the refrigerator. Clear out the contents inside and clean it with hot soapy water.
6. Clean refrigerator coils. This will boost energy efficiency and save you money in the long run.
7. Sweep and mop the floor.
8. Throw out any expired products from the cabinets and refrigerator.
9. Pour hot soapy water down the sink drain to clear out any drain sludge.

### *Closets*

1. Take closet inventory. Go through each article one by one to determine if you should keep, donate or toss something.
2. Store winter clothing to make more room for spring and summer wear.
3. Label storage boxes and organize your clothing.
4. Dust the shelves.
5. Sweep and mop the floor.

### *Bathroom*

1. Take medicine cabinet inventory. Throw away anything that's expired.
2. Clean the fan and vent.
3. Wash the shower curtain.
4. De-scum the showerhead. If you can easily remove the head, soak it in a pot of 1 part-vinegar and 1 part water and bring it to a simmer for 20 minutes. Then, brush off any deposits with a toothbrush. If your showerhead is not a removable fixture, pour hot water and vinegar into a zip-lock bag and secure it around the showerhead with durable tape, like painter's tape. Let it soak for eight hours, then brush off any remaining deposit particles with a toothbrush.
5. Scrub the sink, toilet and tub.
6. Clean the water stopper from the sink.
7. Clean mirrors and any windows.
8. Pour boiling water down the drain to clear out any sludge.

### *Living room*

1. Dust display shelves. Remove everything from the shelves, dust the surface, and then dust each item before replacing it.
2. Shampoo or steam clean the rugs. No matter how much you spot-clean and vacuum, there still might be stained fibers that can make your carpets look dingy. A deep clean will brighten it up. But because antique and Oriental rugs have delicate fibers, they require professional cleaning.
3. Machine-wash or dry clean the drapes as instructed on their care labels. And, keep in mind that many natural-fiber fabrics can be washed at home.
4. Vacuum and, if necessary, spot clean all your furniture and chairs.
5. Dust inside of lamps.
6. Clean off the TV screen by simply wiping it down with a microfiber cloth lightly dampened with distilled water -- you'll be surprised at how much clearer the picture will be!
7. Remove any item that shouldn't be there -- i.e. shoes -- and place back into the rightful place.

# May

## National Recommitment Month

*National Recommitment Month- what does this mean?*

National Recommitment Month takes place every May and involves reviewing goals you set back in January, typically associated with health and well-being. Both marriages and dating relationships thrive when you care for them. Because these relationships in your life are part of your well-being, which of your goals do you need to review? Perhaps this year you would like to get married, start a family, or invest in your first home. Whatever your goals, take time to figure out what you want and what you need

## Mother's Day - May 12th

The history of Mother's Day is centuries old and goes back to the times of ancient Greeks who held festivities to honor Rhea, the mother of the gods. Early Christians celebrated the Mother's festival on the fourth Sunday of Lent to honor Mary, the mother of Christ. Later, a religious order told people to include all mothers in the holiday and named it Mothering Sunday. English colonists that settled in America discontinued the tradition of Mothering Sunday because of lack of time. In England, Mothering Sunday is still celebrated on the fourth Sunday of Lent as a time for visiting and giving gifts to mothers.

In 1872, Julia Ward Howe, organized a day for mothers dedicated to peace. It is a landmark in the history of Mother's Day. Howe held Mother's Day meetings in Boston every year.

In 1907, Anna M. Jarvis, a Philadelphia schoolteacher, began a movement to set up a national Mother's Day in honor of her mother, Ann Maria Reeves Jarvis. She solicited the help of hundreds of legislators and prominent businessmen to create a special day to honor mothers. The first Mother's Day observance was a church service honoring Anna's mother. Anna handed out her mother's favorite flower, white carnations, on the occasion as they represent sweetness, purity, and patience. In 1914, President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honor of mothers.

## Fruit Salsa and Cinnamon Chips recipe

- 2 kiwis, peeled and diced
- 2 golden delicious apples, peeled, cored, and diced
- 8 oz. raspberries
- 1 lb. strawberries, quartered
- 2 tbsp. white sugar
- 1 tbsp. brown sugar
- 3 tbsp. fruit preserves, any flavor
- 10-10" flour tortillas
- Butter-flavored cooking spray
- 2 tbsp. cinnamon sugar

1. In large bowl, thoroughly mix the kiwis, apples, raspberries, strawberries, sugars, and fruit preserves. Cover and chill for at least 15 minutes.
2. Coat one side of each flour tortilla with cooking spray. Cut into wedges and arrange a single layer on a large baking sheet. Sprinkle wedges with cinnamon sugar. Spray again with cooking spray.
3. Bake in a 350° over 8-10 minutes. Repeat with any remaining tortilla wedges. Cool. Serve with chilled fruit mixture.

### Real Mothers

*Real mothers don't eat quiche;  
They don't have time to make it.*

*Real mothers know that their kitchen utensils  
Are probably in the sandbox.*

*Real mothers often have sticky floors,  
filthy ovens, and happy kids.*

*Real mothers know that dried play dough  
Doesn't come out of carpets.*

*Real mothers don't want to know what  
The vacuum just sucked up.*

*Real mothers sometimes ask, why me?  
And get their answer when a little  
Voice says, "Because I love you best."*

*Real mothers know that a child's growth  
Is not measured by height or years or grade.  
It is marked by the progression of Mommy to Mom  
To Mother.*

# June

## National Fruit and Vegetable Month

Yes, I know, there are a million of these designated titles for the month of June, and every other month, too. Half of them hold about as much weight as your doctor telling you that you should go to bed at the same time every night (like that's possible....). There are the inane National Accordion Awareness Month titles of the special National Waffle Iron type days, both of which apply to the month of June. But national Fruit and Vegetable Month is actually a good one, one worth recognizing. Fruits and veggies are definitely something to celebrate!

Instead of letting the label slip your mind like all those other futile holiday labels, use this one as an excuse to mindfully 'healthify' your diet. The upcoming months are filled with fresh, seasonal produce, which makes the process of eating your fruits and veggies a whole lot cheaper, easier, and tastier.

Check out these hot items that you can look forward to for the month of June at the local Farmer's Market:

- Broccoli
- Blueberries
- Cabbage
- Cauliflower
- Cherries
- Leaf lettuce
- Peas
- Rhubarb
- Raspberries
- Spinach
- Onions
- Strawberries

## Pineapple Chicken Satay

### Ingredients

- 1/4 cup lower-sodium soy sauce
- 1/4 cup sweet chili sauce (such as Mae Ploy)
- 1/4 cup natural-style, crunchy peanut butter
- 2 teaspoons peanut oil
- 1/2 teaspoon curry powder
- 1 pound chicken breast tenders, cut lengthwise into 8 pieces
- Cooking spray
- 1 1/2 cups diced pineapple
- 1/8 teaspoon ground red pepper

### Preparation

1. Combine the first 3 ingredients in a bowl, stirring with a whisk.
2. Place peanut oil, curry powder, and chicken in a bowl; toss to coat. Thread chicken onto 8 (6-inch) skewers.
3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes on each side or until chicken is done.
4. While chicken cooks, combine 1 1/2 cups pineapple, 1/3 cup red onion, 2 tablespoons cilantro, 2 tablespoons lime juice, and 1/8 teaspoon ground red pepper. Serve chicken with soy sauce mixture and pineapple mixture.

## Bourbon Whiskey BBQ Sauce

### Ingredients:

- 1/2 onion, minced
- 4 cloves garlic, minced
- 3/4 cup bourbon whiskey
- 1/2 teaspoon ground black pepper
- 1/2 tablespoon salt
- 2 cups ketchup 1/4 cup tomato paste
- 1/3 cup cider vinegar
- 2 tablespoons liquid smoke flavoring
- 1/4 cup Worcestershire sauce
- 1/2 cup packed brown sugar
- 1/3 teaspoon hot pepper sauce, or to taste

### Directions:

1. In a large skillet over medium heat, combine the onion, garlic, and whiskey. Simmer for 10 minutes, or until onion is translucent. Mix in the ground black pepper, salt, ketchup, tomato paste, vinegar, liquid smoke, Worcestershire sauce, brown sugar, and hot pepper sauce.
2. Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes. Run sauce through a strainer if you prefer a smooth sauce

# Happy Father's Day

There are fathers and grandfathers all over the world

## Father's Day - June 16th

In June of every year, we honor fathers. The first Mother's Day was celebrated in 1914, but a holiday honoring fathers did not become official until 1966, when President Lyndon Johnson declared that the third Sunday in June would be Father's Day. President Richard Nixon made this proclamation permanent in 1972. But this doesn't mean that the holiday was not celebrated before this time.

The idea for Father's Day is attributed to Sonora Dodd, who was raised by her father after her mother's death during childbirth. While listening to a sermon at church on Mother's Day, she thought about all her father had done for her and her siblings and decided fathers should have a day, too. Because Dodd's father was born in June, she encouraged churches in her area, Spokane, Wash., to honor fathers that month. The first Father's Day was celebrated in Spokane in 1910.

Over the years, the idea spread, and people lobbied Congress to establish the holiday. In 1916, President Woodrow Wilson, who had signed a proclamation establishing Mother's Day, approved the idea, but never signed a proclamation for it. In 1924, President Calvin Coolidge made it a national event to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations.

15,734

The number of hardware stores (as of 2009), a place to buy hammers, wrenches, screwdrivers and other items high on the list of Father's Day gifts. Additionally, there were 6,897 home centers across the country in 2009.

21,628

Number of sporting goods stores in 2009. These stores are good places to purchase traditional gifts for dad, such as fishing rods and golf clubs.

79.1 million

The number of Americans who participated in a barbecue in 2010. It's probably safe to assume many of these barbecues took place on Father's Day.

P A T E R F D A D D Y H  
B R E H T A F D N A R G  
G L R P A P P A S A P A  
F L D A K Z G O D T O P  
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ABUELITO  
APA  
BABBO  
DAD  
DADDY  
FATHER  
GRANDFATHER  
GRANDPA  
ISA  
NAGYAPA

OPA  
PADRE  
PAPA  
PAPPAS  
PATER  
POP  
PREDEK  
VAARI  
VANAISA  
VATER

### Things Dad Says.....



**"That'll go on your permanent record."**



**"There's nothing a little duct tape can't fix."**



**"I had to walk to school. Barefoot. In the snow. Uphill both ways."**



**"You're going out looking like that?"**



**"As long as you live under my roof, you'll follow my rules."**

Green Bay Housing Authority  
100 N. Jefferson Street  
Green Bay, WI 54301-50-26



## **Top 10 Home Safety Tips for Kids**

1. Be Prepared for an Emergency
2. Keep Children Safe Around the Family Pet
3. Secure Windows, Block Stairways and Lock Doors
4. Install a Smoke Alarm and Carbon Monoxide Detector
5. Keep Small Items and Food Out of Reach
6. Cover Electrical Outlets and Protect Children from Electrical Wires
7. Keep Sleeping Areas as Bare as Possible, Especially for Babies
8. Any Firearms Should Be Unloaded and Locked Away
9. Keep Cleaning Materials and Other Chemicals Away from Children
10. Never Leave Children Alone Near Water

